



Pulses without Complications

OBJECTIVE

Encourage the regular inclusion of legumes in the weekly diet, in a simple, practical way and in line with the Mediterranean dietary pattern.

YOUR MISSION

Include **legumes** in **at least two meals this week**.

It doesn't have to be a complicated recipe — just integrate small amounts into what you already eat.

Step 1 — Choose Your Meals

Plan **two meals** where you will include pulses.

Day of the week	Meal	Pulse chosen

Step 2 — Integrate easily

You can use one or more of these ideas:

- Add **chickpeas** to a salad
- Use **beans** in pasta or rice
- Add **lentils** to the soup
- prepare **hummus** to spread on bread

Mark what you did:

- Salad with pulses
- Main course with pulses
- Soup with pulses
- Snack with pulses



Step 3 - Plan of the Week

Register in your **Plan of the Week** when you have included pulses.

Day	Meal	Approximate quantity

FINAL REFLECTION

It answers the following questions:

1. Was it easy to include legumes in meals? Why?

2. In which meal did they work best?

3. What other meals in your daily life could include legumes in the future?

FOODWISELAB TIP

Legumes are **economical, nutritious** and rich in **fiber and vegetable protein**, helping to maintain satiety and balance meals.