

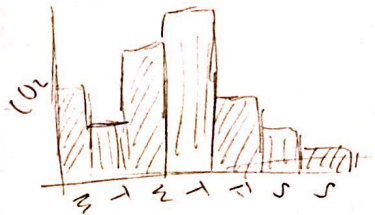
11g CO<sub>2</sub>

13g Water

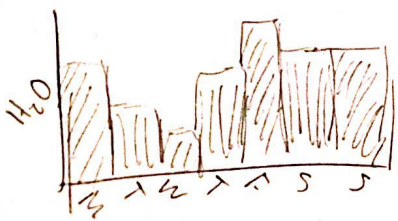
Ingredients Alternatives:

- Margarine (-12g CO<sub>2</sub>)
- Flax seed (-9g H<sub>2</sub>O)
- Barley (-12g H<sub>2</sub>O, -9g CO<sub>2</sub>)
- Tofu (-30g CO<sub>2</sub>, -23g H<sub>2</sub>O)

Your Week of CO<sub>2</sub>



Your Week of H<sub>2</sub>O



Grilled Chicken

(52 Recipes)

- Grilled Chicken w/ Thyme

- 2-3 g Almond
- 3 g Butter
- 1/2 Tblspn Thyme
- 3-5 Chicken Breast
- 1 cup rice
- 1 Teasph Salt
- 2 Tspn Pepper
- 1 Tbsph Olive Oil

Step 1:

1. Rinse + pat dry chicken breast.
2. Season both sides of chicken.

- Garlic Roasted Chicken

↑ 23g CO<sub>2</sub> per serving | 10g Water per serving

- Chive and Ghee Chicken

↗ 75g CO<sub>2</sub> per serving | 22g water per serv.

- Red Bell Pepper and Grilled Chicken

↘ 84g CO<sub>2</sub> per serving | 32g Water per serv

- Pan-Seared Chicken

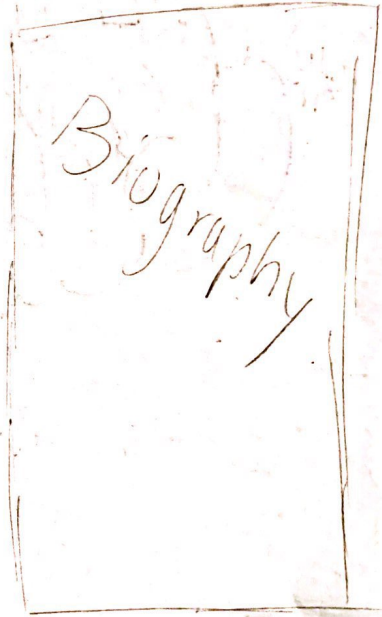
↓ 102g CO<sub>2</sub> per serving | 51g Water per serv

- Chicken Thighs

Where your ingredients come from:



Meet Henry



Your Cheese: