



# MEDWELL MEALS FOR THE WEEK

## MONDAY



### Grits Topped with Fried Egg, Tomato, and Balsamic

Grits... you hear it and think, I don't know what to do with them. And then you think isn't that a breakfast food? Grits are very similar to polenta both of which are corn-based foods. Grits are so flexible and this meal works well for a wonderful brunch or an easy to prepare dinner. [Click here for the recipe.](#)

## TUESDAY



### Baked Potato Patties

These baked potato patties are crowd pleasers and kids especially love them. Serve alongside a baked chicken dish of choice and a side salad. [Click here for the recipe.](#)

## WEDNESDAY



### Spinach and Artichoke Dip

You thought this dish was only for parties. Well that doesn't have to be the case. This easy to prepare dip can be a nice starter or side dish to a lighter meal. Serve alongside a grilled fish salad or a broth based chicken or vegetable soup. [Click here for the recipe.](#)

## THURSDAY



### Guacamole

Yep, guacamole can be the base for a delicious meal. Start your meal off with some guacamole and corn chips and follow it up with a vegetable quesadilla. Leftover guacamole also works wonderfully as a sandwich spread. Place some guacamole on some bread and top with tomato slices and a pinch of garlic powder or sprouts. [Click here for the recipe.](#)

## FRIDAY



### Tortellini Soup

It's Friday, and the week has worn you out. Sit down for a delightful yet easy to prepare meal. Complement this tortellini soup with a salad and a glass of red wine. End this meal with a wonderful piece of dark chocolate. [Click here for the recipe.](#)