



# MEDWELL MEALS FOR THE WEEK

## MONDAY



### Black Bean Salsa

This is an easy recipe that works well for a base of a meal. Serve it on top of some tortilla chips for a taco salad or place it in soft tortilla shells for soft tacos. Be creative and turn it into a fantastic meal.

[Click here for the recipe.](#)

## TUESDAY



### Grits with Fried Egg, Tomato, and Balsamic

Explore corn meal. It's a perfect base that can work for breakfast, lunch, and dinner. This recipe is quite easy to make. Complement it with a salad and you're all set. [Click here for the recipe.](#)

## WEDNESDAY



### Bulgur Pilaf

Throw some fish on the grill tonight and complement it with bulgur pilaf and salad. Bulgur is a new grain to many, but once you try it and see how easy it is to prepare, you'll be hooked. [Click here for the recipe.](#)

## THURSDAY



### Zucchini, Sun-dried Tomato Frittata

Cook once; eat twice. Make this yummy and easy frittata for dinner and have leftovers for lunch. Complement this with a slice of bread and a salad. [Click here for the recipe.](#)

## FRIDAY



### Angel Hair Pasta with Veggies

Take it easy tonight. Make some angel hair pasta and jazz it up as you see fit. This recipe provides a base, but take a peek at what you have in the fridge and get creative in using it. [Click here for the recipe.](#)