



# MEDWELL MEALS FOR THE WEEK

## MONDAY



### Avocado Tomato Salad

It's just about summer time, so let's enjoy a nice refreshing meal. Not only is this salad refreshing, it is great for you! Pair it with some roasted chicken. [Click here for the recipe.](#)

## TUESDAY



### Swordfish with Mediterranean Salsa

While the fruits and vegetables are coming into season, try to enjoy them with every meal you can! Enjoy this swordfish with a Mediterranean salsa that is delicious! [Click here for the recipe.](#)

## WEDNESDAY



### Greek Chicken Wrap with Tzatziki Sauce

Marinate the chicken before you go to work and then come home and put it on the grill! This dish is not only a refreshing one, but great for dinner and leftovers! Make a chicken salad with the leftover chicken. [Click here for the recipe.](#)

## THURSDAY



### Stuffed Mushrooms

Mushrooms are a great source of Vitamin D. Enjoy these stuffed mushrooms with a salad on the side. [Click here for the recipe.](#)

## FRIDAY



### Sun Dried Tomato with Vodka Sauce

It's the day of the week we've all been waiting for ... Friday!! Invite some friends over and make this pasta with some garlic toast and broccoli on the side. [Click here for the recipe.](#)