



Mediterranean Wellness

Week 2: Accountability Card

This week is about getting a nutritious and delicious meal on the table in no time.

Check off the boxes after you complete the task and before you know it you'll be making good food fast!

Make a meal this week in which you prepare it in stages.	
Stock your pantry with at least one quick cooking grain.	
Make extra of one meal and freeze some of it for a meal at a later time.	
Try to make a meal from the pantry without the use of a recipe.	

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.