



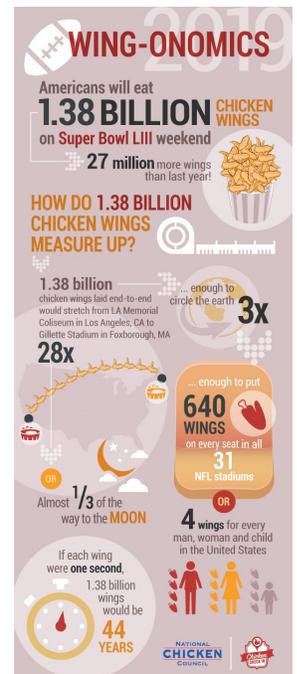
What's in Your Super Bowl?

February 3, 2019

www.kimberlyga.com/blog

This evening, the Patriots will play the Rams for the LIII Super Bowl title. Millions of Americans will tune in while consuming, nearly one and half billion chicken wings. According to the [National Chicken Council](#), Americans are expected to eat 1.38 billion chicken wings this Super Bowl weekend. This would be enough wings for every man, woman, and child in the USA to eat 4 chicken wings. If this many wings were laid end to end, it would be enough to circle the Earth 3 times!

In other news this week, Beyonce announced that she and Jay-Z would offer fans who agree to eat a plant-based diet free tickets to any of their shows for life. In the fine print, it clarifies that for life is limited to 30 years. "You decide what's best for you. What we are encouraging is for everyone to incorporate more plant-based meals into their everyday lives." They have partnered with the [Greenprint Project](#) which encourages a plant based diet in an effort to protect the environment.



What will be in your super bowl? In mine, there will be veggie lasagna! On the side, a spinach salad, and garlic bread. On August 9, 2017, I came home at lunchtime with subs for my children. That morning, they had been watching a documentary called [What the Health](#). Usually when I brought them subs, they were excited, but on that day, they nearly slapped the bags from my hands. "Mom, why would you bring us this processed meat!" I was taken aback by their comments! I sat down for my few minutes of lunch break and they showed me a few clips from the documentary. I totally understood their disdain for meat. They became vegetarian for about 2 hours. I haven't eaten meat since that day. When I saw all of the harsh treatment of the animals that enter our food supply, the problems we have with animal waste, and what we do to process meat, I was done. I think, for a long time, I had struggled with understanding why an animal needed to die in order for me to have a full tummy, but on that day, I decided that eating meat was no longer for me. When I was little, a chicken processing plant was located in my hometown.

When approaching that facility, the smell was evident a mile away. As a girl, I had a vivid imagination of the horrible things happening to those chickens. As a freshman in college, my dorm was just adjacent to the dining hall, and there were different smells all day, some of which reminded me of the chicken-processing plant. For several months, the only meat I could eat were bacon bits on my salads.

I am not vegan, and I am not a complete vegetarian, but I do think I can win the Beyonce tickets! I eat eggs, yogurt, and cheese, and I drink milk. I eat fish or shrimp about twice per week, and I will eat bacon bits on salad :-). My doctor says I am a [pescetarian](#). Whatever, I am, I am happy with it. I eat a diet of mostly vegetables and grains. I think my skin is clearer, and I have more energy. I don't see myself eating meat in the future. While I have made this lifestyle change, no one else in my household has, and it is fine! There will be chicken wings in the super bowls of my husband and children--they would have it no other way! I'm pretty sure I won't have to share my veggie lasagne--I'll probably have enough leftover for lunch all next week.

1 Corinthians 10:31 NKJV

Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.

Matthew 6:25

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?"

Proverbs 15:17 NIV

Better a small serving of vegetables with love than a fattened calf with hatred.

Matthew 15:11 NIV

What goes into someone's mouth does not defile them, but what comes out of their mouth, that is what defiles them.

Enjoy the game!
Have a blessed week!
Kim