



MEDWELL MEALS FOR THE WEEK

MONDAY



Guacamole Omelet

Omelets are not just for dinner anymore. The guacamole complements this omelet making it the perfect summer time meal. Serve along-side a cucumber, tomato salad. [Click here for the recipe.](#)

TUESDAY



Zucchini Pancakes

These buggers are popping out of everyone's garden. Zucchini here, zucchini there, zucchini everywhere! These work well alongside grilled fish and a salad. They also freeze well too. [Click here for the recipe.](#)

WEDNESDAY



Cuban Black Beans and Rice

Need a simple meal in which the leftovers actually taste better? This dish is for you. Complement this dish with a side of sautéed zucchini.

[Click here for the recipe.](#)

THURSDAY



Swiss Chard and Pine Nuts

Are you familiar with the dark green leafy veggie Swiss chard? More and more farmers are growing it as people discover its delightful taste and health benefits. This works as a perfect side to pork, fish, or chicken.

[Click here for the recipe.](#)

FRIDAY



Whipped Cream

Keep tonight simple and end it with a treat. Throw some kabobs and corn on cob the grill. Follow this meal up with some fresh, sliced peaches topped with a dollop of homemade whipped cream.

[Click here for the recipe.](#)