



# MEDWELL MEALS FOR THE WEEK

## MONDAY



### Asparagus Omelet

That's right, omelets are not just for breakfast anymore. Whip up this nutritious and delicious omelet in no time. Complement this dish with a side of potatoes or a piece of bread. A piece of fruit also makes this meal complete. [Click here for the recipe.](#)

## TUESDAY



### Ahi Tuna with Sesame Soy Ginger Sauce

This dinner will make you feel like you are eating in a 5 star restaurant, but it's actually just an easy meal to make on a busy week night in your home. Complement this dish with a side of rice and a green salad or roasted asparagus and you're all set! [Click here for the recipe.](#)

## WEDNESDAY



### Bacon Wrapped Tenderloin

Um... need we say more? Yum is right! Complement this recipe with some roasted potatoes, beets, and a nice glass of beer. Get ready though...neighbors will be knocking on your door as a result of you making the neighborhood smell so good. [Click here for the recipe.](#)

## THURSDAY



### Mushroom Brie Open Faced Sandwich

This dish is perfect to "WOW" your guests if you are entertaining or simply works for a quick meal. It's very flexible and can be complemented with a broth based soup or a salad of choice. Enjoy with a crisp glass of white wine. [Click here for the recipe.](#)

## FRIDAY



### Jazzed Up Garbanzo Beans

Travel to the land of India through your meal tonight. These Indian flavored garbanzo beans are super easy to make and the spices used are touted for their health benefits. Enjoy this meal complemented with a salad and some rice or a piece of pita or naan bread. [Click here for the recipe.](#)