



## Mediterranean Wellness

### Week 4: Accountability Card

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

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

Consume farm-raised salmon	<input type="checkbox"/>
Not aware of the fish options that are a good source of omega-3 fatty acids	<input type="checkbox"/>
Eat beef more often than fish	<input type="checkbox"/>
Consume prepackaged fish products that contain fake ingredients	<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 way you can incorporate an omega-3 fatty acid rich fish into your weekly meals?**



### Grocery Shopping List for the Week: The Fish Aisle

_____	_____	_____
_____	_____	_____
_____	_____	_____