



MEDWELL MEALS FOR THE WEEK

MONDAY



Macaroni and Cheese

The best type of mac and cheese is the homemade kind! Enjoy this dish with a side of broccoli. You can even add the broccoli to the mac and cheese to make this one delicious casserole! [Click here for the recipe.](#)

TUESDAY



Shrimp Coconut Curry

Did somebody say shrimp? That's right, make this delicious dish and enjoy it with a side of rice. [Click here for the recipe.](#)

WEDNESDAY



Broccoli Avocado Salad

Have left over broccoli from Monday's dinner? Use it in tonight's side dish! Enjoy this salad with a roasted chicken. [Click here for the recipe.](#)

THURSDAY



Jerk Pork Chop

Marinate this pork while you are at work for the day! Come home and throw this pork on the pan! Make it an easy night and just warm up some corn for a side and relax. [Click here for the recipe.](#)

FRIDAY



Tortellini Soup

It might be summer, but that doesn't mean we can't enjoy some soup! This tortellini soup is delicious, easy, and good for you! Enjoy with a side salad! [Click here for the recipe.](#)