

## IMPACT VEGETARIAN MENU

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

**2549** g CO<sub>2</sub> eq

**2793** liters

### VEGETARIAN MENU

**2016** total kcal



**PROTEIN**  
**14%**



**FATS**  
**32%**



**CARBOHYDRATES**  
**55%**

#### 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  
1 Packet of  
crackers

0,7 global m<sup>2</sup>  
108 g CO<sub>2</sub> eq  
172 liters

#### Lunch

1 Serving of pasta  
with fennel  
Pumpkin and leek  
flan  
1 Serving of raw  
vegetables  
Olive oil  
Bread

4.2 global m<sup>2</sup>  
766 g CO<sub>2</sub> eq  
668 liters

#### Snack

1 Fruit

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

#### Dinner

1 Serving  
of creamed  
chickpeas  
1 Serving of  
steamed green  
beans and  
potatoes with  
shavings of Grana  
Padano cheese  
1 Fruit

9,7 global m<sup>2</sup>  
1,262 g CO<sub>2</sub> eq  
1466 liters

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

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