



My Protein of the Week

OBJECTIVE

Reflect on the **protein sources** you consume throughout the week, understand their **environmental impact**, and explore **complete plant-based alternatives** that promote health and sustainability.

YOUR MISSION

Analyse your protein choices from the **last 7 days** and plan **realistic improvements**.

Step 1 – List of proteins

Make a list of the **protein sources** you consumed in the last week:

(e.g., red meat, white meat, fish, eggs, dairy, pulses, tofu, nuts)

Step 2 – Environmental impact

It classifies each protein source according to its **environmental impact**:

Source of protein	Environmental impact
	☐ lower ☐ medium ☐ higher
	☐ lower ☐ medium ☐ higher
	☐ lower ☐ medium ☐ higher

(Hint: Plant-based proteins tend to have a lower impact; red meat, higher.)



Step 3 - Smart Trades

Identify **two possible trade-offs** that reduce your environmental footprint:

1. _____
2. _____

(e.g., swapping a meal with meat for legumes; combining whole grains with beans or chickpeas)

Step 4 — Plan Complete Plant Protein

Plan two meals with **complete plant protein**:

- **Meal 1:** _____
- **Meal 2:** _____

(e.g., brown rice + beans; brown couscous + chickpeas; lentils + whole wheat bread)

Step 5 — Personal Reflection

Write to yourself:

What has changed in your perception of protein after this challenge?

FOODWISELAB TIP

Protein is not synonymous with meat. **Simple plant combinations** provide all the essential amino acids and have a **lower environmental impact**.