



Mediterranean Wellness

Week 4: Accountability Card

This week is about healthy everyday foods. Pedestrian foods...so simple, yet nutritious and delicious. Oh and not to mention cost-effective

Complete the tasks in the boxes and before you know it you'll have healthy pedestrian foods as a part of your everyday diet.

What is a new grain you tried to cook with this week?	
Which type of canned bean did you stock your pantry with?	
Make a clear based soup without the use of a recipe. Decide on the components that will make up your clear based soup.	

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.