



Mediterranean Wellness

Week 6: Accountability Card

This week is about cooking with the good old crockpot. This simple kitchen appliance save us loads of time in the kitchen and provides nutritious and delicious meals!

Plan a Crockpot Meal.

Pick a night and plan on making it a crockpot night. (Note: If you do not own a crockpot pick a time when you will borrow one from someone and test it out.)

What will you need to prep the night before?

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.