



**One meal for a healthier planet**

[Protectors of the Planet: Downloadable Guide](#)



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**The Reality...**





## The Reality

- ◆ The global population will reach approximately 9.1 billion by 2050.
- ◆ That means an extra 200 million tonnes of meat is needed each year if we eat like we do now.
- ◆ Meat production causes 14.5% of global greenhouse gas emissions, more than all emissions from global transport combined.
- ◆ The livestock sector uses 30% of the earth's entire land surface.
- ◆ 69% of global fresh water is attributed to the food system.
- ◆ 80% of the deforestation of the Amazon Rainforest is attributed to beef production.
- ◆ We need to act fast to save the planet...



## But Why Should I Care?

### ◆ Environment

- An estimated 26 percent of land worldwide is used for grazing livestock and 33 percent of land worldwide is used to grow livestock feed.
- A recent study found that around 80 percent of tropical deforestation stems from agriculture.
- Currently, 70 percent of the world's freshwater resources are used for the agriculture system, about one-third of that is needed just to grow feed crops.

### ◆ Health

- Meat eaters are more likely to suffer from heart disease and certain cancers. Vegetarians are, on average, 25% less likely to die of heart disease.
- If you stop eating red meat (whether or not you become a vegetarian), you'll eliminate a risk factor for colon cancer.
- Research suggests that a predominantly plant-based diet can reduce the risk for type 2 diabetes.

### ◆ Animal Welfare

- 56 billion farmed animals (not including fish and other seacreatures, the quantities of which are so vast that they are measured by the tonne) are killed for human food every year.
- Animals are sentient beings which means that, like humans, they are "able to perceive or feel things" - they experience happiness, fear and pain, amongst other emotions, just like we do.





**So, how do I begin?**



# WORLD MEAT FREE WEEK



## Here are 5 tips to help you reduce your meat intake:

### ◆ Cut out meat one day per week:

- It will be better for the health of you, your family and the environment.

### ◆ Cut out processed meats:

- Yes, bacon has to go... or at least be reduced.
- Back in 2015, the World Health Organisation declared that foods like bacon, sausage and ham cause cancer and urged consumers to cut down.

### ◆ Try meat replacements:

- There are many alternatives to meat from Fishless Fingers and Crispy Nuggets by Quorn to Beyond Meat's plant based burger and Linda McCartney's Vegetarian Sausage Rolls to name a few.

### ◆ Sign up to a vegetable box delivery service:

- Usually, the vegetables are organic - free from nasty pesticides - and you get what's in season which opens up a whole new glorious world of tastes, creativity and meals.

### ◆ Build meals around vegetables:-

- A bit of a mind-set change but something that can encourage creativity in the kitchen.
- The variety of tastes and textures combined with the seasons make for a never-ending supply of deliciously healthy ingredients.





### But I Won't Get Enough Protein

- ◆ A common misconception is that us humans need to consume meat in order to get enough protein. We really don't!
- ◆ Yes, there is a lot of protein in meat but that doesn't mean that we can't get enough anywhere else.
- ◆ Below are some of the best foods with which to replace meat...
  - **Lentils:** 18 grams of protein per cup
  - **Chickpeas:** 12 grams per cup
  - **Tempeh:** 41 grams per cup
  - **Black beans:** 15 grams per cup
  - **Tofu:** 11 grams per 4 ounces
  - **Quinoa:** 9 grams per cup
  - **Nuts:** (brazils – 14g, peanuts – 38g, cashews – 18g, almonds – 20g, pistachios – 20g and walnuts – 15g)
  - **Green vegetables:** (the superstars are kale, broccoli, seaweed, and peas), varied amounts of protein



# WORLD MEAT FREE WEEK



## Meat Free Meals On A Budget

- ◆ **Meal planning** – I know, boring right? But it makes life so much easier, especially if you have a hectic career and/or children to look after.
- ◆ **Buy groceries at cheaper supermarkets** – we love the fruit and veg from Aldi!
- ◆ **Buy foods that are in season and also buy frozen vegetables** – the latter can be stored for long periods of time and nutritionally, are just as beneficial as fresh.
- ◆ **Buy in bulk** – grains and beans can be bought in bulk and are so cheap!
- ◆ **Check out your local farmer's market** – the produce is usually very fresh indeed.
- ◆ **Make extra** – there's nothing better than having curry or stew from the day before!
- ◆ **Grow your own herbs** – the key is to buy them from a nursery or garden centre and with a little TLC, they will flourish and provide you with a much cheaper source of herbs.





**Inspiration**





### Desperately Seeking Inspiration?

If you're new to meat free cooking and dining, or just in need of some inspiration, below are some ideas to help you rustle up the usual meat free crowd pleasers for family and friends...

- ◆ **Lasagne or spaghetti bolognese** – Meat free mince alternatives are cheaper than beef mince, lower in fat and delicious in a classic Italian tomato sauce. There are plenty of brands to choose from and you can pick it up in all supermarkets.
- ◆ **Chili Con Carne** – Replace beef mince with a meat free mince as above, or create a bean con carne using a can of black beans and two cans of kidney beans. Add the usual onion, garlic, cumin, paprika, ground coriander and chili and follow your usual cooking method. It's super quick and very cheap to make!
- ◆ **Chicken nuggets and chips** – Quorn Crispy Nuggets are a family tea time winner.
- ◆ **Pie and chips** – Why not get creative and make your own mushroom and chestnut pie, cottage pie or a yummy spinach and potato pie? There are so many meat free pie recipes online, you'll be spoilt for choice. If you're stuck for time, you might want to opt for one of the many brands making vegetarian and vegan pies e.g. Clive's, Linda McCartney and Quorn - all super tasty and very convenient.
- ◆ **Shepherd's Pie** – Again, meat free mince is the way forward – the rest of the ingredients can stay the same!



## Get Involved #WorldMeatFreeWeek

[www.worldmeatfreeweek.com](http://www.worldmeatfreeweek.com)  
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