



MEDWELL MEALS FOR THE WEEK

MONDAY



Couscous with Eggplant

Enjoy some eggplant tonight and if you have some zucchini around the house, throw it in there as well! [Click here for the recipe.](#)

TUESDAY



Caprese Salad

What can you do with all those tomatoes coming out of your garden? Enjoy this wonderful salad! Pair this salad with some grilled chicken. [Click here for the recipe.](#)

WEDNESDAY



Salmon with Spinach Pasta

Make tonight a pasta night! You can use fresh salmon or canned salmon for this one! Enjoy with some white wine. [Click here for the recipe.](#)

THURSDAY



Broccoli Citron

Enjoy this as a side dish with some steak, chicken, or shrimp kabobs tonight! [Click here for the recipe.](#)

FRIDAY



Taco Salad

Make tonight a Do-It-Yourself night by having everyone make their own taco salad. Put a variety of toppings out on the table and let everyone choose what they want to add to their salad! Have fun! [Click here for the recipe.](#)