



Mediterranean Wellness

Week 3: Accountability Card

This week is about figuring out the fats. Fats are our friend! It all comes down to amount consumed and the ones used. We also reviewed ways to add extra flavor without adding a lot of extra fat or salt to the meal.

Check off the boxes after you complete the task and before you know it you'll be cooking healthfully with fats!

Make a meal this week in which you use a technique to enhance flavor.	
Cook a meal using a food that contains omega-3 fatty acids.	
Focus on making sure the smoke point of the cooking fat you are using is not reached.	
Decrease consumption of processed foods as to create a healthy ratio of omega 3 and omega 6 fatty acids as a part of your diet.	

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.