



Lentils in Two Days

OBJECTIVE

Promote the consumption of **legumes**, **food planning** and the **use of bases**, highlighting the role of lentils as a source of vegetable protein and iron.

YOUR MISSION

Cook **enough lentils for two days**.
(Remember: **Lentils don't need soaking.**)

From this base, he creates **two different meals**:

- **Day 1 - Taco bowl**
Brown rice, stewed lentils, salad and natural yogurt.
- **Day 2 - Cold salad**
Lentils, tomatoes, cucumbers, corn, parsley, and lemon.
(*The vitamin C in lemon helps boost iron absorption.*)

Step 1- Plan meals

Day	Meal	How you will use the lentils
Day 1	Taco bowl	
Day 2	Cold salad	

Step 2 - Plan of the Week

Write down when you are going **to cook lentils** and when you are going **to reuse them**, to save time and reduce waste.

Day of the week	What you'll cook
	Cooking lentils (base)
	Day 1 Meal
	Day 2 Meal



Step 3 - Reflect

It answers the following questions:

1. Why are lentils a good choice as a **base of various meals**?

2. What nutritional advantage does it have to add **foods rich in vitamin C** to legumes?

3. What other meals in your daily life could you **include lentils**?

Extra challenge (optional)

Create a **third meal** with the leftover lentils, using seasonal ingredients.