



## Week 1 Accountability Card

This week is about setting up the kitchen for health. Let's set ourselves up for success to get a nutritious and delicious meal on the table.

**Check off the boxes after you complete the task and before you know it your kitchen will be set!**

Purchase local fresh vegetables when possible.	
Keep the pantry stocked with a quick cooking grain of choice.	
Practiced the proper chopping with a knife technique.	
Practiced the proper steaming of a vegetable.	
Removed a faux food from the pantry that otherwise used to be a staple.	

**Create a dinner menu plan for Mon-Thurs. The plan is the leftovers from dinner can work as lunch to take to work.**

Weekday	Menu Items
Monday	
Tuesday	
Wednesday	
Thursday	

**Make sure to create a grocery list for the week based on the menus you created.**