

Figure 4: Composition of daily menus: Average composition of daily menus compared to their average efficiency using model $\mathbf{2}$. The average composition was calculated by assigning $\mathbf{2 5 \%}$ to each meal. E.g., an average of $50 \%$ vegetarian means that two vegetarian meals were consumed. Menus were sorted according to their ENE before averages were calculated.

