Rule Cards

Game Board

Meal Cards

Avatar Cards

Advice Cards

This files contains:

12 ✖ Breakfast Cards
3 ✖ Breakfast/Lunch Cards
45 ✖ Snack Cards
6 ✖ Lunch Cards
13 ✖ Lunch/Dinner Cards
12 ✖ Dinner Cards
35 ✖ Beverage Cards
5 ✖ Beverage / Night Cap Cards
4 ✖ Night Cap Cards

Total of 135 Meal Cards

Printing instructions:

Print page 2 - 46 on A4 paper
Cut out the cards in format H x W= 156x78mm

Erasmus+
Enriching lives, opening minds.

The Food for Thought Game

Meal | Breakfast | 1 2 3 4 5 6 7 8 9

Skip Breakfast

1.1.1.1

Quality of ingredients	0 index	Price	0 index
Preparation	0 index	Energy	0 kcal
Flavour	0 index	Protein	0 g
Carbon Footprint	0 g CO_2e	Fat	0 g
Water Footprint	0 liter	Carbs	0 g
Land Use	0 m^2	Sugar	0 g
Animal Protein % from meat and fish	0%	Fibre	0 g
Plant Protein % from plants	0%	Salt	0 g

Meal | Breakfast | 1 2 3 4 5 6 7 8 9

Scrambled Eggs

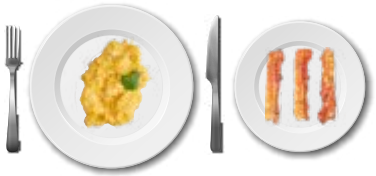
1.2.1.1

Quality of ingredients	80 index	Price	11 index
Preparation	18 index	Energy	212 kcal
Flavour	47 index	Protein	12,5 g
Carbon Footprint	470 g CO_2e	Fat	25,4 g
Water Footprint	384 liter	Carbs	1,8 g
Land Use	0,62 m^2	Sugar	0 g
Animal Protein % from meat and fish	99%	Fibre	0,3 g
Plant Protein % from plants	1%	Salt	1,5 g

The creaminess is key for the success of this dish ☺

Meal | Breakfast | 1 2 3 4 5 6 7 8 9

Scrambled Eggs Bacon



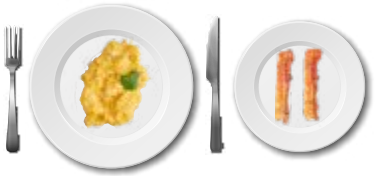
1.2.2.1

Quality of ingredients	80 index	Price	17 index
Preparation	26 index	Energy	311 kcal
Flavour	69 index	Protein	17 g
Carbon Footprint	620 g CO_2e	Fat	33,0 g
Water Footprint	595 liter	Carbs	1,8 g
Land Use	0,96 m^2	Sugar	0 g
Animal Protein % from meat and fish	100%	Fibre	0,3 g
Plant Protein % from plants	0%	Salt	2,2 g

High animal satured fat may increase cholesterol ☹

Meal | Breakfast | 1 2 3 4 5 6 7 8 9

Scrambled Eggs Bacon



1 ptn HOME GAS 104 g

2 slices HOME GAS 22 g

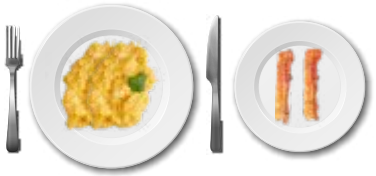
1.2.4.1

- Quality of ingredients 80 index
- Preparation 26 index
- Flavour 69 index
- Carbon Footprint 590 g CO_2e
- Water Footprint 535 liter
- Land Use 0,07 m^2
- Animal Protein % from meat and fish 100%
- Plant Protein % from plants 0%

- Price 17 index
- Energy 278 kcal
  - Protein 15,5 g
  - Fat 30,5 g
  - Carbs 1,8 g
    - Sugar 0 g
    - Fibre 0,3 g
- Salt 2,0 g

Meal | Breakfast | 1 2 3 4 5 6 7 8 9

Scrambled Eggs Bacon



1 ½ ptn HOME GAS 156 g

2 slices HOME GAS 22 g

1.2.5.1

- Quality of ingredients 80 index
- Preparation 26 index
- Flavour 69 index
- Carbon Footprint 750 g CO_2e
- Water Footprint 699 liter
- Land Use 0,07 m^2
- Animal Protein % from meat and fish 100%
- Plant Protein % from plants 0%

- Price 20 index
- Energy 384 kcal
  - Protein 21,7 g
  - Fat 43,2 g
  - Carbs 2,7 g
    - Sugar 0 g
    - Fibre 0,7 g
- Salt 2,7 g

A high amount of salt may increase blood pressure ☺

Meal | Breakfast | 1 2 3 4 5 6 7 8 9

Scrambled Tofu

1 ptn HOME GAS 107 g

1.2.6.1

- Quality of ingredients 60 ndex
- Preparation 18 index
- Flavour 38 index
- Carbon Footprint 400 g CO_2e
- Water Footprint 399 liter
- Land Use 0,51 m^2
- Animal Protein % from meat and fish 0%
- Plant Protein % from plants 100%

- Price 16 index
- Energy 167 kcal
  - Protein 8,0 g
  - Fat 15,4 g
  - Carbs 1,7 g
    - Sugar 0 g
    - Fibre 1,3 g
- Salt 0,9 g

Meal | Breakfast | 1 2 3 4 5 6 7 8 9

Croissant

1.3.4.1

Quality of ingredients 60 index	Price 29 index
Preparation 8 index	Energy 212 kcal
Flavour 52 index	Protein 4,8 g
Carbon Footprint 180 g CO_2e	Fat 18,2 g
Water Footprint 151 liter	Carbs 22,6 g
Land Use 0,22 m^2	Sugar 3,3 g
Animal Protein % from meat and fish 60%	Fibre 0,7 g
Plant Protein % from plants 40%	Salt 0,5 g

Easy to prepare ☺

Meal | Breakfast | 1 2 3 4 5 6 7 8 9

Whole grain toast

1.3.6.1

Quality of ingredients 80 index	Price 2 index
Preparation 13 index	Energy 77 kcal
Flavour 38 index	Protein 2,5 g
Carbon Footprint 40 g CO_2e	Fat 1,3 g
Water Footprint 55 liter	Carbs 13,9 g
Land Use 0,12 m^2	Sugar 0 g
Animal Protein % from meat and fish 0%	Fibre 1,2 g
Plant Protein % from plants 100%	Salt 0,3 g

Cheap meal ☺
Easy to prepare ☺

Meal | Breakfast | 1 2 3 4 5 6 7 8 9

Jam Strawberry

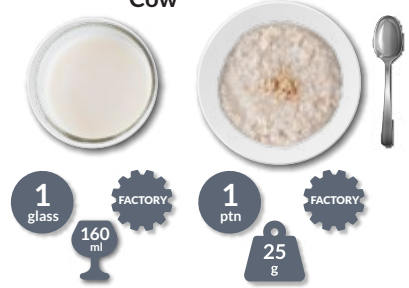
Whole grain toast

1.3.8.1

Quality of ingredients 60 index	Price 4 index
Preparation 12 index	Energy 111 kcal
Flavour 55 index	Protein 2,5 g
Carbon Footprint 240 g CO_2e	Fat 1,3 g
Water Footprint 68 liter	Carbs 22,2 g
Land Use 0,15 m^2	Sugar 8,1 g
Animal Protein % from meat and fish 0%	Fibre 1,4 g
Plant Protein % from plants 100%	Salt 0,3 g

Meal **Breakfast** 1 2 3 4 5 6 7 8 9

Skimmed Milk Cow — Oatmeal



1 glass (160 ml) FACTORY — 1 ptn (25 g) FACTORY

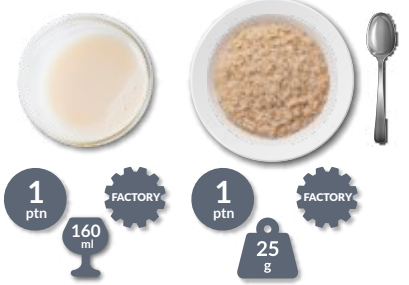
1.4.1.1

Quality of ingredients 56 index	Price 7 index
Preparation 16 index	Energy 350 kcal
Flavour 33 index	Protein 18,4 g
Carbon Footprint 230 g CO_2e	Fat 12,5 g
Water Footprint 234 liter	Carbs 46,6 g
Land Use 0,43 m^2	Sugar 16,6 g
Animal Protein % from meat and fish 31%	Fibre 5,0 g
Plant Protein % from plants 69%	Salt 1,2 g

Improve digestion ☺

Meal **Breakfast** 1 2 3 4 5 6 7 8 9

Oat milk — Oatmeal



1 ptn (160 ml) FACTORY — 1 ptn (25 g) FACTORY

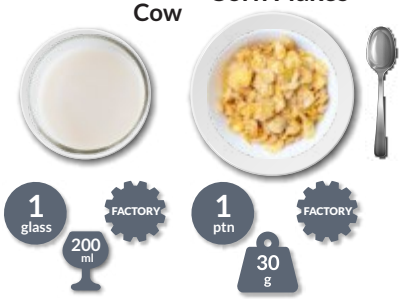
1.4.2.1

Quality of ingredients 56 index	Price 7 index
Preparation 16 index	Energy 343 kcal
Flavour 28 index	Protein 8,2 g
Carbon Footprint 180 g CO_2e	Fat 10,4 g
Water Footprint 65 liter	Carbs 54,3 g
Land Use 0,21 m^2	Sugar 14,3 g
Animal Protein % from meat and fish 0%	Fibre 5,0 g
Plant Protein % from plants 100%	Salt 1,2 g

Improve digestion ☺

Meal **Breakfast** 1 2 3 4 5 6 7 8 9

Skimmed Milk Cow — Corn Flakes



1 glass (200 ml) FACTORY — 1 ptn (30 g) FACTORY

1.4.4.1

Quality of ingredients 60 index	Price 6 index
Preparation 14 index	Energy 114 kcal
Flavour 52 index	Protein 2,3 g
Carbon Footprint 270 g CO_2e	Fat 9,3 g
Water Footprint 198 liter	Carbs 24,4 g
Land Use 0,31 m^2	Sugar 2,1 g
Animal Protein % from meat and fish 53%	Fibre 0,9 g
Plant Protein % from plants 47%	Salt 0,5 g

Cheap meal ☺

Meal | Breakfast / Lunch | 1 2 3 4 5 6 7 8 9

Skip breakfast/lunch

3.1.1.1

Quality of ingredients	0 index	Price	0 index
Preparation	0 index	Energy	0 kcal
Flavour	0 ndex	Protein	0 g
Carbon Footprint	0 g CO_2e	Fat	0 g
Water Footprint	0 liter	Carbs	0 g
Land Use	0 m^2	Sugar	0 g
Animal Protein % from meat and fish	0%	Fibre	0 g
Plant Protein % from plants	0%	Salt	0 g

Meal | Breakfast / Lunch | 1 2 3 4 5 6 7 8 9

Omelette

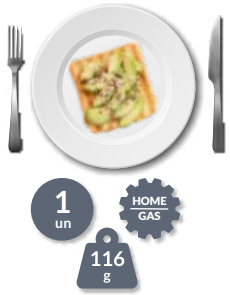
3.2.1.1

Quality of ingredients	68 index	Price	17 index
Preparation	26 index	Energy	434 kcal
Flavour	52 index	Protein	24,5 g
Carbon Footprint	910 g CO_2e	Fat	49,4 g
Water Footprint	704 liter	Carbs	2,2 g
Land Use	1,52 m^2	Sugar	0,0 g
Animal Protein % from meat and fish	100%	Fibre	0,3 g
Plant Protein % from plants	0%	Salt	1,9 g

