



MEDWELL MEALS FOR THE WEEK

MONDAY



Chicken Stir Fry

I feel like chicken tonight...like chicken tonight! Need a perfect Monday night meal? Then stir fries it is! These are such an easy dish. Also, stir fries are very flexible so vary it based on the veggies, meats and seafood you have available to you. [Click here for the recipe.](#)

TUESDAY



Turkey Avocado Wrap

Have this for dinner Tuesday and lunch on Wednesday too. To keep avocado from oxidizing (prior to use the next day) leave the seeds in the avocado mixture; in addition top with some lemon or lime juice and place in a tightly sealed container and store in fridge. [Click here for the recipe.](#)

WEDNESDAY



Quinoa Corn Chowder

Try this twist on the classic corn chowder. The coconut milk adds a delightful sweetness that complements the corn in a savory way. Also the grain quinoa is a great source of fiber and protein all in one! So this soup is quite satisfying and nutritious. Complement it with a beer of choice. [Click here for the recipe.](#)

THURSDAY



Sausage Patties

These are so easy to make and breakfast for dinner is such a treat. Consider having a sausage and egg sandwich complemented with a fruit salad or some sweet potatoes. If you can, mix up the pork with the spices before you head to work or the night before. The more time the flavors have to meld the tastier the end product will be. [Click here for the recipe.](#)

FRIDAY



Black Bean Tacos, Salads, or Burritos

Need an easy, peesy recipe for Friday night? Look no further. This black bean salsa is easy to make and can be the base for a variety of meals. Have it in taco shells, a soft flour tortilla, or place it on top of a salad alongside some tortilla chips. Complement your choice with a side of pineapple and enjoy. [Click here for the recipe.](#)