



# MEDWELL MEALS FOR THE WEEK

## MONDAY



### Asparagus Omelet

It's just another manic Monday and you wish it were Sunday... Good thing, omelets can work well for a quick dinner. That's right, omelets are not just for breakfast anymore. Whip up this nutritious and delicious omelet in no time. Complement with a side of potatoes or a piece of bread. A piece of fruit also makes this meal complete. [Click here for the recipe.](#)

## TUESDAY



### Greek Lamb & Orzo

Cold? Tonight travel to Greece and imagine eating outside by the water soaking in the warmth from the sun's rays. At least we can use meals to help us pretend until the warm days really roll around. Complement this meal with a roasted veggie of choice and a glass of red wine. [Click here for the recipe.](#)

## WEDNESDAY



### Beans and Greens

Considered poor man's food in Italy, this dish is fit to feed a king! The cannellini beans and kale complement each other so well. Consider using some different greens such as collard greens or Swiss chard. This recipe is quick, and once you make it you'll be hooked! [Click here for the recipe.](#)

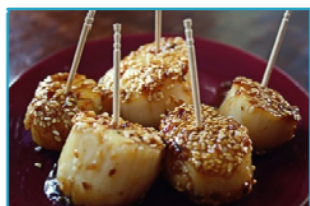
## THURSDAY



### Lentil Loaf

This is a vegetarian version of standard meat loaf. The base of it is our healthy old lentils. Vegetarians and non-vegetarians enjoy this meal and it is also a kid pleaser too! Complement the meal with a side of broccoli and some mashed potatoes. [Click here for the recipe.](#)

## FRIDAY



### Honey Broiled Sea Scallops

Looking for a romantic meal to prepare for that special loved one? These honey broiled sea scallops are quite the delightful dish. Complement them alongside a coconut infused rice and roasted sweet potatoes or carrots. Finish off the meal with a dessert that, of course, includes chocolate!

[Click here for the recipe.](#)