High environmental impact ☹

Meal | Breakfast / Lunch | 1 2 3 4 5 6 7 8 9

Avocado Toast



3.3.1.1

Quality of ingredients	62 index	Price	16 index
Preparation	20 index	Energy	247 kcal
Flavour	61 index	Protein	3,9 g
Carbon Footprint	170 g CO_2e	Fat	19,0 g
Water Footprint	1.298 liter	Carbs	20,3 g
Land Use	0,32 m^2	Sugar	1,2 g
Animal Protein % from meat and fish	0%	Fibre	4,9 g
Plant Protein % from plants	100%	Salt	1,2 g

High water use ☹

Meal | Snack | 1 2 3 4 5 6 7 8 9

Skip snack

2.1.1.1

- Quality of ingredients 0 index
- Preparation 0 index
- Flavour 0 ndex
- Carbon Footprint 0 g CO_2e
- Water Footprint 0 liter
- Land Use 0 m^2
- Animal Protein % from meat and fish 0%
- Plant Protein % from plants 0%
- Price 0 index
- Energy 0 kcal
  - Protein 0 g
  - Fat 0 g
  - Carbs 0 g
    - Sugar 0 g
    - Fibre 0 g
  - Salt 0 g

Meal | Snack | 1 2 3 4 5 6 7 8 9

Skip snack

2.1.2.1

- Quality of ingredients 0 index
- Preparation 0 index
- Flavour 0 ndex
- Carbon Footprint 0 g CO_2e
- Water Footprint 0 liter
- Land Use 0 m^2
- Animal Protein % from meat and fish 0%
- Plant Protein % from plants 0%
- Price 0 index
- Energy 0 kcal
  - Protein 0 g
  - Fat 0 g
  - Carbs 0 g
    - Sugar 0 g
    - Fibre 0 g
  - Salt 0 g

Meal | Snack | 1 2 3 4 5 6 7 8 9

Skip snack

2.1.3.1

- Quality of ingredients 0 index
- Preparation 0 index
- Flavour 0 ndex
- Carbon Footprint 0 g CO_2e
- Water Footprint 0 liter
- Land Use 0 m^2
- Animal Protein % from meat and fish 0%
- Plant Protein % from plants 0%
- Price 0 index
- Energy 0 kcal
  - Protein 0 g
  - Fat 0 g
  - Carbs 0 g
    - Sugar 0 g
    - Fibre 0 g
  - Salt 0 g

Meal | Snack | 1 2 3 4 5 6 7 8 9

Skip snack

2.1.4.1

- Quality of ingredients 0 index
- Preparation 0 index
- Flavour 0 ndex
- Carbon Footprint 0 g CO_2e
- Water Footprint 0 liter
- Land Use 0 m^2
- Animal Protein % from meat and fish 0%
- Plant Protein % from plants 0%
- Price 0 index
- Energy 0 kcal
  - Protein 0 g
  - Fat 0 g
  - Carbs 0 g
    - Sugar 0 g
    - Fibre 0 g
- Salt 0 g

Meal | Snack | 1 2 3 4 5 6 7 8 9

Skip snack

2.1.5.1

- Quality of ingredients 0 index
- Preparation 0 index
- Flavour 0 ndex
- Carbon Footprint 0 g CO_2e
- Water Footprint 0 liter
- Land Use 0 m^2
- Animal Protein % from meat and fish 0%
- Plant Protein % from plants 0%
- Price 0 index
- Energy 0 kcal
  - Protein 0 g
  - Fat 0 g
  - Carbs 0 g
    - Sugar 0 g
    - Fibre 0 g
- Salt 0 g

Meal | Snack | 1 2 3 4 5 6 7 8 9

Skip snack

2.1.6.1

- Quality of ingredients 0 index
- Preparation 0 index
- Flavour 0 ndex
- Carbon Footprint 0 g CO_2e
- Water Footprint 0 liter
- Land Use 0 m^2
- Animal Protein % from meat and fish 0%
- Plant Protein % from plants 0%
- Price 0 index
- Energy 0 kcal
  - Protein 0 g
  - Fat 0 g
  - Carbs 0 g
    - Sugar 0 g
    - Fibre 0 g
- Salt 0 g

Meal | Snack | 1 2 3 4 5 6 7 8 9

Skip snack

2.1.7.1

- Quality of ingredients: 0 index
- Preparation: 0 index
- Flavour: 0 ndex
- Carbon Footprint: 0 g CO_2e
- Water Footprint: 0 liter
- Land Use: 0 m^2
- Animal Protein % from meat and fish: 0%
- Plant Protein % from plants: 0%
- Price: 0 index
- Energy: 0 kcal
- Protein: 0 g
- Fat: 0 g
- Carbs: 0 g
- Sugar: 0 g
- Fibre: 0 g
- Salt: 0 g

Meal | Snack | 1 2 3 4 5 6 7 8 9

Skip snack

2.1.8.1

- Quality of ingredients: 0 index
- Preparation: 0 index
- Flavour: 0 ndex
- Carbon Footprint: 0 g CO_2e
- Water Footprint: 0 liter
- Land Use: 0 m^2
- Animal Protein % from meat and fish: 0%
- Plant Protein % from plants: 0%
- Price: 0 index
- Energy: 0 kcal
- Protein: 0 g
- Fat: 0 g
- Carbs: 0 g
- Sugar: 0 g
- Fibre: 0 g
- Salt: 0 g

Meal | Snack | 1 2 3 4 5 6 7 8 9

Skip snack

2.1.9.1

- Quality of ingredients: 0 index
- Preparation: 0 index
- Flavour: 0 ndex
- Carbon Footprint: 0 g CO_2e
- Water Footprint: 0 liter
- Land Use: 0 m^2
- Animal Protein % from meat and fish: 0%
- Plant Protein % from plants: 0%
- Price: 0 index
- Energy: 0 kcal
- Protein: 0 g
- Fat: 0 g
- Carbs: 0 g
- Sugar: 0 g
- Fibre: 0 g
- Salt: 0 g

Meal | Snack | 1 2 3 4 5 6 7 8 9

Skip snack

2.1.10.1

- Quality of ingredients: 0 index
- Preparation: 0 index
- Flavour: 0 ndex
- Carbon Footprint: 0 g CO_2e
- Water Footprint: 0 liter
- Land Use: 0 m^2
- Animal Protein % from meat and fish: 0%
- Plant Protein % from plants: 0%
- Price: 0 index
- Energy: 0 kcal
- Protein: 0 g
- Fat: 0 g
- Carbs: 0 g
- Sugar: 0 g
- Fibre: 0 g
- Salt: 0 g

Meal | Snack | 1 2 3 4 5 6 7 8 9

Skip snack

2.1.11.1

- Quality of ingredients: 0 index
- Preparation: 0 index
- Flavour: 0 ndex
- Carbon Footprint: 0 g CO_2e
- Water Footprint: 0 liter
- Land Use: 0 m^2
- Animal Protein % from meat and fish: 0%
- Plant Protein % from plants: 0%
- Price: 0 index
- Energy: 0 kcal
- Protein: 0 g
- Fat: 0 g
- Carbs: 0 g
- Sugar: 0 g
- Fibre: 0 g
- Salt: 0 g

Meal | Snack | 1 2 3 4 5 6 7 8 9

Skip snack

2.1.12.1

- Quality of ingredients: 0 index
- Preparation: 0 index
- Flavour: 0 ndex
- Carbon Footprint: 0 g CO_2e
- Water Footprint: 0 liter
- Land Use: 0 m^2
- Animal Protein % from meat and fish: 0%
- Plant Protein % from plants: 0%
- Price: 0 index
- Energy: 0 kcal
- Protein: 0 g
- Fat: 0 g
- Carbs: 0 g
- Sugar: 0 g
- Fibre: 0 g
- Salt: 0 g

Meal | Snack 1 2 3 4 5 6 7 8 9

Tiramisu

1 ptn | HOME GAS | 262 g

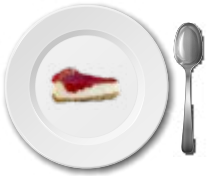
2.2.1.1

- Quality of ingredients 69 index
- Preparation 40 index
- Flavour 47 index
- Carbon Footprint 2.320 g CO_2e
- Water Footprint 935 liter
- Land Use 3,06 m^2
- Animal Protein % from meat and fish 98%
- Plant Protein % from plants 2%
- Price 37 index
- Energy 760 kcal
- Protein 9,3 g
- Fat 86,8 g
- Carbs 57,3 g
- Sugar 26,9 g
- Fibre 0,0 g
- Salt 0,2 g

The secret is in the perfect balance between the cream, coffee and liquor flavours ☺

Meal | Snack 1 2 3 4 5 6 7 8 9

Cheesecake



1 slice | HOME GAS | 125 g

2.2.2.1

- Quality of ingredients 65 index
- Preparation 40 index
- Flavour 47 index
- Carbon Footprint 810 g CO_2e
- Water Footprint 401 liter
- Land Use 1,0 m^2
- Animal Protein % from meat and fish 83%
- Plant Protein % from plants 17%
- Price 14 index
- Energy 399 kcal
- Protein 4,9 g
- Fat 44,5 g
- Carbs 33,3 g
- Sugar 25,6 g
- Fibre 0,5 g
- Salt 0,6 g

High sugar ☺

Meal | Snack 1 2 3 4 5 6 7 8 9

Brownie

1 un | HOME GAS | 77 g

2.2.3.1

- Quality of ingredients 50 index
- Preparation 27 index
- Flavour 47 index
- Carbon Footprint 476 g CO_2e
- Water Footprint 448 liter
- Land Use 1,08 m^2
- Animal Protein % from meat and fish 49%
- Plant Protein % from plants 51%
- Price 10 index
- Energy 315 kcal
- Protein 4,7 g
- Fat 29,0 g
- Carbs 32,5 g
- Sugar 21,6 g
- Fibre 2,2 g
- Salt 0,3

High carbs ☺

Meal | Snack | 1 2 3 4 5 6 7 8 9

Brownie w/ maple syrup

1 un | HOME GAS | 77 g

2.2.4.1

Ingredients	56 index	Price	14 ndex
Preparation	27 index	Energy	244 kcal
Flavour	47 index	Protein	3,5 g
Carbon Footprint	386 g CO_2e	Fat	21,3 g
Water Footprint	873 liter	Carbs	27,1 g
Land Use	0,62 m^2	Sugar	19,1 g
Animal Protein % from meat and fish	49%	Fibre	1,6 g
Plant Protein % from plants	51%	Salt	0,2 g

The maple syrup is a more natural option for this recipe, and even more delicious ☺

Meal | Snack | 1 2 3 4 5 6 7 8 9

Ham & Cheese Toast

1 un | HOME GAS | 70 g

2.9.1.1

Ingredients	66 index	Price	15 index
Preparation	17 index	Energy	282 kcal
Flavour	47 index	Protein	12,0 g
Carbon Footprint	660 g CO_2e	Fat	31,4 g
Water Footprint	367 liter	Carbs	14,9 g
Land Use	0,68 m^2	Sugar	0,1 g
Animal Protein % from meat and fish	54%	Fibre	1,0 g
Plant Protein % from plants	46%	Salt	1,9 g

