## IMPACT VEGAN MENU

**VEGAN MENU**

- **GLOBAL M²**
  - 13.2

- **CO₂ EQ**
  - 1,891

- **LITERS**
  - 2,496

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### IMPACT VEGAN MENU

- **PROTEIN**
  - 13%

- **FATS**
  - 30%

- **CARBOHYDRATES**
  - 58%

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<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Snack</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Soy drink</td>
<td>1 Fruit</td>
<td>Pasta with beans</td>
<td>1 Fruit</td>
<td>Cream of vegetable soup</td>
</tr>
<tr>
<td>5 Rusks</td>
<td>1 Packet of</td>
<td>1 Serving of</td>
<td>Almonds</td>
<td>with pasta</td>
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<tr>
<td>Jam</td>
<td>crackers</td>
<td>mixed raw</td>
<td></td>
<td>Hummus</td>
</tr>
<tr>
<td></td>
<td></td>
<td>vegetables</td>
<td></td>
<td>Olive oil</td>
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<td></td>
<td></td>
<td>Olive oil</td>
<td></td>
<td>Bread</td>
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<td></td>
<td></td>
<td>1 Fruit</td>
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<tr>
<td></td>
<td></td>
<td>crackers</td>
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</tr>
</tbody>
</table>

**GLOBAL M²**

- 0.6
- 0.7
- 5.1
- 1.1
- 5.7

**CO₂ EQ**

- 212 g
- 108 g
- 575 g
- 131 g
- 864 g

**LITERS**

- 151
- 172
- 913
- 327
- 934

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#YesShareEat