Becoming a Vegetarian

I've decided to become a vegetarian, and the experience has absolutely altered my perspective.

It all began when I saw a commercial while scrolling on Instagram. The context was about how animals release a concerning number of emissions every day and how it's jeopardising our Earth. I connected deeply with the commercial and decided to make an attempt to conserve the Earth.

The good news is that originally, I was already a veggie lover. Therefore, cutting meat from my diet was a piece of cake. I would gladly eat vegetables every day and wouldn't be bothered when other people were enjoying their meat in front of me. So, I thought it was all a rosy garden until the boredom kicked in.

After a month of being a vegetarian, I started to feel unmotivated and bored with what I was eating every day—vegetables. I would be trapped in a cycle of doubt about whether a small individual like me could protect the environment. Not only that, I got tired of eating vegetables at every meal. I started to miss the texture of meat in my mouth. I ran out of ideas to make vegetables look appealing despite their dull green colours. Luckily, I found out there were imitation meat products for sale at the local supermarket. I gave them a taste, and it blew my mind with its highly similar texture and taste to real meat. Thanks to the brand Impossible Meat, being a vegetarian has never been easier.

Anyway, that was my journey so far, and I've enjoyed it. I'm thinking about whether I should slowly start to reduce products like milk, yoghurt, cheese, etc. Maybe when I'm comfortable enough, I'll switch to being a vegan! I need to go to my swimming practice now; please drop a few lines when you're free. Talk to you soon!