



Red Meat with Balance

OBJECTIVE

Promote moderate **and conscious consumption of red meat**, favouring **small portions**, combination with **legumes and vegetables** and the weekly diversity of protein sources.

YOUR MISSION

Choose **two recipes with lean red meat**, using **small portions**, and record them in your **Plan of the Week**.

You can use the suggestions below or adapt them to what you have at home.

Meal suggestions

1. **Beef bolognese** with lentils and carrots
(~65 g of cooked meat per person)
2. **Leftover Pork Roast Wraps** with Black Beans, Corn, Lettuce, and **Lemon Plain Yogurt**

Step 1- Register in the Plan of the Week

Day of the week	Meal	Type of meat	Approximate portion

Step 2 - Check the balance

Check if your meals include:

- Lean red meat
- Small, controlled **portion**
- **Legumes** on the plate
- **Assorted** vegetables



Bonuses

Includes **at least two vegetarian meals** this week, with **legumes as the protagonists**

(e.g., lentils, chickpeas, beans, peas).

Day	Vegetarian meal	Main Pulse

Final reflection

It answers the following questions:

1. Why can reducing the portion of meat and combining it with legumes be a **good choice for health and the planet?**

2. Was it easy to include vegetarian meals in the week? Why?

3. What other ways do you know to use **less meat** without losing flavour?
