

# IMPACT MEAT MENU

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**30.9** global m<sup>2</sup>

**5803** g CO<sub>2</sub> - eq

**4672** liters

## MEAT MENU

**2031** total kcal



**PROTEIN**  
**15%**



**FATS**  
**27%**



**CARBOHYDRATES**  
**58%**

### Breakfast

1 Cup of milk  
5 Rusks  
Jam

2,2 global m<sup>2</sup>  
338 g CO<sub>2</sub> eq  
348 liters

### Snack

1 Fruit

0,5 global m<sup>2</sup>  
74 g CO<sub>2</sub> eq  
140 liters

### Lunch

1 Pizza margherita  
1 Serving of raw  
vegetables  
Olive oil

6,6 global m<sup>2</sup>  
1,129 g CO<sub>2</sub> eq  
697 liters

### Snack

1 Fruit

0,5 global m<sup>2</sup>  
74 g CO<sub>2</sub> eq  
140 liters

### Dinner

1 Beef filet  
Olive oil  
Rocket and  
tomato salad  
1 Fruit  
Bread

21 global m<sup>2</sup>  
4,187 g CO<sub>2</sub> eq  
3349 liters

Source: DoublePyramid 2015. Recommendations for a Sustainable Diet, BCFN 2015

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