Meal | Snack | 1 2 3 4 5 6 7 8 9

Grilled Cheese

1 un | HOME GAS | 47 g

2.9.2.1

Ingredients	61 index	Price	6 index
Preparation	20 index	Energy	247 kcal
Flavour	47 index	Protein	6,4 g
Carbon Footprint	380 g CO_2e	Fat	29,5 g
Water Footprint	186 liter	Carbs	14,7 g
Land Use	0,39 m^2	Sugar	0,1 g
Animal Protein % from meat and fish	45%	Fibre	1,0 g
Plant Protein % from plants	55%	Salt	0,8 g

Cheap meal ☺

Meal | Snack | 1 2 3 4 5 6 7 8 9

Tiramisu

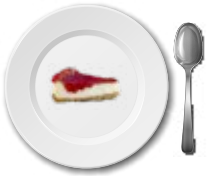
1/2 ptn | HOME GAS | 131 g

2.2.5.1

Quality of ingredients	69 index	Price	18 index
Preparation	40 index	Energy	380 kcal
Flavour	47 index	Protein	4,6 g
Carbon Footprint	1.160 g CO_2e	Fat	43,4 g
Water Footprint	467 liter	Carbs	28,7 g
Land Use	1,53 m^2	Sugar	13,5 g
Animal Protein % from meat and fish	98%	Fibre	0,0 g
Plant Protein % from plants	2%	Salt	0,1 g

Not very earth friendly ☹

Cheesecake



1/2 slice | HOME GAS | 62,5 g

2.2.6.1

Quality of ingredients	65 index	Price	7 index
Preparation	40 index	Energy	199 kcal
Flavour	47 index	Protein	2,5 g
Carbon Footprint	405 g CO_2e	Fat	22,2 g
Water Footprint	200,5 liter	Carbs	16,6 g
Land Use	0,50 m^2	Sugar	12,8 g
Animal Protein % from meat and fish	83%	Fibre	0,3 g
Plant Protein % from plants	17%	Salt	0,3 g

Share your dessert and the calories ☺

Brownie

2 un | HOME GAS | 154 g

2.2.7.1

Quality of ingredients	50 index	Price	20 index
Preparation	27 index	Energy	629 kcal
Flavour	47 index	Protein	9,5 g
Carbon Footprint	953 g CO_2e	Fat	58,0 g
Water Footprint	896 liter	Carbs	65,1 g
Land Use	2,16 m^2	Sugar	43,3 g
Animal Protein % from meat and fish	49%	Fibre	4,4 g
Plant Protein % from plants	51%	Salt	0,5

Resource-demanding choice ☹

Meal | Snack | 1 2 3 4 5 6 7 8 9

Brownie w/ maple syrup

1 un | HOME GAS | 154 g

2.2.8.1

- Ingredients 56 index
- Preparation 27 index
- Flavour 47 index
- Carbon Footprint 773 g CO_2e
- Water Footprint 1.746 liter
- Land Use 4,28 m^2
- Animal Protein % from meat and fish 49%
- Plant Protein % from plants 51%
- Price 28 index
- Energy 488 kcal
  - Protein 7,0 g
  - Fat 42,6 g
  - Carbs 54,1 g
    - Sugar 38,0 g
    - Fibre 3,2 g
- Salt 0,4 g

The maple syrup is a more natural option for this recipe, and even more delicious ☺

Meal | Snack | 1 2 3 4 5 6 7 8 9

Apple

1 un | N.A. | 125 g

2.3.1.1

- Ingredients 80 index
- Preparation 8 index
- Flavour 38 index
- Carbon Footprint 30 g CO_2e
- Water Footprint 105 liter
- Land Use 0,08 m^2
- Animal Protein % from meat and fish 0%
- Plant Protein % from plants 100%
- Price 3 index
- Energy 70 kcal
  - Protein 0,4 g
  - Fat 0,3 g
  - Carbs 16,4 g
    - Sugar 13,6 g
    - Fibre 2,8 g
- Salt 0 g

Low calories ☺
Sustainable ☺
Fresh ingredients ☺

Meal | Snack | 1 2 3 4 5 6 7 8 9

Banana

1 un | N.A. | 105 g

2.3.2.1

- Ingredients 80 index
- Preparation 8 index
- Flavour 38 index
- Carbon Footprint 90 g CO_2e
- Water Footprint 85 liter
- Land Use 0,20 m^2
- Animal Protein % from meat and fish 0%
- Plant Protein % from plants 100%
- Price 3 index
- Energy 99 kcal
  - Protein 1,2 g
  - Fat 0,3 g
  - Carbs 22,1 g
    - Sugar 16,2 g
    - Fibre 1,7 g
- Salt 0 g

Cheap ☺
No preparation time ☺

Meal | Snack | 1 2 3 4 5 6 7 8 9

Apple

1 un | N.A. | 250 g

2.3.3.1

- Ingredients 80 index
- Preparation 8 index
- Flavour 38 index
- Carbon Footprint 60 g CO_2e
- Water Footprint 210 liter
- Land Use 0,16 m^2
- Animal Protein % from meat and fish 0%
- Plant Protein % from plants 100%
- Price 6 index
- Energy 140 kcal
  - Protein 0,8 g
  - Fat 0,7 g
  - Carbs 32,8 g
    - Sugar 27,3 g
    - Fibre 5,6 g
- Salt 0 g

Low calories ☺
Sustainable ☺
Fresh ingredients ☺

Meal | Snack | 1 2 3 4 5 6 7 8 9

Banana

1 un | N.A. | 210 g

2.3.4.1

- Ingredients 80 index
- Preparation 8 index
- Flavour 38 index
- Carbon Footprint 180 g CO_2e
- Water Footprint 170 liter
- Land Use 0,40 m^2
- Animal Protein % from meat and fish 0%
- Plant Protein % from plants 100%
- Price 6 index
- Energy 199 kcal
  - Protein 2,4 g
  - Fat 0,6 g
  - Carbs 44,2 g
    - Sugar 32,4 g
    - Fibre 3,4 g
- Salt 0 g

Cheap ☺
No preparation time ☺

Meal | Snack | 1 2 3 4 5 6 7 8 9

Energy Bar (Cacao)

1 un | FACTORY | 50 g

2.4.1.1

- Quality of ingredients 60 index
- Preparation 8 index
- Flavour 42 index
- Carbon Footprint 180 g CO_2e
- Water Footprint 307 liter
- Land Use 0,60 m^2
- Animal Protein % from meat and fish 0%
- Plant Protein % from plants 100%
- Price 14 index
- Energy 223 kcal
  - Protein 5,5 g
  - Fat 14,5 g
  - Carbs 20,5 g
    - Sugar 19,5 g
    - Fibre 5,5 g
- Salt 0,0 g

Low preparation time ☺

Meal | Snack | 1 2 3 4 5 6 7 8 9

Chocolate Bar

1 un | FACTORY | 50 g

2.4.2.1

- Ingredients 60 index
- Preparation 8 index
- Flavour 52 index
- Carbon Footprint 120 g CO_2e
- Water Footprint 90 liter
- Land Use 0,35 m^2
- Animal Protein % from meat and fish 66%
- Plant Protein % from plants 34%
- Price 9 index
- Energy 170 kcal
  - Protein 1,3 g
  - Fat 7,2 g
  - Carbs 26,8 g
    - Sugar 26,2 g
    - Fibre 0,6 g
- Salt 0,03 g

Sugar loaded choice ☹
Rich flavour ☺

Meal | Snack | 1 2 3 4 5 6 7 8 9

Protein Bar

1 un | FACTORY | 50 g

2.4.3.1

- Ingredients 60 index
- Preparation 8 index
- Flavour 42 index
- Carbon Footprint 240 g CO_2e
- Water Footprint 311 liter
- Land Use 0,47 m^2
- Animal Protein % from meat and fish 0%
- Plant Protein % from plants 100%
- Price 14 index
- Energy 203 kcal
  - Protein 16 g
  - Fat 13,4 g
  - Carbs 17,0 g
    - Sugar 2,0 g
    - Fibre 7,0 g
- Salt 0,4 g

Good for building muscles ☺
Low preparation time ☺

Meal | Snack | 1 2 3 4 5 6 7 8 9

Dark Chocolate (80%)

1 ptn | FACTORY | 50 g

2.5.1.1

- Quality of ingredients 60 index
- Preparation 8 index
- Flavour 38 index
- Carbon Footprint 800 g CO_2e
- Water Footprint 432 liter
- Land Use 1,73 m^2
- Animal Protein % from meat and fish 0%
- Plant Protein % from plants 100%
- Price 14 index
- Energy 285 kcal
  - Protein 3,6 g
  - Fat 36,0 g
  - Carbs 16,0 g
    - Sugar 14,5 g
    - Fibre 5,5 g
- Salt 0 g

High land user ☹

Meal | Snack | 1 2 3 4 5 6 7 8 9

Milk Chocolate

1 ptn | FACTORY | 50 g

2.5.2.1

Quality of ingredients	60 index	Price	13 index
Preparation	8 index	Energy	272 kcal
Flavour	47 index	Protein	3,6 g
Carbon Footprint	550 g CO_2e	Fat	25,5 g
Water Footprint	314 liter	Carbs	28,9 g
Land Use	1,10 m^2	Sugar	28,6 g
Animal Protein % from meat and fish	60%	Fibre	0,2 g
Plant Protein % from plants	40%	Salt	0,2 g

Meal | Snack | 1 2 3 4 5 6 7 8 9

Dark Chocolate (80%)

2 ptn | FACTORY | 100 g

2.5.3.1

Quality of ingredients	60 index	Price	29 index
Preparation	8 index	Energy	570 kcal
Flavour	38 index	Protein	7,2 g
Carbon Footprint	1.600 g CO_2e	Fat	72,0 g
Water Footprint	864 liter	Carbs	32,0 g
Land Use	3,45 m^2	Sugar	29,0 g
Animal Protein % from meat and fish	0%	Fibre	11,0 g
Plant Protein % from plants	100%	Salt	0 g

High land user ☹

Meal | Snack | 1 2 3 4 5 6 7 8 9

Milk Chocolate

2 ptn | FACTORY | 100 g

2.5.4.1

Quality of ingredients	60 index	Price	25 index
Preparation	8 index	Energy	544 kcal
Flavour	47 index	Protein	7,2 g
Carbon Footprint	1.100 g CO_2e	Fat	51,0 g
Water Footprint	628 liter	Carbs	57,8 g
Land Use	2,20 m^2	Sugar	57,2 g
Animal Protein % from meat and fish	60%	Fibre	0,4 g
Plant Protein % from plants	40%	Salt	0,4 g

Meal | Snack 1 2 3 4 5 6 7 8 9

Popcorn

1 un | MICRO WAVE GAS | 40 g

2.6.1.1

Quality of ingredients	60 index	Price	6 index
Preparation	12 index	Energy	202 kcal
Flavour	57 index	Protein	3,8 g
Carbon Footprint	30 g CO_2e	Fat	13,7 g
Water Footprint	50 liter	Carbs	20,9 g
Land Use	0,18 m^2	Sugar	0,3 g
Animal Protein % from meat and fish	0%	Fibre	3,2 g
Plant Protein % from plants	100%	Salt	0,5 g

