



Mediterranean Wellness

Week 7 Accountability Card

This week is about the outstanding oven! From baking to roasting there are so many options it can produce. So let's get that oven preheated!

Plan a casserole without the use of a recipe.

What will you use as your:

Starch: _____

Vegetables: _____

Protein: _____

Binder: _____

Topping: _____

Seasonings: _____

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.