

# Interested in eating the Mediterranean way, but not sure where to start?

The Med Instead of Meds class series will help you Go Med by exploring 7 simple steps to eating the Med Way. Learn Med tips, life hacks, and recipes that will help you eat the Med Way every day.

Great tasting and good for you! The simple, delicious, and satisfying Med Way of eating will keep you coming back for more.

## During the Med Instead of Meds class series you will:

### Discover the 7 simple steps to eating the Med Way:

- 1**  
Change your protein
- 2**  
Swap your fats
- 3**  
Eat more vegetables
- 4**  
Eat more fruit
- 5**  
Snack on nuts and seeds
- 6**  
Make your grains whole
- 7**  
Rethink your sweets

### Explore tools that will help you Go Med, including:



Simple steps for mindful eating



Meal planning



Label reading



Right-sizing your portions



Simple steps for mindful physical activity

**For more information about Med Instead of Meds contact:**