



Mediterranean Wellness

Week 5: Accountability Card

This week is about figuring out the soups. Soups are part of our diets in many different ways. When we are sick or well soup is always there.

Check off the boxes after you complete the task and before you know it you'll be enjoying soups in healthful way!

Read the food labels of canned soups you consume. Choose ones that are limited with additives and preservatives.	
Try to make one of your favorite canned soups from scratch.	
Make a clear based soup without the use of a recipe.	
Try making a roux.	

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.