

## **Sandra Faase – Sources of protein**

'What's that in the fridge, wrapped in paper? It's not what I think it is?'

'Yep,' he replied.

'How could you!'

My father's a butcher, my ancestors, our ancestors, were meat eaters. We hunted, we gathered.'

'Yes,' she started, 'But our ancestors were able to settle on the land because they grew things; that's how civilisation began.'

'But they still ate meat, they had to - B12. That was integral to the development of the human brain and intelligence and society as we know it. You would die without it. We wouldn't be here. We're omnivores.'

'We have the teeth of herbivores. Go check out the neighbour's dog for a set of meat eater's fangs, she bantered.

'I've tried your fake meat, and it's got B12 added, and zinc and iron. Why not just eat meat? It's got tons of the stuff. The natural package. The real deal. Yummy. Juicy. And oh so bloody,' he teased.

'Because we know better now. We don't have to breed and kill all those poor animals on an industrial scale. And it's way better for the planet to eat just plant foods. Less resources, less methane. You must get that?' She had put the same arguments, many a time. As he had to her.

'I'd just rather feast on the animal kingdom. I'll grow tits if I'm forced to eat those fortified soy products,' he laughed.

'You're already growing them because of all those hormones in your god-awful meat!'

'Look, I like my meat. I'll go cook it outside on the barbie and eat it out there. Allow me that one little luxury?'

'You know the smell makes me want to puke,' she said, grimacing.

'Hey, you're not pregnant are you?'

Don't think so,' she said, looking down at her middle. She had been feeling a little pudgier than usual.

'Holy cow. We'd argue about what to feed the poor baby. I mean, that's why we don't have a dog or cat. We'd argue like cat and dog!'

'We would,' she agreed.

'Would you think of eating the placenta? Apparently, lots of animals do that.'

'Ewwwww. You're so gross. I'm not some starving animal.'

'Well, he said, 'you'd be eating a high-quality protein bit of yourself. Think of it as recycling. And it might be the only meat we'll ever share together. I'll look up a recipe!'