Cheap meal ☺
High fibre ☺

Meal | Snack 1 2 3 4 5 6 7 8 9

Potato Chips

15 un | FACTORY | 28 g

2.6.2.1

Ingredients	60 index	Price	5 index
Preparation	8 index	Energy	147 kcal
Flavour	42 index	Protein	1,7 g
Carbon Footprint	150 g CO_2e	Fat	9,4 g
Water Footprint	10 liter	Carbs	15,1 g
Land Use	0,07 m^2	Sugar	0,1 g
Animal Protein % from meat and fish	0%	Fibre	1,0 g
Plant Protein % from plants	100%	Salt	0,4 g

Meal | Snack 1 2 3 4 5 6 7 8 9

Peanuts

1 ptn | N.A. | 35 g

2.6.3.1

Ingredients	60 ndex	Price	4 index
Preparation	8 index	Energy	219 kcal
Flavour	42 index	Protein	7,9 g
Carbon Footprint	130 g CO_2e	Fat	22,4 g
Water Footprint	139 liter	Carbs	3,9 g
Land Use	0,32 m^2	Sugar	2,2 g
Animal Protein % from meat and fish	0%	Fibre	2,6 g
Plant Protein % from plants	100%	Salt	0,3 g

High plant protein ☺

Meal | Snack 1 2 3 4 5 6 7 8 9

Popcorn

1 ptn | HOME GAS | 35 g

2.6.4.1

- Quality of ingredients 80 index
- Preparation 14 index
- Flavour 47 index
- Carbon Footprint 160 g CO_2e
- Water Footprint 70 liter
- Land Use 0,20 m^2
- Animal Protein % from meat and fish 10%
- Plant Protein % from plants 90%

- Price 3 index
- Energy 181 kcal
  - Protein 3,0 g
  - Fat 8,2 g
  - Carbs 21,7 g
    - Sugar 0,5 g
    - Fibre 3,3 g
- Salt 0,5 g

Low cost ☺

Meal | Snack 1 2 3 4 5 6 7 8 9

Pastel de Nata

1 un | HOME GAS | 138 g

2.7.1.1

- Ingredients 66 index
- Preparation 25 index
- Flavour 47 index
- Carbon Footprint 560 g CO_2e
- Water Footprint 653 liter
- Land Use 0,76 m^2
- Animal Protein % from meat and fish 60%
- Plant Protein % from plants 40%

- Price 13 index
- Energy 471 kcal
  - Protein 7,2 g
  - Fat 43,6 g
  - Carbs 45,0 g
    - Sugar 10,1 g
    - Fibre 0,6 g
- Salt 1,3 g

The famous Pastel de Belém recipe is just one of the variations of this traditional Lisbon delicacy ☺

Meal | Snack 1 2 3 4 5 6 7 8 9

Pastel de Nata

2 un | HOME GAS | 276 g

2.7.2.1

- Ingredients 66 index
- Preparation 25 index
- Flavour 47 index
- Carbon Footprint 1.120 g CO_2e
- Water Footprint 1.306 liter
- Land Use 1,52 m^2
- Animal Protein % from meat and fish 60%
- Plant Protein % from plants 40%

- Price 26 index
- Energy 942 kcal
  - Protein 14,4 g
  - Fat 87,2 g
  - Carbs 90,0 g
    - Sugar 20,2 g
    - Fibre 1,2 g
- Salt 2,6 g

Enviromental impact ☹

Meal | Snack | 1 2 3 4 5 6 7 8 9

Pastel de nata (vegan)

2.7.3.1

Ingredients 58 index	Price 12 index
Preparation 25 index	Energy 438 kcal
Flavour 47 index	Protein 6,1 g
Carbon Footprint 510 g CO_2e	Fat 41,3 g
Water Footprint 626 liter	Carbs 42,0 g
Land Use 0,74 m^2	Sugar 6,2 g
Animal Protein % from meat and fish 0%	Fibre 0,9 g
Plant Protein % from plants 100%	Salt 1,7 g

Meal | Snack | 1 2 3 4 5 6 7 8 9

Cinnamon roll

2.7.4.1

Ingredients 60 index	Price 29 index
Preparation 8 index	Energy 315 kcal
Flavour 57 index	Protein 2,7 g
Carbon Footprint 310 g CO_2e	Fat 26,6 g
Water Footprint 263 liter	Carbs 33,0 g
Land Use 0,32 m^2	Sugar 14,6 g
Animal Protein % from meat and fish 60%	Fibre 1,1 g
Plant Protein % from plants 40%	Salt 0,1 g

A culinary treat ☺

Meal | Snack | 1 2 3 4 5 6 7 8 9

Pastel de nata (vegan)

2.7.5.1

Ingredients 58 index	Price 25 index
Preparation 25 index	Energy 876 kcal
Flavour 47 index	Protein 12,2 g
Carbon Footprint 1.020 g CO_2e	Fat 82,6 g
Water Footprint 1.252 liter	Carbs 84,0 g
Land Use 1,48 m^2	Sugar 12,4 g
Animal Protein % from meat and fish 0%	Fibre 1,8 g
Plant Protein % from plants 100%	Salt 3,4 g

Meal | Snack | 1 2 3 4 5 6 7 8 9

Ice Cream - stick

2.8.1.1

Ingredients	60 index	Price	18 index
Preparation	8 index	Energy	262 kcal
Flavour	57 index	Protein	3,1 g
Carbon Footprint	360 g CO_2e	Fat	28,0 g
Water Footprint	252 liter	Carbs	24,6 g
Land Use	0,86 m²	Sugar	22,9 g
Animal Protein % from meat and fish	45%	Fibre	0 g
Plant Protein % from plants	55%	Salt	0,1 g

Rich flavour ☺

Meal | Snack | 1 2 3 4 5 6 7 8 9

Strawberry Ice Cream

2.8.2.1

Ingredients	60 index	Price	10 index
Preparation	8 index	Energy	293 kcal
Flavour	42 index	Protein	3,8 g
Carbon Footprint	870 g CO_2e	Fat	20,2 g
Water Footprint	229 liter	Carbs	40,5 g
Land Use	0,32 m²	Sugar	39,0 g
Animal Protein % from meat and fish	0%	Fibre	0,0 g
Plant Protein % from plants	100%	Salt	0,2 g

Meal | Snack | 1 2 3 4 5 6 7 8 9

Strawberry Sorbet

2.8.3.1

Ingredients	60 index	Price	16 index
Preparation	8 index	Energy	176 kcal
Flavour	38 index	Protein	0,3 g
Carbon Footprint	810 g CO_2e	Fat	0,2 g
Water Footprint	165 liter	Carbs	42,2 g
Land Use	0,27 m²	Sugar	40,4 g
Animal Protein % from meat and fish	0%	Fibre	0,0 g
Plant Protein % from plants	100%	Salt	0,0 g

Meal | Lunch | 1 2 3 4 5 6 7 8 9

Skip lunch

4.1.1.1

Quality of ingredients	0 index	Price	0 index
Preparation	0 index	Energy	0 kcal
Flavour	0 ndex	Protein	0 g
Carbon Footprint	0 g CO_2e	Fat	0 g
Water Footprint	0 liter	Carbs	0 g
Land Use	0 m^2	Sugar	0 g
Animal Protein % from meat and fish	0%	Fibre	0 g
Plant Protein % from plants	0%	Salt	0 g

Meal | Lunch | 1 2 3 4 5 6 7 8 9

Open sandwich w/ potatoes

4.2.1.1

Quality of ingredients	68 index	Price	8 index
Preparation	17 index	Energy	320 kcal
Flavour	52 index	Protein	6,2 g
Carbon Footprint	220 g CO_2e	Fat	11,1 g
Water Footprint	217 liter	Carbs	51,1 g
Land Use	0,35 m^2	Sugar	3,3 g
Animal Protein % from meat and fish	1%	Fibre	8,8 g
Plant Protein % from plants	99%	Salt	1,2 g

Fresh ingredients ☺

Meal | Lunch | 1 2 3 4 5 6 7 8 9

Open sandwich w/ liver pâté and pickled beetroot

4.2.2.1

Quality of ingredients	74 index	Price	16 index
Preparation	16 index	Energy	334 kcal
Flavour	52 index	Protein	11,3 g
Carbon Footprint	110 g CO_2e	Fat	16,6 g
Water Footprint	418 liter	Carbs	40,3 g
Land Use	1,11 m^2	Sugar	10,3 g
Animal Protein % from meat and fish	59%	Fibre	7,8 g
Plant Protein % from plants	41%	Salt	2,4 g

High fibre ☺
Fresh ingredients ☺

Meal | Lunch | 1 2 3 **4** 5 6 7 8 9

Green Salad | Omelette

1 ptn | HOME GAS | 137 g

1 ptn | HOME GAS | 167 g

4.3.1.1

Quality of ingredients	66 index	Price	32 index
Preparation	31 index	Energy	550 kcal
Flavour	50 index	Protein	26,2 g
Carbon Footprint	1.240 g CO_2e	Fat	61,5 g
Water Footprint	871 liter	Carbs	5,2 g
Land Use	1,82 m^2	Sugar	0,9 g
Animal Protein % from meat and fish	98%	Fibre	2,0 g
Plant Protein % from plants	2%	Salt	3,0 g

High fibre ☺

The quality of the eggs is very important for a great omelette

Meal | Lunch | 1 2 3 **4** 5 6 7 8 9

Green Salad

1 ptn | HOME GAS | 137 g

4.10.1.1

Quality of ingredients	63 index	Price	15 index
Preparation	18 index	Energy	116 kcal
Flavour	57 index	Protein	1,7 g
Carbon Footprint	340 g CO_2e	Fat	12,1 g
Water Footprint	168 liter	Carbs	3,0 g
Land Use	0,30 m^2	Sugar	0,9 g
Animal Protein % from meat and fish	0%	Fibre	1,7 g
Plant Protein % from plants	100%	Salt	1,1 g

Meal | Lunch | 1 2 3 **4** 5 6 7 8 9

Caesar Salad

1 ptn | HOME GAS | 230 g

4.10.2.1

Quality of ingredients	61 index	Price	39 index
Preparation	25 index	Energy	657 kcal
Flavour	66 index	Protein	18,5 g
Carbon Footprint	820 g CO_2e	Fat	59,2 g
Water Footprint	820 liter	Carbs	12,7 g
Land Use	2,69 m^2	Sugar	0,7 g
Animal Protein % from meat and fish	70%	Fibre	1,6 g
Plant Protein % from plants	30%	Salt	2,2 g

Meal | Lunch / Dinner | 1 2 3 4 5 6 7 8 9

Chili con carne

1 ptn | HOME GAS | 289 g

5.4.1.1

Quality of ingredients	61 index	Price	20 index
Preparation	41 index	Energy	438 kcal
Flavour	47 index	Protein	24,7 g
Carbon Footprint	2.800 g CO_2e	Fat	30,9 g
Water Footprint	1.644 liter	Carbs	23,1 g
Land Use	2,80 m^2	Sugar	8,6 g
Animal Protein % from meat and fish	63%	Fibre	8,0 g
Plant Protein % from plants	37%	Salt	1,3 g

