



## Mediterranean Wellness

### Week 8 Accountability Card

This week is about desserts. Desserts are a fine food to have and as always it comes down to quality and quantity. So practice truly enjoying every bite!

Pick a night this week that you will enjoy a special dessert.

- Decide on where you will have it
- Who you'll have it with
- What it will be

Think of one dessert you consume that contains fake ingredients. This week focus on making that dessert with real ingredients instead.

Example: Cool Whip: instead make your own whipped cream.

Create a dinner menu plan for Mon-Thurs. The plan is that 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.