

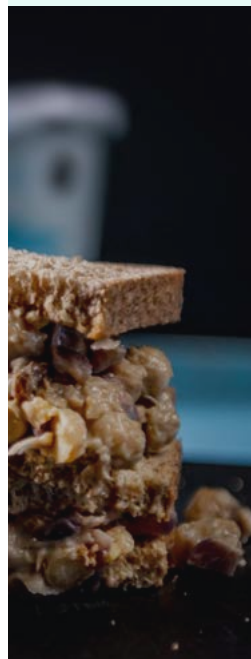


THE VEGANUARY LOW CARBON MEAL PLAN

SEE HOW SIMPLE SWAPS CAN SLASH YOUR CARBON FOOTPRINT

Here are seven days of popular meals to feed a family of four - one meat and dairy version, the other a vegan version - which show the practical difference our food choices can make. Multiply this by the meals your family eats in a week, a month and a year and it is easy to see why choosing plant-based foods is one of the most powerful tools for reducing our climate impact.

As these are classic dishes, we haven't included full recipes with cooking instructions, rather just the key ingredient listings to show how a few simple swaps can slash the carbon footprint of our meals.



All of the recipes make four servings. The CO₂e figures for all meals were calculated using [Tucos' Greenhouse Gas Footprint Calculator](#).

BREAKFAST

SWAP

500 ML COW'S MILK
0.6 kg CO₂eq

FOR

500 ML OAT MILK
0.16 kg CO₂eq

SWAP

350G PORK SAUSAGES
4.85 kg CO₂eq

FOR

350G VEGAN SAUSAGES
0.8 kg CO₂eq

| SAUSAGE SANDWICH | |
|----------------------------|---------------------------|
| 8 pork sausages | 8 vegan sausages |
| 8 pieces of bread | |
| 120g butter | 120g vegan butter |
| MEAT | VEGAN |
| 7.73 kg CO ₂ eq | 1.5 kg CO ₂ eq |

| BACON SANDWICH | |
|----------------------------|----------------------------|
| 168g bacon | 168g vegan bacon |
| 8 pieces of bread | |
| butter | vegan butter |
| MEAT | VEGAN |
| 2.33 kg CO ₂ eq | 0.72 kg CO ₂ eq |



| AMERICAN PANCAKES / VEGAN PANCAKES | |
|---|----------------------------|
| 200g flour | |
| 1 ½ tsp baking powder | |
| 1 tbsp sugar | |
| 3 eggs | 1 banana + 2 apples |
| 25g butter | — |
| 200ml milk | 250ml soya milk |
| 1 tbsp veg oil | |
| DAIRY | VEGAN |
| 1.47 kg CO ₂ eq | 0.86 kg CO ₂ eq |

LUNCH

BEEF LASAGNE / BEAN LASAGNE

| 1 tbsp oil | |
|-----------------------------|-------------------------------|
| 1 onion | |
| 1 green pepper | |
| 2 cloves garlic | |
| 400g minced beef | 400g borlotti or kidney beans |
| 400g tinned tomatoes | |
| 25g butter | 25g vegan butter |
| 25g plain flour | |
| 300ml milk | 300ml soya milk |
| 250g lasagne sheets | |
| MEAT | VEGAN |
| 13.26 kg CO ₂ eq | 3.52 kg CO ₂ eq |



CORONATION CHICKEN SANDWICH / CORONATION CHICKPEA SANDWICH

| 500g chicken | 500g chickpeas |
|----------------------------|----------------------------|
| 1 tbsp curry powder | |
| 2 tbsp mango chutney | |
| 90g yoghurt | 90g soya yoghurt |
| 3 tbsp sultanas | |
| 8 slices bread | |
| MEAT | VEGAN |
| 4.88 kg CO ₂ eq | 1.54 kg CO ₂ eq |



