



MEAT-FREE DAYS

When we look at the evidence for health benefits, it makes sense for us to include more plant foods in our diet. Here are some tips to get started:



PLAN

Plan your meat-free meals at the start of the week - look to recipes for inspiration.



SOCIAL MEDIA

Following vegetarian and vegan groups on social media can help with meal and recipe ideas.

BALANCED PLATE MODEL

Fill your plate with:

- 1/2 low-starch vegetables eg. leafy greens, carrot, cucumber and tomato
- 1/4 with a source of starch e.g. potato, pasta, bread or rice
- 1/4 with plant-based protein (tofu, tempeh, lentils, chickpeas etc.).



STILL WANT MEAT?

For days you still want to eat meat, consider halving the portion and boosting the vegetables.

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