Meal | Lunch / Dinner | 1 2 3 4 5 6 7 8 9

Chili sin carne

1 ptn | HOME GAS | 256 g

5.4.2.1

Quality of ingredients	65 index	Price	22 index
Preparation	42 index	Energy	223 kcal
Flavour	42 index	Protein	6,9 g
Carbon Footprint	670 g CO_2e	Fat	12,9 g
Water Footprint	258 liter	Carbs	19,7 g
Land Use	0,67 m^2	Sugar	8,4 g
Animal Protein % from meat and fish	0%	Fibre	7,5 g
Plant Protein % from plants	100%	Salt	0,7 g

Good fibre and protein combination ☺

Meal | Lunch / Dinner | 1 2 3 4 5 6 7 8 9

Pizza Margherita

1 ptn | HOME GAS | 200 g

5.5.1.1

Quality of ingredients	70 index	Price	18 index
Preparation	28 index	Energy	852 kcal
Flavour	52 index	Protein	33,0 g
Carbon Footprint	580 g CO_2e	Fat	48,6 g
Water Footprint	324 liter	Carbs	96,0 g
Land Use	0,86 m^2	Sugar	14,4 g
Animal Protein % from meat and fish	49%	Fibre	4,6 g
Plant Protein % from plants	51%	Salt	3,4 g

Meal | Lunch / Dinner | 1 2 3 **4** 5 6 **7** 8 9

Pizza Peperoni

1 ptn | HOME GAS | 195 g

5.5.2.1

- Quality of ingredients: 70 index
- Preparation: 28 index
- Flavour: 52 index
- Carbon Footprint: 820 g CO_2e
- Water Footprint: 365 liter
- Land Use: 1,68 m^2
- Animal Protein % from meat and fish: 68%
- Plant Protein % from plants: 32%
- Price: 32 index
- Energy: 615 kcal
- Protein: 25,9 g
- Fat: 42,8 g
- Carbs: 58,1 g
- Sugar: 1,7 g
- Fibre: 3,6 g
- Salt: 2,8 g

Meal | Lunch / Dinner | 1 2 3 **4** 5 6 **7** 8 9

Pizza Margherita Frozen

1 ptn | HOME GAS | 295 g

5.5.3.1

- Quality of ingredients: 60 index
- Preparation: 19 index
- Flavour: 33 index
- Carbon Footprint: 840 g CO_2e
- Water Footprint: 665 liter
- Land Use: 1,72 m^2
- Animal Protein % from meat and fish: 65%
- Plant Protein % from plants: 35%
- Price: 28 index
- Energy: 827 kcal
- Protein: 38,3 g
- Fat: 47,5 g
- Carbs: 88,1 g
- Sugar: 15,3 g
- Fibre: 7,6 g
- Salt: 5,4 g

Meal | Lunch / Dinner | 1 2 3 **4** 5 6 **7** 8 9

Codfish Brás Style

1 ptn | HOME GAS | 229 g

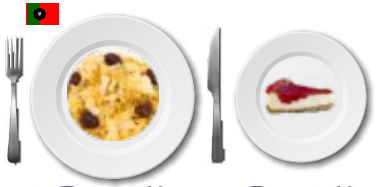
5.6.1.1

- Quality of ingredients: 60 index
- Preparation: 36 index
- Flavour: 52 index
- Carbon Footprint: 710 g CO_2e
- Water Footprint: 659 liter
- Land Use: 1,19 m^2
- Animal Protein % from meat and fish: 90%
- Plant Protein % from plants: 10%
- Price: 44 index
- Energy: 295 kcal
- Protein: 21,2 g
- Fat: 19,3 g
- Carbs: 14,0 g
- Sugar: 3,0 g
- Fibre: 2,0 g
- Salt: 0,9 g

This recipe was born in Lisbon and it's one of the many Portuguese recipes with "bacalhau" ☺

Meal | Lunch / Dinner | 1 2 3 4 5 6 7 8 9

Codfish Brás Style



1 ptn | HOME GAS | 229 g

- Quality of ingredients: 62 index
- Preparation: 50 index
- Flavour: 43 index
- Carbon Footprint: 1.360 g CO_2e
- Water Footprint: 1.060 liter
- Land Use: 2,19 m^2
- Animal Protein % from meat and fish: 83%
- Plant Protein % from plants: 17%

5.6.3.1

Cheesecake

1 slice | HOME GAS | 125 g

- Price: 58 index
- Energy: 726 kcal
- Protein: 25,3 g
- Fat: 68,2 g
- Carbs: 50,6 g
- Sugar: 31,7 g
- Fibre: 2,5 g
- Salt: 1,5 g

Demands preparation time ☹

Meal | Dinner | 1 2 3 4 5 6 7 8 9

Lasagna Bolognese

1 ptn | HOME GAS | 269 g

- Quality of ingredients: 61 index
- Preparation: 48 index
- Flavour: 52 index
- Carbon Footprint: 2.770 g CO_2e
- Water Footprint: 1.695 liter
- Land Use: 3,05 m^2
- Animal Protein % from meat and fish: 75%
- Plant Protein % from plants: 25%

6.2.1.1

- Price: 23 index
- Energy: 640 kcal
- Protein: 32,8 g
- Fat: 47,7 g
- Carbs: 50,6 g
- Sugar: 8,2 g
- Fibre: 4,4 g
- Salt: 1,5 g

One of the most loved and traditional Italian dishes, open to many different variations ☺

Meal | Dinner | 1 2 3 4 5 6 7 8 9

Veggie Lasagna

1 ptn | HOME GAS | 298 g

- Quality of ingredients: 64 index
- Preparation: 49 index
- Flavour: 42 index
- Carbon Footprint: 650 g CO_2e
- Water Footprint: 461 liter
- Land Use: 1,0 m^2
- Animal Protein % from meat and fish: 12%
- Plant Protein % from plants: 88%

6.2.4.1

- Price: 17 index
- Energy: 465 kcal
- Protein: 14,2 g
- Fat: 30,0 g
- Carbs: 51,5 g
- Sugar: 9,6 g
- Fibre: 5,3 g
- Salt: 0,9 g

Meal | Dinner | 1 2 3 4 5 6 **7** 8 9

Cheese Burger

1 un | HOME GAS | 270 g

6.3.1.1

- Quality of ingredients 65 index
- Preparation 26 index
- Flavour 52 index
- Carbon Footprint 3.160 g CO_2e
- Water Footprint 635 liter
- Land Use 5,24 m^2
- Animal Protein % from meat and fish 79%
- Plant Protein % from plants 21%

- Price 26 index
- Energy 743 kcal
- Protein 39,5 g
- Fat 56,3 g
- Carbs 42,1 g
  - Sugar 8,8 g
  - Fibre 2,9 g
- Salt 2,2 g

Meal | Dinner | 1 2 3 4 5 6 **7** 8 9

Veggie Burger

1 un | HOME GAS | 218 g

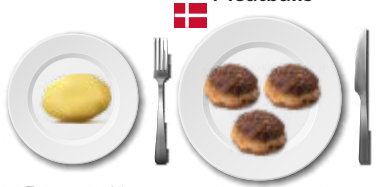
6.3.2.1

- Quality of ingredients 51 index
- Preparation 28 index
- Flavour 52 index
- Carbon Footprint 330 g CO_2e
- Water Footprint 829 liter
- Land Use 1,44 m^2
- Animal Protein % from meat and fish 0%
- Plant Protein % from plants 100%

- Price 20 index
- Energy 560 kcal
- Protein 4,0 g
- Fat 6,3 g
- Carbs 6,2 g
  - Sugar 4,4 g
  - Fibre 3,7 g
- Salt 0,9 g

Meal | Dinner | 1 2 3 4 5 6 **7** 8 9

Potato | Meatballs



1 un | HOME GAS | 149 g

3 un | HOME GAS | 171 g

6.4.2.1

- Quality of ingredients 69 index
- Preparation 28 index
- Flavour 63 index
- Carbon Footprint 3.990 g CO_2e
- Water Footprint 1.259 liter
- Land Use 1,92 m^2
- Animal Protein % from meat and fish 80%
- Plant Protein % from plants 20%

- Price 66 index
- Energy 1.244 kcal
- Protein 56,5 g
- Fat 93,4 g
- Carbs 107,5 g
  - Sugar 11,1 g
  - Fibre 10,5 g
- Salt 4,0 g

Traditional Danish dish ☺

Meal | Dinner | 1 2 3 4 5 6 **7** 8 9

Potato | Meatballs | Cheesecake

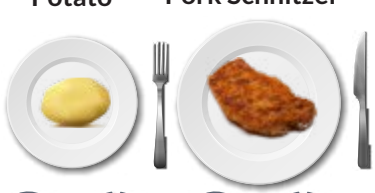
1 un HOME GAS 149 g | 3 un HOME GAS 171 g | 1 slice HOME GAS 125 g

6.4.3.1

Quality of ingredients	67 index	Price	80 index
Preparation	35 index	Energy	1.644 kcal
Flavour	56 index	Protein	61,5 g
Carbon Footprint	5.280 g CO_2e	Fat	137,8 g
Water Footprint	1.660 liter	Carbs	140,8 g
Land Use	2,92 m^2	Sugar	36,7 g
Animal Protein % from meat and fish	80%	Fibre	11,7 g
Plant Protein % from plants	20%	Salt	4,7 g

Meal | Dinner | 1 2 3 4 5 6 **7** 8 9

Potato | Pork Schnitzel



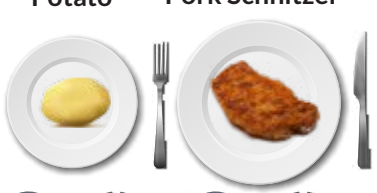
1 ptn HOME GAS 149 g | 1 ptn HOME GAS 214 g

6.9.1.1

Quality of ingredients	52 index	Price	45 index
Preparation	27 index	Energy	526 kcal
Flavour	57 index	Protein	39,0 g
Carbon Footprint	1.290 g CO_2e	Fat	36,6 g
Water Footprint	1.289 liter	Carbs	27,7 g
Land Use	3,99 m^2	Sugar	1,0 g
Animal Protein % from meat and fish	91%	Fibre	1,6 g
Plant Protein % from plants	9%	Salt	1,6 g

Meal | Dinner | 1 2 3 4 5 6 **7** 8 9

Potato | Pork Schnitzel



1 ptn HOME GAS 149 g | 1 ptn HOME AIR FRYER 249 g

6.9.2.1

Quality of ingredients	54 index	Price	53 index
Preparation	26 index	Energy	412 kcal
Flavour	42 index	Protein	47,5 g
Carbon Footprint	1.280 g CO_2e	Fat	22,5 g
Water Footprint	1.289 liter	Carbs	27,7 g
Land Use	3,99 m^2	Sugar	1,0 g
Animal Protein % from meat and fish	91%	Fibre	1,6 g
Plant Protein % from plants	9%	Salt	1,5 g

Meal Lunch / Dinner 1 2 3 **4** 5 6 **7** 8 9

Green Salad | Lasagna bolognese | Tiramisù

1 ptn HOME GAS 137 g | 1 ptn HOME GAS 633 g | 1 slice HOME GAS 341 g

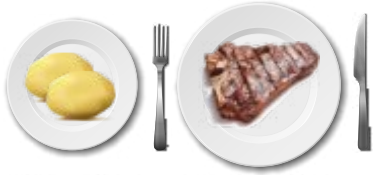
5.2.3.1

Quality of ingredients	64 index	Price	100 index
Preparation	60 index	Energy	1.516 kcal
Flavour	52 index	Protein	43,8 g
Carbon Footprint	5.430 g CO_2e	Fat	146,6 g
Water Footprint	2.798 liter	Carbs	110,9 g
Land Use	6,41 m^2	Sugar	36,0 g
Animal Protein % from meat and fish	98%	Fibre	6,1 g
Plant Protein % from plants	2%	Salt	2,7 g

