

Week 4: Accountability Card

This week is about food choices and preparation of the Thanksgiving meal.

Answer the questions that are pertinent to you below and before you know it, you'll have strategies implemented to make good food choices and also prepare a wonderful Thanksgiving meal.

What are some faux foods that you usually consume at the Thanksgiving meal? What are some real food items you can replace them with?	
What is one of the biggest stressors for you when it comes to preparing the Thanksgiving meal? What can you do this year to overcome this stressor?	
Consider hosting a Thanksgiving potluck. Indicate who you will invite and what they will be assigned to bring.	