SAUSAGE ROLL / VEGAN SAUSAGE ROLL

| 1 tbsp olive oil | |
|---------------------------|--------------------------------------|
| 1 small onion | |
| 400g pork sausages | 400g vegan sausage meat |
| 320g puff pastry | 320g vegan puff pastry (eg Jus Roll) |
| 1 tsp mustard | |
| 1 egg to glaze | soya milk |
| MEAT | VEGAN |
| 4.2 kg CO ₂ eq | 1.74 kg CO ₂ eq |



LUNCH

CARBONARA / VEGAN CARBONARA

| | |
|---------------------------|--------------------------------|
| 100g pancetta | 100g vegan meat |
| 100g cheese | 100g vegan cheese |
| 3 eggs | 125g cashews + 150ml soya milk |
| 350g spaghetti | |
| 2 cloves garlic | |
| 50g butter | 50g vegan butter |
| MEAT | VEGAN |
| 4.2 kg CO ₂ eq | 1.74 kg CO ₂ eq |

EGG QUICHE / TOFU QUICHE

| | |
|-------------------------------|------------------------------|
| 320g shortcrust pastry | 320g vegan shortcrust pastry |
| 2 tbsp olive or vegetable oil | |
| 1 red onion | |
| 1 clove garlic | |
| 1 red pepper | |
| 150g courgette | |
| 200g bacon | 200g vegan bacon |
| 100g spinach | |
| 2 tbsp parsley | |
| 4 eggs | 300g tofu |
| 2-3 tbsp milk | 2-3 tbsp soya milk |
| 150g cheese | 150g vegan cheese |
| 1 large tomato | |
| EGG AND MEAT | VEGAN |
| 8.6 kg CO ₂ eq | 5.44 kg CO ₂ eq |

CHICKEN AND SWEETCORN CHOWDER / CHICK'N AND SWEETCORN CHOWDER

| | |
|----------------------------|----------------------------|
| 1 tbsp oil | |
| 1 onion | |
| 2 tbsp plain flour | |
| 400ml milk | 400ml soya milk |
| 300ml stock | |
| 450g potatoes | |
| 300g sweetcorn | |
| 300g chicken | 300g vegan chicken |
| 25g parsley | |
| MEAT | VEGAN |
| 4.66 kg CO ₂ eq | 2.72 kg CO ₂ eq |

FAJITAS WITH CHICKEN / QUORN

| | |
|----------------------------|----------------------------|
| 1 tbsp oil | |
| 1 onion | |
| 1 red pepper | |
| 1 yellow pepper | |
| 450g chicken | 450g Quorn vegan pieces |
| ½ tsp paprika | |
| ½ tsp chilli powder | |
| ½ tsp cumin | |
| ½ tsp dried herbs | |
| 4 flour tortillas | |
| MEAT | VEGAN |
| 5.04 kg CO ₂ eq | 3.01 kg CO ₂ eq |

DINNER

CHICKEN CURRY / CHICKPEA CURRY

| | |
|----------------------------|----------------------------|
| 2 tbsp oil | |
| 1 large onion | |
| 500g chicken | 500g chickpeas |
| 2 cloves garlic | |
| 3 tbsp curry powder | |
| 2 tbsp tomato puree | |
| 400g chopped tomatoes | |
| 250ml stock | |
| 60g spinach | |
| MEAT | VEGAN |
| 6.61 kg CO ₂ eq | 3.48 kg CO ₂ eq |

STEAK AND ALE PIE / CHESTNUTS, MUSHROOM AND ALE PIE

| | |
|-----------------------------|---------------------------------|
| 2 tbsp oil | |
| 850g braising steak | 400g mushrooms + 450g chestnuts |
| 2 onions | |
| 2 carrots | |
| 2 sticks celery | |
| 3 tbsp plain flour | |
| 300ml ale | |
| 300ml stock | |
| 600g shortcrust pastry | 600g vegan pastry |
| MEAT | VEGAN |
| 26.29 kg CO ₂ eq | 6.31 kg CO ₂ eq |



