



HEALTH QUEST 365

GREEN

MEDITERRANEAN

DIET



ACTIVITY SHEET

The Health Quest 365 Activity on a Healthier Diet

Your diet plays a significant role in your health. The nutrients you consume are the materials your body uses to keep you running, energetic, and happy.

What's your favorite Mediterranean dish? Describe the ingredients that go into it and how to make the dish.

Based on the ingredients of your favorite Mediterranean dish, what could you substitute to make it green? Is there already an equivalent in the green Mediterranean diet?

Take a quick look at the meals you have planned for the rest of the week. If you don't have any meal plans yet, now would be an excellent time to make one! You don't have to think of every meal from breakfast to dinner. Instead, try having at least one green Mediterranean meal every day.

Day	Green Mediterranean Dish
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	



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