



MEDWELL MEALS FOR THE WEEK

MONDAY



Easy Sautéed Kale

Kale is a green that can complement a variety of meals. This sautéed kale tastes wonderfully mixed in with some Angel hair pasta, mushrooms, and sun-dried tomatoes. You can also try complementing it as a side dish alongside some grilled fish. [Click here for the recipe.](#)

TUESDAY



Cajun Shrimp

Feeling a bit spicy tonight? This dish is your answer for a quick and spiced up meal. Bake a sweet potato and make an avocado salad to complement these wonderful shrimp. Or place them on top of a green salad, on top of some rice or in a wrap. This dish is versatile lending itself to more meals than one. [Click here for the recipe.](#)

WEDNESDAY



Mushroom Onion Quiche

Enjoy this quiche for dinner and then lunch the next day. Complement this quiche with a salad. Bake an extra pie crust and freeze it so that later on you can make a quiche fast. [Click here for the recipe.](#)

THURSDAY



Fettuccine Alfredo

Fettuccine Alfredo can be quite easy to make. It's very rich so balance it out by incorporating some steamed veggies into the dish. Broccoli, carrots, asparagus, and cauliflower all work great!

[Click here for the recipe.](#)

FRIDAY



Spiced Sweet Potatoes

It's Friday and you're looking for something simple. This is the perfect complement to some grilled or roasted veggies. Also consider serving alongside some Cajun spiced chicken. [Click here for the recipe.](#)