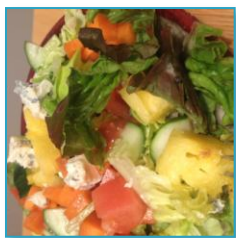




MEDWELL MEALS FOR THE WEEK

MONDAY



Blue Cheese Pineapple Salad

This salad provides a combination of flavors that is refreshing and unique. Complement this salad with a piece of grilled chicken or fish.

[Click here for the recipe.](#)

TUESDAY



Beans and Greens

Kale is a vegetable that is so nutrient dense with deep flavor. It's very satisfying and is used in everything from salad to soups.

[Click here for the recipe.](#)

WEDNESDAY



Chicken and Tomatoes

It's over the hump day. So why not sit back and enjoy a glass of red wine to complement this fabulous dish? [Click here for the recipe.](#)

THURSDAY



Egg Salad

It's a busy day and you're being pulled every which way. Make a quick dinner tonight. Boil some eggs and mash them with olive oil, lemon juice, salt, and pepper. This mayo free egg salad is a nice twist as the lemon juice makes it pop. Enjoy as a sandwich with a side of fruit.

[Click here for the recipe.](#)

FRIDAY



Italian Flavored Shrimp

These shrimp are so tasty and work well served with a side of pasta and a salad. [Click here for the recipe.](#)