



MEAT

One of the key goals of the 4D Life Nutrition Dimension is to encourage you to eat plenty of whole, plant-based food. But here are some ideas for meat to be enjoyed 1-2 times per week with plenty of veg!

Preparation for short rib of beef braised in stout.

bbcgoodfood.com/braised-short-ribs



Lamb cutlets with new potatoes, carrots and green beans. Add red currant jelly, mint sauce and gravy to taste.

www.greatbritishchefs.com/how-to-cook-lamb-cutlet



Lamb steak with aubergines, apricot and spinach rice.

www.farmison.com/community/how-to-cook-lamb-leg-steaks



Roast leg of lamb with sausage, carrot, baked spinach, red onion salad and tzatziki.

www.bbcgoodfood.com/leg-lamb-video

MEAT

Beef steak on roasted cauliflower and cannellini beans with green beans.

www.bbcgoodfood.com/how-cook-perfect-steak



Stir fry steak with butternut squash, spinach and avocado relish.

www.bbcgoodfood.com/beef-stir-fry



Burger of beef with sweet potato, salad leaves and tomatoes. Ditch the bun!

www.bbcgoodfood.com/beef-burgers



Fried calves' liver with leek and cannellini beans.

www.farmison.com/how-to-cook-calves-liver



Pork meat balls with butter beans and tomato sauce served with stir fry cabbage and green beans.

healthyrecipesblogs.com/pork-meatballs



MINCES

'Bobotie' with stir fry cabbage.

Bobotie is a South African dish of savoury mince topped with a yoghurt and egg custard.

www.bbcgoodfood.com/bobotie

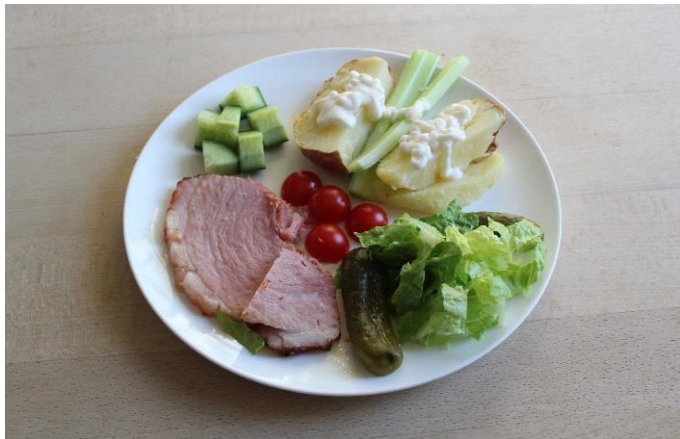


Sweet potato mash, with broccoli, cabbage, pickled red cabbage, and bolognese sauce.

www.bbc.co.uk/easy_spaghetti_bolognese



Beef mince with steamed courgettes, broccoli and green beans.



COLD MEATS

Home cooked ham with baked potato, celery salad and cornichon.

www.bbc.co.uk/boiledandbakedham



Cold lamb and cold chicken with salad of romaine lettuce, avocado, gherkin and cucumber.



Cold roast beef with horseradish sauce and salad.

www.jamieoliver.com/perfect-roast-beef



Charcuterie is a delicious addition to any dish, but being high in salt, additives and often high in saturated fat, it is definitely in the 20% category!