



MEDWELL MEALS FOR THE WEEK

MONDAY



Citrus Fish

This is a refreshing way to enjoy fish. Cilantro and citrus fruits make a delightful combination. Complement this dish with a glass of crisp white wine. [Click here for the recipe.](#)

TUESDAY



Strawberry Spinach Pecan Salad

Nothing says summer like this salad! The ingredients are all so fresh and complement each other perfectly! Enjoy this salad with a piece of garlic toast and grilled chicken. [Click here for the recipe.](#)

WEDNESDAY



Quesadillas

We are halfway through the week and so let's throw something easy together! Pick out your favorite veggies and add them to this quesadilla! Enjoy some fresh guacamole on the side. [Click here for the recipe.](#)

THURSDAY



Grilled Eggplant with Feta Cheese

It's time to light up the grill and enjoy that outside summer breeze! This recipe is something you will enjoy making time and time again. [Click here for the recipe.](#)

FRIDAY



Buffalo Wings

It's Wing Night!! Who doesn't love wing night? Enjoy this meal with some cut up carrots and celery! It's going to be a hot one, so enjoy a refreshing drink tonight! [Click here for the recipe.](#)