Expensive meal ☹
Rich flavour ☺
Difficult to prepare ☺

Meal Lunch / Dinner 1 2 3 **4** 5 6 **7** 8 9

Potato | Steak



2 un HOME GAS 300 g | 1 un HOME GAS 197 g

5.7.2.1

Quality of ingredients	65 index	Price	83 index
Preparation	26 index	Energy	945 kcal
Flavour	52 index	Protein	135,6 g
Carbon Footprint	5.010 g CO_2e	Fat	93,2 g
Water Footprint	350 liter	Carbs	59,4 g
Land Use	4,49 m^2	Sugar	2,1 g
Animal Protein % from meat and fish	98%	Fibre	4,0 g
Plant Protein % from plants	2%	Salt	4,2 g

Meal Lunch / Dinner 1 2 3 **4** 5 6 **7** 8 9

Guacamole | Steak

1 ptn HOME GAS 102 g | 1 un HOME GAS 197 g

5.7.3.1

Quality of ingredients	63 index	Price	94 index
Preparation	29 index	Energy	611 kcal
Flavour	66 index	Protein	42,3 g
Carbon Footprint	4.970 g CO_2e	Fat	48,2 g
Water Footprint	867 liter	Carbs	11,8 g
Land Use	4,44 m^2	Sugar	1,0 g
Animal Protein % from meat and fish	98%	Fibre	5,3 g
Plant Protein % from plants	2%	Salt	2,1 g

Meal | Lunch / Dinner | 1 2 3 **4** 5 6 **7** 8 9

Vegetables soup w/ potatoes

1 ptn | HOME GAS | 218 g

5.1.1.1.1

Quality of ingredients	58 index	Price	4 index
Preparation	28 index	Energy	113 kcal
Flavour	38 index	Protein	2,6 g
Carbon Footprint	130 g CO_2e	Fat	6,2 g
Water Footprint	876 liter	Carbs	12,0 g
Land Use	0,23 m^2	Sugar	6,3 g
Animal Protein % from meat and fish	0%	Fibre	3,0 g
Plant Protein % from plants	100%	Salt	0,9 g

Meal | Lunch / Dinner | 1 2 3 **4** 5 6 **7** 8 9

Vegetables soup w/o potatoes

1 ptn | HOME GAS | 213 g

5.1.1.2.1

Quality of ingredients	58 index	Price	6 index
Preparation	28 index	Energy	123 kcal
Flavour	42 index	Protein	2,5 g
Carbon Footprint	370 g CO_2e	Fat	6,2 g
Water Footprint	115 liter	Carbs	14,4 g
Land Use	0,25 m^2	Sugar	7,2 g
Animal Protein % from meat and fish	0%	Fibre	3,7 g
Plant Protein % from plants	100%	Salt	1,0 g

Meal | Dinner | 1 2 3 4 5 6 **7** 8 9

Grilled Salmon

1 ptn | HOME GAS | 153 g

6.6.1.1

Quality of ingredients	53 index	Price	46 index
Preparation	20 index	Energy	424 kcal
Flavour	38 index	Protein	29,4 g
Carbon Footprint	60 g CO_2e	Fat	39,1 g
Water Footprint	773 liter	Carbs	0,9 g
Land Use	1,0 m^2	Sugar	0,2 g
Animal Protein % from meat and fish	100%	Fibre	0,3 g
Plant Protein % from plants	0%	Salt	1,1 g

Meal | Dinner | 1 2 3 4 5 6 **7** 8 9

Vegetables | Grilled Salmon

1 ptn | HOME GAS | 162 g

1 ptn | HOME GAS | 153 g

6.6.2.1

Quality of ingredients	56 index	Price	52 index
Preparation	25 index	Energy	520 kcal
Flavour	52 index	Protein	33,3 g
Carbon Footprint	960 g CO_2e	Fat	45,4 g
Water Footprint	867 liter	Carbs	6,9 g
Land Use	1,19 m^2	Sugar	4,4 g
Animal Protein % from meat and fish	88%	Fibre	3,9 g
Plant Protein % from plants	12%	Salt	2,0 g

Meal | Dinner | 1 2 3 4 5 6 **7** 8 9

Vegetables | Grilled Salmon | Potatoes

1 ptn | HOME GAS | 162 g

1 ptn | HOME GAS | 153 g

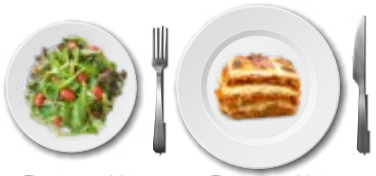
3 un | HOME GAS | 450 g

6.6.3.1

Quality of ingredients	57 index	Price	58 index
Preparation	26 index	Energy	1.222 kcal
Flavour	52 index	Protein	51,3 g
Carbon Footprint	1.110 g CO_2e	Fat	48,7 g
Water Footprint	912 liter	Carbs	150,0 g
Land Use	1,33 m^2	Sugar	15,5 g
Animal Protein % from meat and fish	78%	Fibre	16,5 g
Plant Protein % from plants	22%	Salt	7,4 g

Meal | Lunch / Dinner | 1 2 3 **4** 5 6 **7** 8 9

Green Salad | Lasagna Bolognese



1 ptn | HOME GAS | 137 g

1 ptn | HOME GAS | 269 g

5.2.2.1

Quality of ingredients	62 index	Price	52 index
Preparation	53 index	Energy	755 kcal
Flavour	50 index	Protein	34,5 g
Carbon Footprint	3.110 g CO_2e	Fat	59,8 g
Water Footprint	1.863 liter	Carbs	53,6 g
Land Use	3,35 m^2	Sugar	9,12 g
Animal Protein % from meat and fish	75%	Fibre	6,11 g
Plant Protein % from plants	25%	Salt	2,57 g

High enviromental impact ☹

High protein ☹

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Still water

(Bottle)

1 glass | BOTTLED LOCALLY | 200 ml

7.2.2.1

Quality of ingredients 60 index	Price 3 index
Preparation 8 index	Energy 0 kcal
Flavour 23 index	Protein 0 g
Carbon Footprint 50 g CO_2e	Fat 0 g
Water Footprint 1,0 liter	Carbs 0 g
Land Use 0 m^2	Sugar 0 g
Animal Protein % from meat and fish 0%	Fibre 0 g
Plant Protein % from plants 0%	Salt 0 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Sparkling water

(Bottle)

1 glass | BOTTLED ABROAD | 200 ml

7.2.3.1

Quality of ingredients 80 index	Price 3 index
Preparation 8 index	Energy 0 kcal
Flavour 28 index	Protein 0 g
Carbon Footprint 50 g CO_2e	Fat 0 g
Water Footprint 1,0 liter	Carbs 0 g
Land Use 0 m^2	Sugar 0 g
Animal Protein % from meat and fish 0%	Fibre 0 g
Plant Protein % from plants 0%	Salt 0 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Tap water

2 glass | HOME | 400 ml

7.2.4.1

Quality of ingredients 60 index	Price 0 index
Preparation 8 index	Energy 0 kcal
Flavour 14 index	Protein 0 g
Carbon Footprint 0 g CO_2e	Fat 0 g
Water Footprint 0 liter	Carbs 0 g
Land Use 0 m^2	Sugar 0 g
Animal Protein % from meat and fish 0%	Fibre 0 g
Plant Protein % from plants 0%	Salt 0 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Still water (Bottle)

2 glass | BOTTLED LOCALLY | 400 ml

7.2.5.1

- Quality of ingredients: 60 index
- Preparation: 8 index
- Flavour: 23 index
- Carbon Footprint: 100 g CO_2e
- Water Footprint: 2,0 liter
- Land Use: 0 m^2
- Animal Protein % from meat and fish: 0%
- Plant Protein % from plants: 0%
- Price: 5 index
- Energy: 0 kcal
- Protein: 0 g
- Fat: 0 g
- Carbs: 0 g
- Sugar: 0 g
- Fibre: 0 g
- Salt: 0 g

Sparkling water (Bottle)

2 glass | BOTTLED ABROAD | 400 ml

7.2.6.1

- Quality of ingredients: 80 index
- Preparation: 8 index
- Flavour: 28 index
- Carbon Footprint: 100 g CO_2e
- Water Footprint: 2,0 liter
- Land Use: 0 m^2
- Animal Protein % from meat and fish: 0%
- Plant Protein % from plants: 0%
- Price: 5 index
- Energy: 0 kcal
- Protein: 0 g
- Fat: 0 g
- Carbs: 0 g
- Sugar: 0 g
- Fibre: 0 g
- Salt: 0 g

Skimmed milk (Cow)

1 glass | DAIRY | 200 ml

7.3.1.1

- Quality of ingredients: 80 index
- Preparation: 8 index
- Flavour: 38 ndex
- Carbon Footprint: 240 g CO_2e
- Water Footprint: 213 liter
- Land Use: 0,30 m^2
- Animal Protein % from meat and fish: 100%
- Plant Protein % from plants: 0%
- Price: 3 index
- Energy: 71 kcal
- Protein: 7,2 g
- Fat: 0,3 g
- Carbs: 10,0 g
- Sugar: 9,2 g
- Fibre: 0,0 g
- Salt: 0,9 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Whole milk

Cow

1 glass | DAIRY | 200 ml

7.3.2.1

- Quality of ingredients: 80 index
- Preparation: 8 index
- Flavour: 47 index
- Carbon Footprint: 300 g CO_2e
- Water Footprint: 213 liter
- Land Use: 0,30 m^2
- Animal Protein % from meat and fish: 100%
- Plant Protein % from plants: 0%
- Price: 3 index
- Energy: 126 kcal
- Protein: 6,8 g
- Fat: 11,4 g
- Carbs: 9,2 g
- Sugar: 9,2 g
- Fibre: 0,0 g
- Salt: 0,1 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Almond milk

1 glass | FACTORY | 200 ml

7.3.3.1

- Quality of ingredients: 80 index
- Preparation: 8 index
- Flavour: 52 index
- Carbon Footprint: 80 g CO_2e
- Water Footprint: 75 liter
- Land Use: 0,13 m^2
- Animal Protein % from meat and fish: 0%
- Plant Protein % from plants: 100%
- Price: 6 ndex
- Energy: 42 kcal
- Protein: 1,0 g
- Fat: 2,6 g
- Carbs: 4,0 g
- Sugar: 3,8 g
- Fibre: 0,2 g
- Salt: 0,2 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Oat milk

1 glass | DAIRY | 200 ml

7.3.4.1

- Quality of ingredients: 80 index
- Preparation: 8 index
- Flavour: 52 ndex
- Carbon Footprint: 130 g CO_2e
- Water Footprint: 10 liter
- Land Use: 0,17 m^2
- Animal Protein % from meat and fish: 0%
- Plant Protein % from plants: 100%
- Price: 4 index
- Energy: 101 kcal
- Protein: 1,2 g
- Fat: 2,2 g
- Carbs: 19,4 g
- Sugar: 6,0 g
- Fibre: 0,4 g
- Salt: 0,2 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Soy milk

