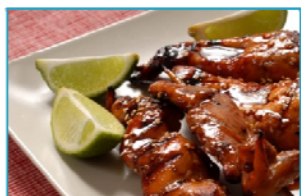




MEDWELL MEALS FOR THE WEEK

MONDAY



Sesame Chicken

As always, let's start this week off easy. And not only is this dish easy to make, but the kids love it! Enjoy this dish with a side of our Cuban inspired rice and beans. [Click here for the recipe.](#)

TUESDAY



Garlic Green Beans

Mmm Garlic! Green beans are the perfect side dish for many different main courses. Enjoy these delicious garlic green beans as a side with a grilled steak tonight! [Click here for the recipe.](#)

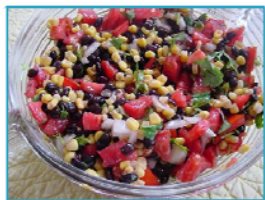
WEDNESDAY



Citrus Fish

There is something so refreshing with foods that include citrus! Enjoy this citrus fish with some coleslaw. [Click here for the recipe.](#)

THURSDAY



Black Bean Salsa

Who doesn't like salsa? This salsa turns out to be extremely healthy for you! Make a salad and jazz it up by adding some black bean salsa to it. [Click here for the recipe.](#)

FRIDAY



Pizza Night

Pizza night is a great way to start off a weekend! You can make the dough and sauce ahead of time and just come home, roll out the dough, add the topping, cook, and enjoy. It will take you just as long to make it as it will for delivery to get there! [Click here for the recipe.](#)