



Mediterranean Wellness

Week 8: Accountability Card

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

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

Eat frozen convenience meals more than 3 times per week	<input type="checkbox"/>
Choose frozen convenience meals without reading the ingredient list	<input type="checkbox"/>
Do not pay attention to the sodium content of convenience meals	<input type="checkbox"/>
Do not use frozen vegetables	<input type="checkbox"/>
Do not use frozen fruits	<input type="checkbox"/>

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

If you have not been using frozen fruits or vegetables because you did not think they were a healthy option, what is something you can do to incorporate frozen fruits and/or vegetables into your diet?



Grocery Shopping List for the Week: The Frozen Foods Aisle

_____	_____	_____
_____	_____	_____
_____	_____	_____