



HOLISTIC  
HEALTH NUTRITION

# A Sustainable Meal



- Culturally appropriate, plant-based, locally sourced, and seasonal ingredients.
- Focus on whole grains and legumes over animal proteins to reduce environmental impact.
- Minimal waste by using all parts of ingredients and preparing appropriate portions.
- Minimally processed and packaged foods to lower your carbon footprint.

A sustainable meal benefits both the planet  
and personal health

[holistichealthnutrition.uk](http://holistichealthnutrition.uk)

