

Wave 1 (stances)

```
graph TD; T18((I eat meat regularly (T18))) --- T12((I include meat in most meals (T12))); T12 --- T10((I use other proteins sometimes (T10))); T10 --- T14((I choose meat for protein (T14))); T14 --- T18
```

Wave 1 (topics)

```
graph TD; T18 --- T12 --- T10 --- T14 --- T18
```

Wave 2 (stances)

```
graph TD; T27((People close to me eat meat regularly (T27))) --- T10((I start meals with protein (T10))); T10 --- T14_1((Meat is an efficient protein source (T14))); T14_1 --- T14_2((Other proteins lack enough iron)); T14_2 --- T10; T14_1 --- T14_3((Meat is my go-to protein (T14))); T14_3 --- T12((I often incorporate meat into meals (T12))); T12 --- T10; T14_3 --- T14_4((I tried other protein sources (T10))); T14_4 --- T14_5((Other proteins have more fat and carbohydrates (T14))); T14_5 --- T12
```

Wave 2 (topics)

```
graph TD; T27 --- T10 --- T14 --- T12
```