

What type of diet creates the least amount of emissions in 5 Days?

Meat

beef burgers

- **18.52 kg of emissions**

Chicken goat cheese

- **6.281 kg of emissions**

Chicken curry stew

- **4.692 kg of emissions**

Streak with green beans

- **20.1 kg of emissions**

Chicken goat cheese

- **6.281 kg of emissions**

Total: **55.874kg** of emissions

Prescatarinan

Salmon fillet

- **9.186 kg of emissions**

Salmon filets

- **10.186 kg of emissions**

Sushi @ restaurant

- **4 kg of emissions**

Orange roughy

- **8.886 kg of emissions**

Salmon filets

- **9.186 kg of emissions**

Total: **41.44 kg** of emissions

Vegetarian

Eggplant Parmesan

- **2.24 kg of emissions**

Black bean sweet potato

- **0.572 kg of emissions**

Black bean sweet potato

- **0.572 kg of emissions**

A&W "Beyond Meat" burger

- **0.485 kg of emissions**

Perogies

- **2.726 kg of emissions**

Total: **3.211 kg** of emissions