**Meat-Free Mondays Participant overview**

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| **Participant** | **Pseudonym** | **Diet** | **Age** | **Self-defined Class** |
| 1 | Natalie | Pescetarian | 37 | none |
| 2 | Simon | Meat-eater | 40 | middle-class |
| 3 | Andy | vegetarian | 54 | none |
| 4 | Ian | flexitarian | 30 | middle-class |
| 5 | Neil | meat-eater | 44 | working-class |
| 6 | Dawn | vegetarian | 59 | middle-class |
| 7 | Chris | meat-eater | 37 | working-class |
| 8 | Ashley | vegan | 26 | middle-class |
| 9 | Hope | vegetarian | 33 | middle-class |
| 10 | Olivia | meat-eater | 28 | middle-class |
| 11 | Grace | Pescetarian | 35 | middle-class |
| 12a | Harry | flexitarian | 74 | none |
| 12b | Susan | flexitarian | 70s | none |
| 13 | Debbie | vegan | 62 | none |
| 14 | Hazel | flexitarian | 49 | none |
| 15 | Ryan | vegan | 37 | middle-class |