

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



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

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.

Find delicious Med Way recipes and resources @ [medinsteadofmeds.com](http://medinsteadofmeds.com)