7.3.5.1

- Quality of ingredients: 80 index
- Preparation: 8 index
- Flavour: 52 ndex
- Carbon Footprint: 160 g CO_2e
- Water Footprint: 213 liter
- Land Use: 0,14 m^2
- Animal Protein % from meat and fish: 0%
- Plant Protein % from plants: 100%
- Price: 6 index
- Energy: 70 kcal
  - Protein: 7,4 g
  - Fat: 2,9 g
  - Carbs: 1,2 g
    - Sugar: 0,2 g
    - Fibre: 1,2 g
  - Salt: 0,1 g

Estrogen-rich ☺

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Skimmed milk Cow

7.3.6.1

- Quality of ingredients: 80 index
- Preparation: 8 index
- Flavour: 38 ndex
- Carbon Footprint: 480 g CO_2e
- Water Footprint: 426 liter
- Land Use: 0,60 m^2
- Animal Protein % from meat and fish: 100%
- Plant Protein % from plants: 0%
- Price: 6 index
- Energy: 141 kcal
  - Protein: 14,4 g
  - Fat: 0,6 g
  - Carbs: 20,0 g
    - Sugar: 18,4 g
    - Fibre: 0,0 g
  - Salt: 1,8 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Whole milk Cow

7.3.7.1

- Quality of ingredients: 80 index
- Preparation: 8 index
- Flavour: 47 index
- Carbon Footprint: 600 g CO_2e
- Water Footprint: 426 liter
- Land Use: 0,60 m^2
- Animal Protein % from meat and fish: 100%
- Plant Protein % from plants: 0%
- Price: 6 index
- Energy: 252 kcal
  - Protein: 13,6 g
  - Fat: 22,8 g
  - Carbs: 18,4 g
    - Sugar: 18,4 g
    - Fibre: 0,0 g
  - Salt: 0,2 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Almond milk

2 glass | FACTORY | 400 ml

7.3.8.1

Quality of ingredients	80 index	Price	13 index
Preparation	8 index	Energy	84 kcal
Flavour	52 index	Protein	2,0 g
Carbon Footprint	160 g CO_2e	Fat	5,2 g
Water Footprint	150 liter	Carbs	8,0 g
Land Use	0,26 m^2	Sugar	7,6 g
Animal Protein % from meat and fish	0%	Fibre	0,4 g
Plant Protein % from plants	100%	Salt	0,4 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Oat milk

2 glass | DAIRY | 400 ml

7.3.9.1

Quality of ingredients	80 index	Price	7 index
Preparation	8 index	Energy	202 kcal
Flavour	52 ndex	Protein	2,4 g
Carbon Footprint	260 g CO_2e	Fat	4,4 g
Water Footprint	20 liter	Carbs	38,8 g
Land Use	0,34 m^2	Sugar	12,0 g
Animal Protein % from meat and fish	0%	Fibre	0,8 g
Plant Protein % from plants	100%	Salt	0,4 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Soy milk

2 glass | DAIRY | 400 ml

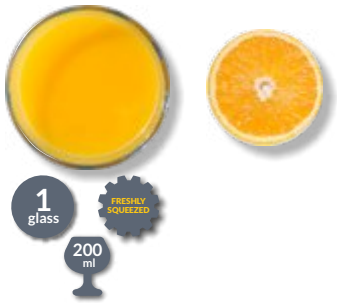
7.3.10.1

Quality of ingredients	80 index	Price	11 index
Preparation	8 index	Energy	140 kcal
Flavour	52 ndex	Protein	14,8 g
Carbon Footprint	320 g CO_2e	Fat	5,8 g
Water Footprint	426 liter	Carbs	2,4 g
Land Use	0,28 m^2	Sugar	0,4 g
Animal Protein % from meat and fish	0%	Fibre	2,4 g
Plant Protein % from plants	100%	Salt	0,2 g

Estrogen-rich ☺

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Fresh Orange Juice



7.4.1.1

- Quality of ingredients: 80 index
- Preparation: 15 index
- Flavour: 38 index
- Carbon Footprint: 60 g CO_2e
- Water Footprint: 637 liter
- Land Use: 0,25 m^2
- Animal Protein % from meat and fish: 0%
- Plant Protein % from plants: 100%
- Price: 18 index
- Energy: 120 kcal
  - Protein: 1,7 g
  - Fat: 0,4 g
  - Carbs: 27,2 g
    - Sugar: 23,5 g
    - Fibre: 0,6 g
  - Salt: 0,1 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

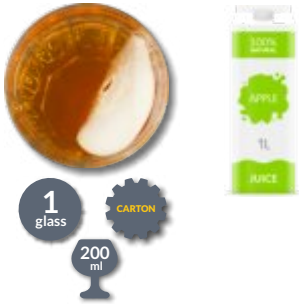
Orange Juice

7.4.2.1

- Quality of ingredients: 80 index
- Preparation: 8 index
- Flavour: 28 index
- Carbon Footprint: 90 g CO_2e
- Water Footprint: 637 liter
- Land Use: 0,25 m^2
- Animal Protein % from meat and fish: 0%
- Plant Protein % from plants: 100%
- Price: 12 index
- Energy: 120 kcal
  - Protein: 1,7 g
  - Fat: 0,4 g
  - Carbs: 27,2 g
    - Sugar: 23,5 g
    - Fibre: 0,6 g
  - Salt: 0,1 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Apple Juice



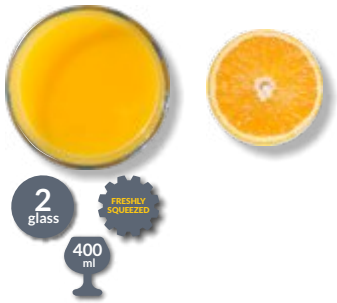
7.4.3.1

- Quality of ingredients: 80 index
- Preparation: 8 index
- Flavour: 33 index
- Carbon Footprint: 570 g CO_2e
- Water Footprint: 168 liter
- Land Use: 0,12 m^2
- Animal Protein % from meat and fish: 0%
- Plant Protein % from plants: 0%
- Price: 11 index
- Energy: 90 kcal
  - Protein: 0,0 g
  - Fat: 0,0 g
  - Carbs: 20,0 g
    - Sugar: 20,0 g
    - Fibre: 0,0 g
  - Salt: 0,6 g

No fibres ☹

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Fresh Orange Juice



7.4.4.1

- Quality of ingredients: 80 index
- Preparation: 15 index
- Flavour: 38 index
- Carbon Footprint: 120 g CO_2e
- Water Footprint: 1.274 liter
- Land Use: 0,50 m^2
- Animal Protein % from meat and fish: 0%
- Plant Protein % from plants: 100%
- Price: 37 index
- Energy: 240 kcal
  - Protein: 3,4 g
  - Fat: 0,8 g
  - Carbs: 54,4 g
    - Sugar: 47,0 g
    - Fibre: 1,2 g
  - Salt: 0,2 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

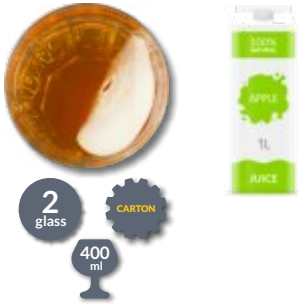
Orange Juice

7.4.5.1

- Quality of ingredients: 80 index
- Preparation: 8 index
- Flavour: 28 index
- Carbon Footprint: 180 g CO_2e
- Water Footprint: 1.274 liter
- Land Use: 0,50 m^2
- Animal Protein % from meat and fish: 0%
- Plant Protein % from plants: 100%
- Price: 24 index
- Energy: 240 kcal
  - Protein: 3,4 g
  - Fat: 0,8 g
  - Carbs: 54,4 g
    - Sugar: 47,0 g
    - Fibre: 1,2 g
  - Salt: 0,2 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Apple Juice



7.4.6.1

- Quality of ingredients: 80 index
- Preparation: 8 index
- Flavour: 33 index
- Carbon Footprint: 1.140 g CO_2e
- Water Footprint: 336 liter
- Land Use: 0,24 m^2
- Animal Protein % from meat and fish: 0%
- Plant Protein % from plants: 0%
- Price: 21 ndex
- Energy: 180 kcal
  - Protein: 0,0 g
  - Fat: 0,0 g
  - Carbs: 40,0 g
    - Sugar: 40,0 g
    - Fibre: 0,0 g
  - Salt: 1,2 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Espresso

1 cup | HOME | 25 ml

7.5.1.1

Quality of ingredients	80 index	Price	1 ndex
Preparation	8 index	Energy	1 kcal
Flavour	47 index	Protein	0,0 g
Carbon Footprint	18 CO_2e	Fat	0,0 g
Water Footprint	28 liter	Carbs	0,0 g
Land Use	0,54 m^2	Sugar	0,0 g
Animal Protein % from meat and fish	0%	Fibre	0,0 g
Plant Protein % from plants	0%	Salt	0,0 g

Boosts alertness, antioxidants ☺

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Capuccino Coffee

Skimmed milk (cow)

1 cup | HOME | 130 ml

1 cup | HOME | 70 ml

7.5.2.1

Quality of ingredients	71 index	Price	2 index
Preparation	8 index	Energy	26 kcal
Flavour	62 index	Protein	2,5 g
Carbon Footprint	830 g CO_2e	Fat	0,0 g
Water Footprint	268 liter	Carbs	3,5 g
Land Use	2,95 m^2	Sugar	3,2 g
Animal Protein % from meat and fish	100%	Fibre	0,0 g
Plant Protein % from plants	0%	Salt	0,3 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Tap water

1 glass | HOME | 200 ml

7.2.1.1

Quality of ingredients	60 index	Price	0 index
Preparation	8 index	Energy	0 kcal
Flavour	14 index	Protein	0 g
Carbon Footprint	0 g CO_2e	Fat	0 g
Water Footprint	0 liter	Carbs	0 g
Land Use	0 m^2	Sugar	0 g
Animal Protein % from meat and fish	0%	Fibre	0 g
Plant Protein % from plants	0%	Salt	0 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Capuccino Coffee

2 cup | HOME | 260 ml

Skimmed milk (cow)

2 cup | HOME | 140 ml

7.5.4.1

Quality of ingredients 71 index	Price 4 index
Preparation 8 index	Energy 52 kcal
Flavour 62 index	Protein 5,0 g
Carbon Footprint 1.660 g CO_2e	Fat 0,0 g
Water Footprint 536 liter	Carbs 7,0 g
Land Use 2,95 m^2	Sugar 6,4 g
Animal Protein % from meat and fish 100%	Fibre 0,0 g
Plant Protein % from plants 0%	Salt 0,6 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Black Tea

1 cup | HOME | 200 ml

7.6.1.1

Quality of ingredients 80 index	Price 1 index
Preparation 8 index	Energy 0 kcal
Flavour 38 index	Protein 0,0 g
Carbon Footprint 30 g CO_2e	Fat 0,0 g
Water Footprint 28 liter	Carbs 0,0 g
Land Use 0,08 m^2	Sugar 0,0 g
Animal Protein % from meat and fish 0%	Fibre 0,0 g
Plant Protein % from plants 0%	Salt 0,0 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Black Tea

1 cup | HOME | 150 ml

Skimmed milk (cow)

1 cup | HOME | 50 ml

7.6.2.1

Quality of ingredients 71 index	Price 2 index
Preparation 8 index	Energy 17 kcal
Flavour 58 index	Protein 1,8 g
Carbon Footprint 70 g CO_2e	Fat 0,07 g
Water Footprint 104 liter	Carbs 2,5 g
Land Use 0,08 m^2	Sugar 2,3 g
Animal Protein % from meat and fish 100%	Fibre 0 g
Plant Protein % from plants 0%	Salt 0,2 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Black Tea

