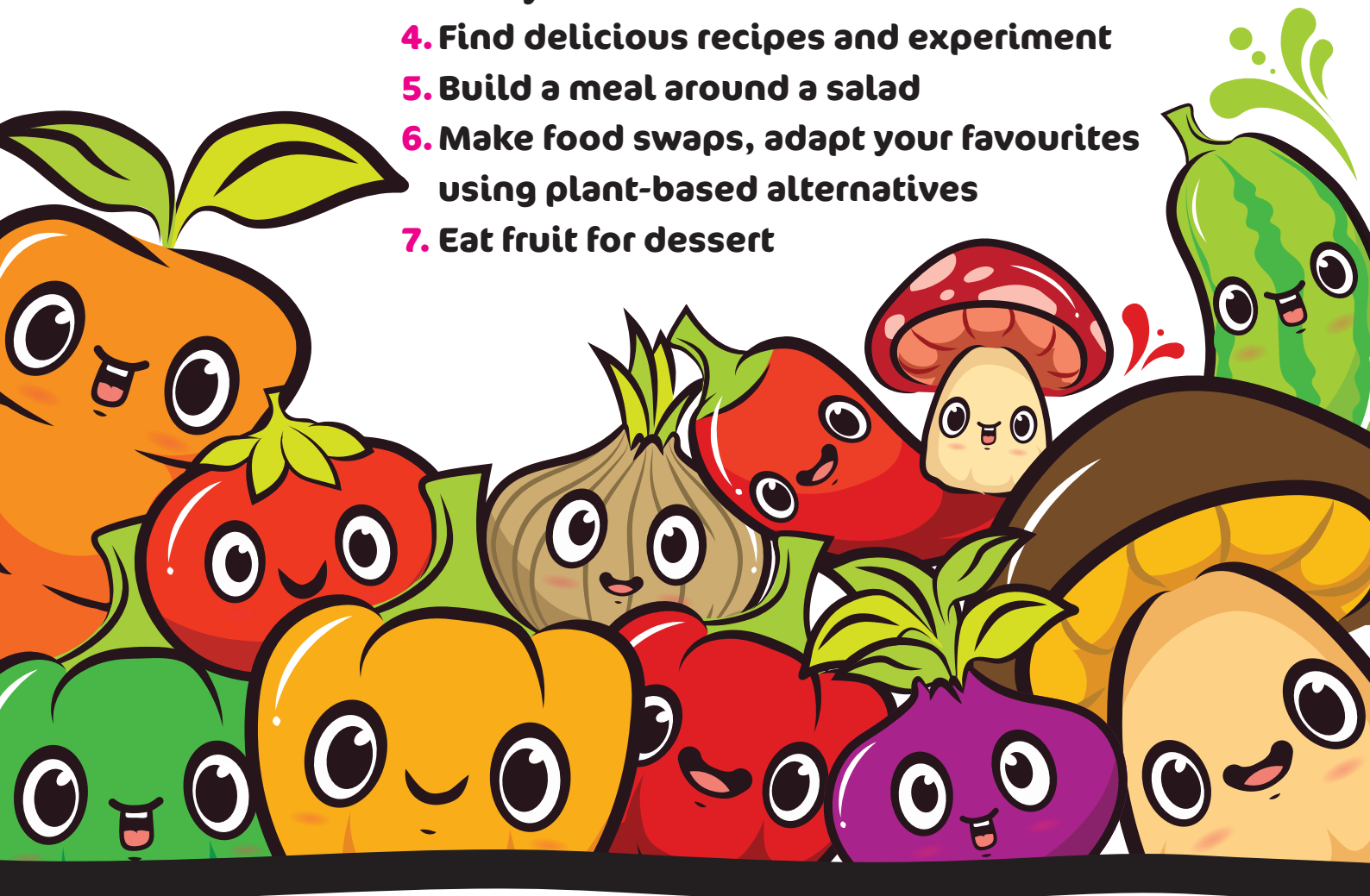




Great for you. Great for the planet.

7 STEPS TO A MORE PLANT-BASED DIET

1. Try one meat free day every week
2. Opt for a plant-based breakfast each day
3. Plan your meals in advance
4. Find delicious recipes and experiment
5. Build a meal around a salad
6. Make food swaps, adapt your favourites using plant-based alternatives
7. Eat fruit for dessert



Find out more at www.publicsectorcatering/plantbasedweek



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