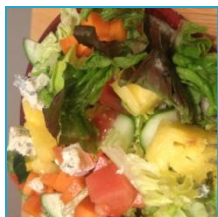




# MEDWELL MEALS FOR THE WEEK

## MONDAY



### Blue Cheese and Pineapple Salad

What sounds more refreshing than some fresh pineapple on a salad? Enjoy this with some veggies you have in your fridge! Make it easy... remember it's Monday and the week just started!

[Click here for the recipe.](#)

## TUESDAY



### Salmon in Dill Sauce

Fire up the grill! Ditch the skillet on this summer day and grill the salmon! Once the salmon is cooked through, add the dill sauce, and enjoy!

[Click here for the recipe.](#)

## WEDNESDAY



### Fried Rice

Make this dish a meal by adding some chicken to it! Play with the recipe by adding broccoli, carrots, or any other veggie you might enjoy! Or use this dish as a side by making it a veggie stir fry. [Click here for the recipe.](#)

## THURSDAY



### Corn Zucchini Tomato Sauté

This is a great side dish that can go along with some grilled chicken, steaks, or a burger! [Click here for the recipe.](#)

## FRIDAY



### Avocado Gazpacho

Summer soup? Yes, it's true and this is a spectacular one! Enjoy this dish with a side salad and a piece of garlic toast! [Click here for the recipe.](#)