

Challenge on Food, part B.

Recording eating meat Climate Pilot 1 The Stokes

Climate Pilots

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL*
Beef			R & L lunch (2)	R & L lunch (2)	R & L lunch (2)			6
Pork								
Chicken	All dinner (4)	N: turkey; All dinner (5)	N, kids dinner (3)	N: lunch (1)	N: lunch; all dinner (5)	N: lunch; all dinner (5)		23
Lamb								
Fish/sea food		N: shrimp (1)	N: fish, lunch (1)					2
Vegetarian	All lunch, all breakfast (8)	All breakfast, K/R/L lunch (7)	Kathy all day, all breakfast (7)	All dinner, all breakfast, K lunch (9)	All breakfast, K lunch (5)	All breakfast, K/R/L lunch (7)	All dinner, all lunch, all breakfast (12)	55

*Counted by 1 person meals

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL
Beef		R & L lunch and dinner (4)		R & L lunch (2)				6
Pork								
Chicken	All lunch, N & R dinner (6)	N lunch (1)	K lunch, R dinner (2)	R dinner (1)	N/K lunch (2)	K/N lunch (2)	K lunch (1)	15
Lamb								
Fish/sea food			Nolan dinner (1)	N lunch (1)	N dinner (1)			3
Vegetarian	All breakfast, K & L dinner (6)	All breakfast, K lunch, N/K dinner (7)	All breakfast, K/L dinner (6)	All breakfast, K lunch, K/L/N dinner (8)	All breakfast, R/L lunch, K/R/L dinner (9)	All breakfast, R/L lunch, all dinner (10)	All breakfast, R/L/N lunch, all dinner (11)	57

Choose at least one week when you keep a record of how many times you eat beef, pork, lamb, chicken, fish or completely vegetarian during all meals both at home and outside your home.

Use this sheet and summarize the number of times you eat the type of meat every day.