



Mediterranean Wellness

Week 3: Accountability Card

If you consume meat, take a moment and make some commitments to choose and consume healthier meat options.

Place a check in the box beside the things you are currently doing when it comes to meat consumption:

Eat corn-fed beef greater than 1 time per week	<input type="checkbox"/>
Consume pork products such as bacon or sausage that contain nitrates and nitrites	<input type="checkbox"/>
Do not know where grass fed beef is sold	<input type="checkbox"/>
Do not worry about choosing chicken products that are processed as naturally as possible	<input type="checkbox"/>

Now take notice of where you see the check marks. What are you willing to do to change these eating behaviors?

What is one meat option you are willing to spend a bit more money on? What will you need to do to make this happen?



Grocery Shopping List for the Week: The Meat Aisle

_____	_____	_____
_____	_____	_____
_____	_____	_____