

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.

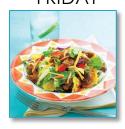
THURSDAY



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.