



Week 1: Accountability Card

This week is about ways to grill properly. Implement the suggestions below to make your grilling time a healthier time. Place a check in the box once you have implemented the strategy into your grilling routine. The more boxes you have checked the healthier your grilling practices have become.

Grill on a lower temperature.	
Take action to prevent fat from falling on hot coals.	
Try a new marinade for a meat and/or fish.	
Grill non-meat items on the grill.	

1. What is a new marinade you tried? What did you place the marinade on? How did it turn out? What would you do differently when you make it again?
2. What is a non-meat item you grilled? How did it turn out? What would you do differently when you grill it again?