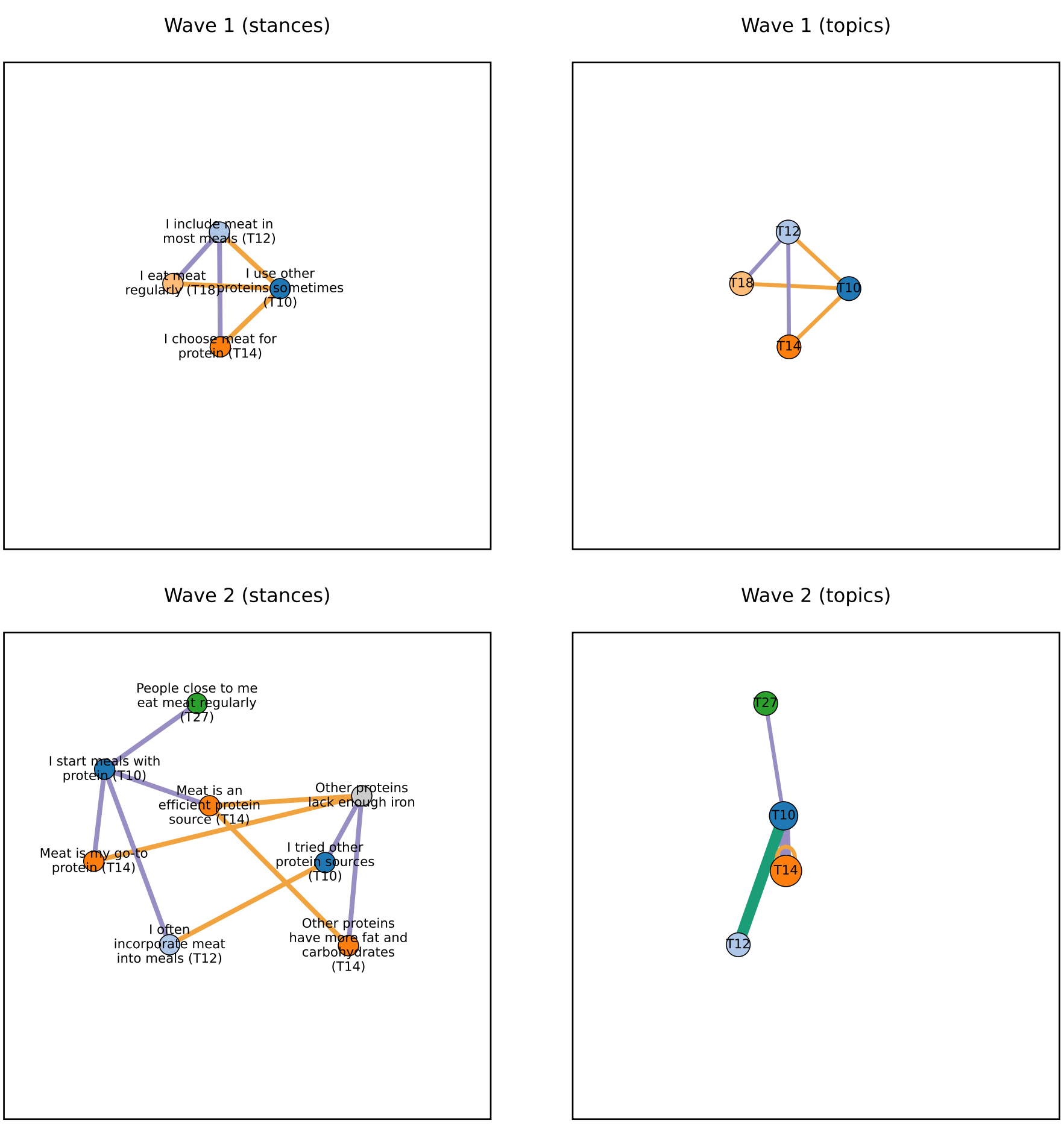
Wave 1 (stances)
I include meat in most meals (T12)
I eat meat regularly (T18)
I use other proteins sometimes (T10)
I choose meat for protein (T14)
Wave 1 (topics)
T12
T18
T10
T14
Wave 2 (stances)
People close to me eat meat regularly (T27)
I start meals with protein (T10)
Meat is an efficient protein source (T14)
Other proteins lack enough iron
Meat is my go-to protein (T14)
I tried other protein sources (T10)
I often incorporate meat into meals (T12)
Other proteins have more fat and carbohydrates (T14)
Wave 2 (topics)
T27
T10
T14
T12