



# MEDWELL MEALS FOR THE WEEK

## MONDAY



### Buttermilk Biscuits

Make some buttermilk biscuits and enjoy them all week long. Have a buttermilk biscuit sandwich with a piece of Canadian bacon and tomato. Enjoy this sandwich with a fruit salad. Then for lunch during the week, enjoy an egg biscuit sandwich and a piece of fruit.

[Click here for the recipe.](#)

## TUESDAY



### Lentil and Swiss Chard Soup

This soup is a very satisfying and does not require a lot of ingredients. Lemon juice is the key ingredient that makes this meal pop. So make sure to have it on hand. [Click here for the recipe.](#)

## WEDNESDAY



### Broccoli Avocado Salad

Here's an easy yet flavorful salad that works with a variety of dishes. Try complementing it with chicken, fish, or a black bean burger.

[Click here for the recipe.](#)

## THURSDAY



### Beer Steak Marinade

Whip up this marinade before you head to work and let the steaks marinate while you are working away. Get ready to enjoy a fabulous steak dinner. Complement this with a side salad or a sweet potato.

[Click here for the recipe.](#)

## FRIDAY



### Crepe Night

Host a crepe night. You make a bunch of crepes and invite friends over and tell them to bring the fillings. Have some bring meal fillings and others bring dessert fillings. Crepe parties create a delightful and fun meal! [Click here for the recipe.](#)