



# MEDWELL MEALS FOR THE WEEK

## MONDAY



### Make Ahead French Toast

The great thing about this dish is that you just throw it in the oven because you prepared it the night before! And who doesn't love breakfast for dinner? Start this week off right, enjoy this dish with some scrambled eggs on the side. [Click here for the recipe.](#)

## TUESDAY



### Tuna Mushroom Melt

This dish only takes about 15 minutes to prepare. Mushrooms are the one vegetable that have essential Vitamin D that our body needs. To get the Vitamin D going, let your mushroom sit in the sunlight for about 10 minutes before preparing. [Click here for the recipe.](#)

## WEDNESDAY



### Angel Hair with Veggies

Let's throw some pasta in a pot and grab whatever veggies you have whether they are fresh or frozen! Throw in your favorites and enjoy! [Click here for the recipe.](#)

## THURSDAY



### Jerk Pork Chop

Let this marinade over night and then when you come home from work, simply throw it on the grill! Grill it slowly as not to burn it and create carcinogens. Enjoy this with a baked potato on the side.

[Click here for the recipe.](#)

## FRIDAY



### Chicken Stir Fry

Friday is finally here!! And let's make a meal that is enjoyable for everyone!! Have everyone in the family, pick out their favorite veggies and make your own personal stir fries! [Click here for the recipe.](#)