



## Mediterranean Wellness

### Week 9: Accountability Card

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

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

Choose to eat at fast-food restaurants when in a time crunch	<input type="checkbox"/>
Eat out more than 4 times per week	<input type="checkbox"/>
Choose deli meats without knowing their ingredient content	<input type="checkbox"/>
Choose deli cheeses without knowing their ingredient content	<input type="checkbox"/>
Don't use the prepared foods section of the grocery store when in a time crunch	<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 see yourself using the prepared section of a grocery store?



#### Grocery Shopping List for the Week: The Prepared Foods Aisle

_____	_____	_____
_____	_____	_____
_____	_____	_____