



MEDWELL MEALS FOR THE WEEK

MONDAY



Guacamole Omelet

It's Monday, and it's time to get back into the swing of another week. Omelets are the perfect Monday meal option, as they are easy to make and so flexible. This is a great version of an omelet, but be flexible and use what you have available to you. [Click here for the recipe.](#)

TUESDAY



Greek Island Style Chicken

Feeling a bit gourmet tonight but don't have a lot of time? This recipe is for you. It does require some white wine ... so cook with some, enjoy a glass with dinner, and then save the rest to cook with later on. White wine can keep in the fridge for quite some time for cooking purposes.

[Click here for the recipe.](#)

WEDNESDAY



Baba Ganoush (Roasted Eggplant Dip)

Need something to do with those eggplants that are almost out the door? This dip is the answer. It can be used as a sandwich spread, an appetizer, or as a complement to a salad. It goes nice with bell peppers, carrots, celery sticks, pita bread, or crackers. Make extra and keep it in the fridge and enjoy for lunch throughout the week. [Click here for the recipe.](#)

THURSDAY



Citrus Fish

Bring fish to life with citrus. This flavorful dish is an easy and tasty way to prepare a variety of white fish. Complement it with a green salad and serve fish on a bed of couscous. [Click here for the recipe.](#)

FRIDAY



African Peanut Stew

Mosey into the weekend by enjoying a relaxing night with a glass of red wine and this unique stew. This stew is a meal all in itself and the flavors enjoy melding, so leftovers taste even better! [Click here for the recipe.](#)