

Wave 1 (stances)

```
graph TD; T23((T23)) --- T19((T19)); T19 --- T13((T13)); T13 --- T3((T3)); T3 --- T23
```

I eat meat regularly (T23)
I include meat in most meals (T19)
I choose meat for protein (T3)
I use other proteins sometimes (T13)

Wave 1 (topics)

```
graph TD; T23((T23)) --- T19((T19)); T19 --- T13((T13)); T13 --- T3((T3)); T3 --- T23
```

T23
T19
T3
T13

Wave 2 (stances)

```
graph TD; T23((T23)) --- T19((T19)); T19 --- T13((T13)); T13 --- T3((T3)); T3 --- T23
```

People close to me eat meat regularly
I start meals with protein (T13)
Meat is an efficient protein source (T3)
Other proteins lack enough iron (T3)
Meat is my go-to protein (T3)
I often incorporate meat into meals (T19)
I tried other protein sources (T13)
Other proteins have more fat and carbohydrates (T3)

Wave 2 (topics)

```
graph TD; T19((T19)) --- T13((T13)); T13 --- T3((T3))
```

T19
T13
T3