



MEDWELL MEALS FOR THE WEEK

MONDAY



BBQ Sauce

It's summer time and it's time to barbeque! Forget the sugary, fake sauces and make your own! This sauce is easy to make and will taste great on some grilled chicken! Enjoy a baked potato or a side of rice on the side. [Click here for the recipe.](#)

TUESDAY



Pizza on the Grill

This pizza is amazing! Just remember that you know your grill best and the heat it throws out! Make sure not to overcook the dough when you first put it on! Once you try this a few times, you'll get the hang of cooking pizza on the grill, and you'll want to keep making it over and over again because it's that good! [Click here for the recipe.](#)

WEDNESDAY



Fish in Lemon Coriander Sauce

This dish is refreshing and perfect to enjoy on a nice summer night! Enjoy your dinner outside tonight if you can and just relax, have a glass of white wine, and enjoy the company around you! [Click here for the recipe.](#)

THURSDAY



Pesto Sauce

If you have a garden, make sure you grow some basil in it because there is so much you can do with it and it is great for you! Enjoy this sauce over pasta. [Click here for the recipe.](#)

FRIDAY



Lamb Burgers

This is a version of a common way ground lamb is prepared in the Mediterranean region. Everyone claims to have their secret way they prepare it with their own ratios and spices. We hope you enjoy this version but experiment with the spices to create your own secret recipe. [Click here for the recipe.](#)