2 cup | HOME | 400 ml

7.6.3.1

Quality of ingredients 80 index	Price 1 index
Preparation 8 index	Energy 0 kcal
Flavour 38 index	Protein 0,0 g
Carbon Footprint 60 CO_2e	Fat 0,0 g
Water Footprint 56 liter	Carbs 0,0 g
Land Use 1,08 m^2	Sugar 0,0 g
Animal Protein % from meat and fish 0%	Fibre 0,0 g
Plant Protein % from plants 0%	Salt 0,0 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Black Tea

2 cup | HOME | 300 ml

Skimmed milk (cow)

2 cup | HOME | 100 ml

7.6.4.1

Quality of ingredients 71 index	Price 3 index
Preparation 8 index	Energy 34 kcal
Flavour 58 index	Protein 3,6 g
Carbon Footprint 140 g CO_2e	Fat 0,14 g
Water Footprint 208 liter	Carbs 5,0 g
Land Use 0,16 m^2	Sugar 4,6 g
Animal Protein % from meat and fish 100%	Fibre 0 g
Plant Protein % from plants 0%	Salt 0,4 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Soda

1 can | FACTORY | 330 ml

7.7.1.1

Quality of ingredients 80 index	Price 4 index
Preparation 8 index	Energy 139 kcal
Flavour 42 index	Protein 0,0 g
Carbon Footprint 170 g CO_2e	Fat 0,0 g
Water Footprint 142 liter	Carbs 35,0 g
Land Use 0,49 m^2	Sugar 35,0 g
Animal Protein % from meat and fish 0%	Fibre 0,0 g
Plant Protein % from plants 0%	Salt 0,0 g

High on sugar (17 sugar cubes) ☹

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Soda Light

1 can | FACTORY | 330 ml

7.7.2.1

Quality of ingredients	80 index	Price	4 index
Preparation	8 index	Energy	1 kcal
Flavour	33 index	Protein	0,0 g
Carbon Footprint	170 g CO_2e	Fat	0,0 g
Water Footprint	142 liter	Carbs	0,0 g
Land Use	0,49 m^2	Sugar	0,0 g
Animal Protein (% from meat and fish)	0%	Fibre	0,0 g
Plant Protein (% from plants)	0%	Salt	0,1 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Soda

2 can | FACTORY | 660 ml

7.7.3.1

Quality of ingredients	80 index	Price	9 index
Preparation	8 index	Energy	277 kcal
Flavour	42 index	Protein	0,0 g
Carbon Footprint	340 g CO_2e	Fat	0,0 g
Water Footprint	284 liter	Carbs	70,0 g
Land Use	0,98 m^2	Sugar	70,0 g
Animal Protein (% from meat and fish)	0%	Fibre	0,0 g
Plant Protein (% from plants)	0%	Salt	0,0 g

High on sugar (17 sugar cubes) ☹

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Soda

1 bottle | FACTORY | 1.000 ml

7.7.4.1

Quality of ingredients	80 index	Price	13 index
Preparation	8 index	Energy	420 kcal
Flavour	42 index	Protein	0,0 g
Carbon Footprint	515 g CO_2e	Fat	0,0 g
Water Footprint	430 liter	Carbs	106,0 g
Land Use	1,48 m^2	Sugar	106,0 g
Animal Protein (% from meat and fish)	0%	Fibre	0,0 g
Plant Protein (% from plants)	0%	Salt	0,0 g

High on sugar (17 sugar cubes) ☹

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Soda Light

2 can | FACTORY | 660 ml

7.7.5.1

Quality of ingredients	80 index	Price	9 index
Preparation	8 index	Energy	2 kcal
Flavour	33 index	Protein	0,0 g
Carbon Footprint	340 g CO_2e	Fat	0,0 g
Water Footprint	284 liter	Carbs	0,0 g
Land Use	0,98 m^2	Sugar	0,0 g
Animal Protein % from meat and fish	0%	Fibre	0,0 g
Plant Protein % from plants	0%	Salt	0,2 g

Meal | Beverage | 1 2 3 4 5 6 7 8 9

Soda Light

1 bottle | FACTORY | 1.000 ml

7.7.6.1

Quality of ingredients	80 index	Price	13 index
Preparation	8 index	Energy	3 kcal
Flavour	33 index	Protein	0,0 g
Carbon Footprint	515 g CO_2e	Fat	0,0 g
Water Footprint	430 liter	Carbs	0,0 g
Land Use	1,48 m^2	Sugar	0,0 g
Animal Protein % from meat and fish	0%	Fibre	0,0 g
Plant Protein % from plants	0%	Salt	0,3 g

Meal | Beverage Night Cap | 1 2 3 4 5 6 7 8 9

Skip

0 glass | DISTILLERY | 0,0% ABV | 0 ml

8.1.1.1

Quality of ingredients	0 index	Price	0 index
Preparation	0 index	Energy	0 kcal
Flavour	0 index	Protein	0 g
Carbon Footprint	0 g CO_2e	Fat	0 g
Water Footprint	0 liter	Carbs	0 g
Land Use	0 m^2	Sugar	0 g
Animal Protein % from meat and fish	0%	Fibre	0 g
Plant Protein % from plants	0%	Salt	0 g

Meal | Beverage / Night Cap | 1 2 3 4 5 6 7 8 9

Beer (lager)

1 can · BREWERY · 4,0% ABV · 330 ml

8.2.1.1

Quality of ingredients	80 index	Price	2 index
Preparation	8 index	Energy	142 kcal
Flavour	52 index	Protein	0,0 g
Carbon Footprint	370 CO_2e	Fat	0,0 g
Water Footprint	210 liter	Carbs	9,9 g
Land Use	0,36 m^2	Sugar	8,9 g
Animal Protein % from meat and fish	0%	Fibre	0,0 g
Plant Protein % from plants	0%	Salt	0,1 g

Meal | Beverage / Night Cap | 1 2 3 4 5 6 7 8 9

Beer (low alcohol)

1 can · BREWERY · MAX. 0,5% ABV · 330 ml

8.2.2.1

Quality of ingredients	80 index	Price	2 index
Preparation	8 index	Energy	86 kcal
Flavour	42 index	Protein	0,0 g
Carbon Footprint	370 g CO_2e	Fat	0,0 g
Water Footprint	210 liter	Carbs	19,8 g
Land Use	0,36 m^2	Sugar	15,8 g
Animal Protein % from meat and fish	0%	Fibre	0,0 g
Plant Protein % from plants	0%	Salt	0,0 g

Meal | Beverage / Night Cap | 1 2 3 4 5 6 7 8 9

Beer (lager)

2 can · BREWERY · 4,0% ABV · 660 ml

8.2.3.1

Quality of ingredients	80 index	Price	4 index
Preparation	8 index	Energy	284 kcal
Flavour	52 index	Protein	0,0 g
Carbon Footprint	740 g CO_2e	Fat	0,0 g
Water Footprint	420 liter	Carbs	19,8 g
Land Use	0,72 m^2	Sugar	15,8 g
Animal Protein % from meat and fish	0%	Fibre	0,0 g
Plant Protein % from plants	0%	Salt	0,2 g

Meal | Beverage / Night Cap | 1 2 3 4 5 6 7 8 9

Red Wine (table wine)

1 glass · WINERY · 15,0% ABV · 150 ml

8.3.1.1

Quality of ingredients	80 index	Price	18 index
Preparation	8 index	Energy	115 kcal
Flavour	61 index	Protein	0,3 g
Carbon Footprint	180 g CO_2e	Fat	0,0 g
Water Footprint	87 liter	Carbs	3,8 g
Land Use	0,27 m^2	Sugar	0,5 g
Animal Protein % from meat and fish	0%	Fibre	0,0 g
Plant Protein % from plants	0%	Salt	0,0 g

The fining agents such as egg white (albumin) have not being included in the animal protein ☺

Meal | Beverage / Night Cap | 1 2 3 4 5 6 7 8 9

Red Wine (table wine)

2 glass · WINERY · 15,0% ABV · 300 ml

8.3.2.1

Quality of ingredients	80 index	Price	37 index
Preparation	8 index	Energy	230 kcal
Flavour	61 index	Protein	0,6 g
Carbon Footprint	360 g CO_2e	Fat	0,0 g
Water Footprint	174 liter	Carbs	7,6 g
Land Use	0,54 m^2	Sugar	1,0 g
Animal Protein % from meat and fish	0%	Fibre	0,0 g
Plant Protein % from plants	0%	Salt	0,0 g

The fining agents such as egg white (albumin) have not being included in the animal protein ☺

Meal | Night Cap | 1 2 3 4 5 6 7 8 9

Skip

0 glass · DISTILLERY · 0,0% ABV · 0 ml

9.1.1.1

Quality of ingredients	0 index	Price	0 index
Preparation	0 index	Energy	0 kcal
Flavour	0 index	Protein	0 g
Carbon Footprint	0 g CO_2e	Fat	0 g
Water Footprint	0 liter	Carbs	0 g
Land Use	0 m^2	Sugar	0 g
Animal Protein % from meat and fish	0%	Fibre	0 g
Plant Protein % from plants	0%	Salt	0 g

Meal | Night Cap | 1 2 3 4 5 6 7 8 9

Whisky on the Rocks

1 glass | DISTILLERY | 43,0% ABV | 44 ml

9.2.1.1

- Quality of ingredients: 80 index
- Preparation: 8 index
- Flavour: 66 index
- Carbon Footprint: 20 g CO_2e
- Water Footprint: 87 liter
- Land Use: 0,27 m²
- Animal Protein % from meat and fish: 0%
- Plant Protein % from plants: 0%

- Price: 30 index
- Energy: 110 kcal
- Protein: 0,0 g
- Fat: 0,0 g
- Carbs: 0,1 g
  - Sugar: 0,0 g
  - Fibre: 0,0 g
- Salt: 0,0 g

High alcohol ☹

Meal | Night Cap | 1 2 3 4 5 6 7 8 9

Aguardente

1 glass | DISTILLERY | 40,0% ABV | 44 ml

9.2.2.1

- Quality of ingredients: 80 index
- Preparation: 8 index
- Flavour: 57 index
- Carbon Footprint: 20 g CO_2e
- Water Footprint: 87 liter
- Land Use: 0,27 m²
- Animal Protein % from meat and fish: 0%
- Plant Protein % from plants: 0%

- Price: 9 index
- Energy: 95 kcal
- Protein: 0,0 g
- Fat: 0,0 g
- Carbs: 0,0 g
  - Sugar: 0,0 g
  - Fibre: 0,0 g
- Salt: 0,0 g

Meal | Night Cap | 1 2 3 4 5 6 7 8 9

Gin & Tonic

1 glass | WINERY | 15,0% ABV | 150 ml

9.2.3.1

- Quality of ingredients: 68 index
- Preparation: 10 index
- Flavour: 57 index
- Carbon Footprint: 600 g CO_2e
- Water Footprint: 87 liter
- Land Use: 0,27 m²
- Animal Protein % from meat and fish: 0%
- Plant Protein % from plants: 0%

- Price: 16 index
- Energy: 116 kcal
- Protein: 0,1 g
- Fat: 0,0 g
- Carbs: 8,1 g
  - Sugar: 7,2 g
  - Fibre: 0,2 g
- Salt: 0,0 g