

# Mediterranean Wellness

## Accountability Card

### Week 2

Week 2 begins the heart of the behavioral portion of The Mediterranean Wellness curriculum. You will learn the eating habits and routines that curtail chronic consumption and portion distortion. Another emphasis in this week is the importance of *returning to the family table*, and why this matters to your weight and health.

1. Always start on the medium plates
2. Plan on seconds – portion an amount that you feel is A BIT less than you’re hungry for.
3. Take at least 20 minutes to finish that amount
4. Practice the “rhythm of eating”
  - a. Expect that the amount you are hungry for, at the plate will drop over time.
  - b. Your new behavioral routines will become rote, but only after practice.

	1) Did you eat on medium plates? 2) Did you “plan on seconds”		How long did it take you to eat? 1) Lunch 2) Dinner		Did you put your food/fork down between bites? 1) Lunch 2) Dinner	
<b>One</b>						
<b>Two</b>						
<b>Three</b>						
<b>Four</b>						
<b>Five</b>						
<b>Six</b>						
<b>Seven</b>						