

# Mediterranean Diet

# BINGO

<p>Enjoy a meal with loved ones around the table</p> <p>_____</p> <p>What did you make?</p>	<p>Try a new Mediterranean whole grain</p> <p>_____</p> <p>What grain did you try?</p>	<p>Go meatless one night of the week</p> <p>_____</p> <p>What was the dish?</p>	<p>Enjoy fruit for dessert</p> <p>_____</p> <p>What fruit?</p>	<p>Try a new seafood recipe from OldwaysPT.org</p> <p>_____</p> <p>What was the recipe?</p>
<p>Make a healthy pasta meal</p> <p>_____</p> <p>What was the meal?</p>	<p>Tell someone about Med Diet Month bingo</p> <p>_____</p> <p>Who did you tell?</p>	<p>Cook with olive oil</p> <p>_____</p> <p>What did you make?</p>	<p>Check out our TikTok account</p> <p>_____</p> <p>See a TikTok you liked?</p>	<p>Go for a walk</p> <p>_____</p> <p>What's something you saw?</p>
<p>Subscribe to our bi-weekly Fresh Friday newsletter</p> <p>_____</p> <p>What would you like to see a newsletter about?</p>	<p>Enjoy hummus and veggies as a snack</p> <p>_____</p> <p>How was it on a scale of 1-10?</p>	<p><b>FREE</b></p>	<p>Have a Mediterranean potluck with friends</p> <p>_____</p> <p>Who did you invite?</p>	<p>Make a recipe from our 4-week meal plan</p> <p>_____</p> <p>Which recipe did you try?</p>
<p>Use traditional cheese as a garnish</p> <p>_____</p> <p>What cheese was it?</p>	<p>Make a smoothie with fruits and greens</p> <p>_____</p> <p>What was in it?</p>	<p>Try a new herb or spice</p> <p>_____</p> <p>What did you try?</p>	<p>Make a bean salad</p> <p>_____</p> <p>What beans did you use?</p>	<p>Meal prep a Mediterranean soup or stew</p> <p>_____</p> <p>What was in it?</p>
<p>Check out our Make Every Day Mediterranean Facebook group</p> <p>_____</p> <p>Did you see any dishes you might try?</p>	<p>Incorporate seasonal produce into a meal</p> <p>_____</p> <p>What did you choose?</p>	<p>Enjoy Greek yogurt and berries for breakfast</p> <p>_____</p> <p>Did you like it?</p>	<p>Enjoy some nuts as a snack</p> <p>_____</p> <p>What kind did you choose?</p>	<p>Season a recipe with lemon juice instead of salt</p> <p>_____</p> <p>Would you try it again?</p>

