



# MEDWELL MEALS FOR THE WEEK

## MONDAY



### Best Potatoes on the Planet

It's been a busy Monday, and you don't have time to cook a whole meal so you decide to pick up a roasted chicken. Now just complement it with a salad and make the best potatoes on the planet and you're set.

[Click here for the recipe.](#)

## TUESDAY



### Corn Bread

You expect Tuesday to be another busy day. So take advantage of making some chili in the crockpot and complement it with a wonderful piece of corn bread. Take a look at the cornbread recipe and cook in stages. Mix the dry ingredients together before you head to work or the night before. When you get home, just add in the other ingredients and let it bake away.

[Click here for the recipe.](#)

## WEDNESDAY



### Couscous with Eggplant

Is this busy week ever going to end? Thank goodness for the quick cooking grain couscous. Enjoy this couscous with eggplant dish as a main course and follow it up with some almonds and a piece of fruit. [Click here for the recipe.](#)

## THURSDAY



### Arugula and Tomato Salad

It's been one thing after another. It's time to come home and just throw some things together not having to worry about the oven or stove. Make an arugula and tomato salad. Slice some cheese and cured meats. Put out some bread and olives and enjoy this delightful yet easy to prepare dinner.

[Click here for the recipe.](#)

## FRIDAY



### Goat Cheese Stuffed Mushrooms

The busy week has come to an end and now you're in the mood to unwind, cook, and enjoy a variety of great dishes. Prep some goat cheese stuffed mushrooms, a bruschetta, and a roasted beet salad. Pour yourself a glass of wine and enjoy a meal with loved ones. Take your time and savor every bite! Oh and don't forget about dessert. [Click here for the recipe.](#)