SHEPHERD'S PIE: BEEF / LENTILS

| | |
|-----------------------------|---------------------------|
| 1 tbsp sunflower oil | |
| 1 onion | |
| 2-3 carrots | |
| 500g minced beef | 500g lentils |
| 2 tbsp tomato puree | |
| 500ml stock | |
| 900g potatoes | |
| 85g butter | 85g vegan butter |
| 3 tbsp milk | 3 tbsp soya milk |
| 1 tsp mixed herbs | |
| MEAT | VEGAN |
| 16.18 kg CO ₂ eq | 4.4 kg CO ₂ eq |

BANGERS AND MASH: PORK / VEGAN

| | |
|----------------------------|----------------------------|
| 1 tbsp oil | |
| 450g pork sausages | 450g vegan sausages |
| 1kg potatoes | |
| 100ml milk | 100ml soya milk |
| 50g butter | 50g vegan butter |
| MEAT | VEGAN |
| 8.15 kg CO ₂ eq | 2.95 kg CO ₂ eq |

DINNER

STIR FRY WITH LEMON CHICKEN / TOFU

| | |
|----------------------------|----------------------------|
| 750g chicken | 750g tofu |
| 1 tbsp cornflour | |
| 2 tbsp oil | |
| 115g carrots | |
| 1 red pepper | |
| 225g bamboo shoots | |
| 250ml stock | |
| 1 tbsp soy sauce | |
| 1 tbsp honey | 1 tbsp agave |
| 1 lemon, juice | |
| MEAT | VEGAN |
| 8.21 kg CO ₂ eq | 3.92 kg CO ₂ eq |



SPAGHETTI BOLOGNESE: BEEF / LENTILS

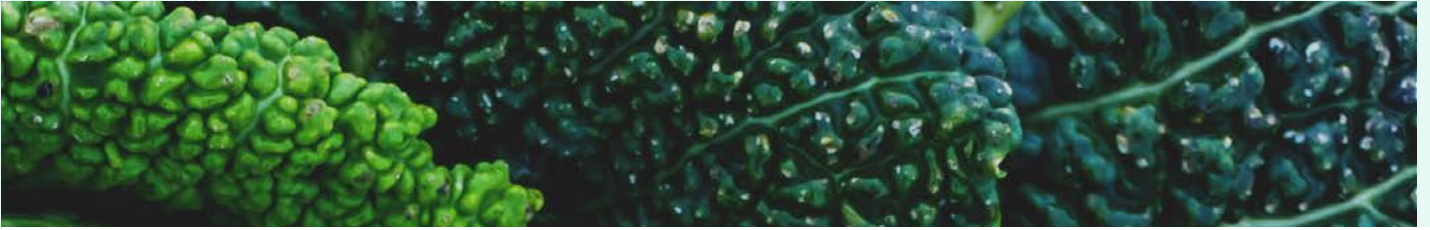
| | |
|-----------------------------|----------------------------|
| 2 tbsp olive oil | |
| 400g minced beef | 400g brown lentils |
| 1 onion | |
| 2 cloves garlic | |
| 2 tsp dried herbs | |
| 100g carrots | |
| 800g tinned tomatoes | |
| 400ml stock | |
| 400g spaghetti | |
| MEAT | VEGAN |
| 14.76 kg CO ₂ eq | 5.41 kg CO ₂ eq |



