

IMPACT VEGAN MENU



IMPACT VEGAN MENU

13.2 global m²

1,891 g CO₂ eq

2496 liters

VEGAN MENU

2109 total kcal



PROTEIN
13%



FATS
30%



CARBOHYDRATES
58%

Breakfast

1 Soy drink
5 Rusks
Jam

0,6 global m²
212 g CO₂ eq
151 liters

Snack

1 Fruit
1 Packet of
crackers

0,7 global m²
108 g CO₂ eq
172 liters

Lunch

Pasta with beans
1 Serving of
mixed raw vegetables
Olive oil
1 Fruit

5,1 global m²
575 g CO₂ eq
913 liters

Snack

1 Fruit
Almonds

1,1 global m²
131 g CO₂ eq
327 liters

Dinner

Cream of
vegetable soup
with pasta
Hummus
Olive oil
Bread

5,7 global m²
864 g CO₂ eq
934 liters

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

#YesShareEat