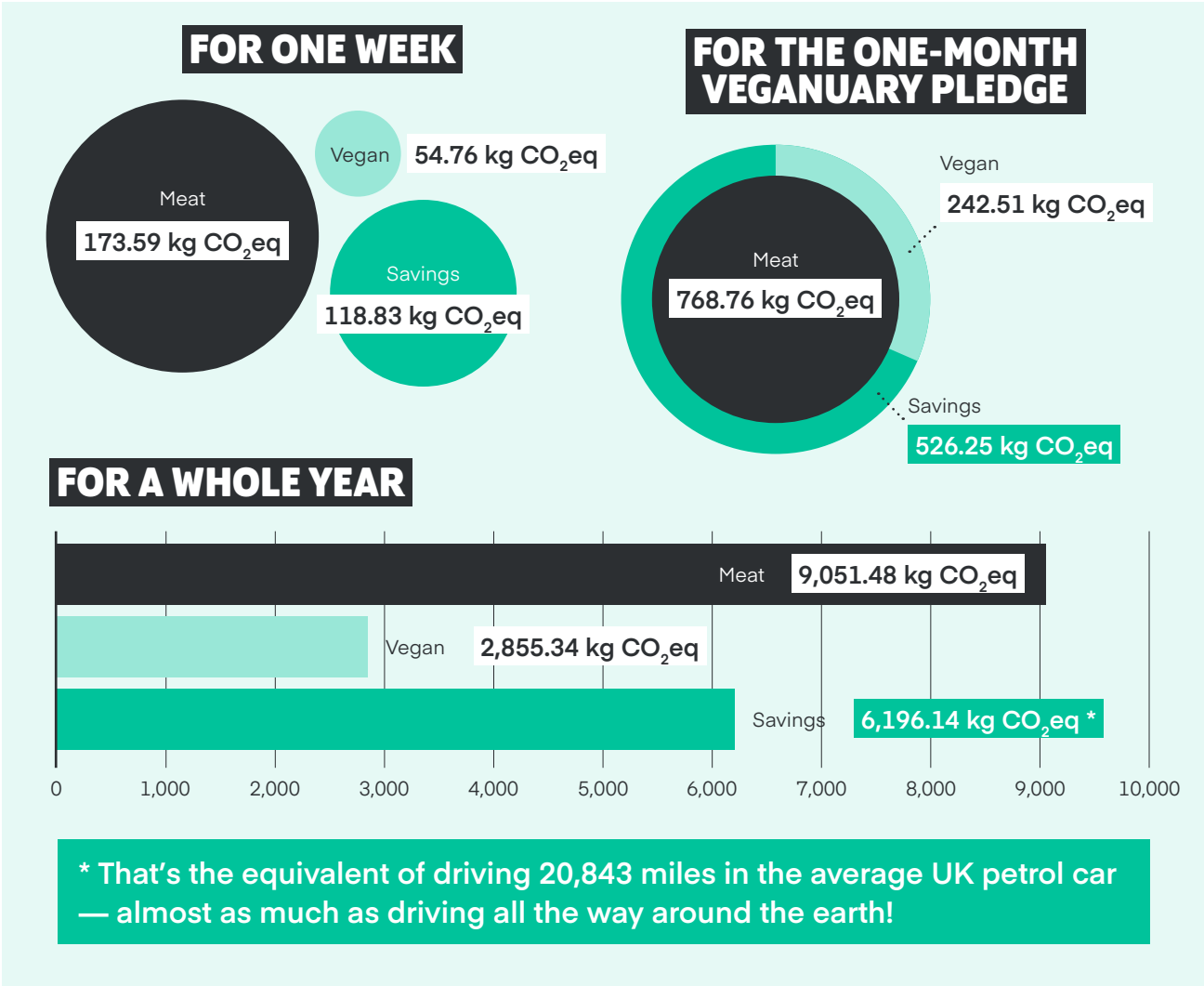
ROAST LAMB / NUT ROAST

| | |
|-----------------------------|----------------------------|
| 1 medium onion | |
| 2 tbsp oil | |
| 1 leg of lamb | 225g chopped mixed nuts |
| | 2 tbsp ground almonds |
| | 100g breadcrumbs |
| 1 tbsp herbs | |
| MEAT | VEGAN |
| 20.02 kg CO ₂ eq | 1.43 kg CO ₂ eq |





HOW MUCH DO YOU SAVE BY MAKING THESE SIMPLE SWAPS?



All of the recipes make four servings. The CO₂eq figures for all meals were calculated using [Tuco's Greenhouse Gas Footprint Calculator](#).