



MEDWELL MEALS FOR THE WEEK

MONDAY



Crab Cakes

Crab cakes are so easy to make and you can add your own twist by switching up the herbs and spices. Serve with a side salad and a crisp glass of white wine. [Click here for the recipe.](#)

TUESDAY



Tomato and Feta Crockpot Meal

Let's make tonight's dinner easy by getting out the crockpot. This is the perfect summer time crockpot meal. [Click here for the recipe.](#)

WEDNESDAY



Guacamole Omelet

Omelets can be a quick meal that work well for any meal of the day. Don't have avocados handy? No worries take advantage of the veggies in your crisper. [Click here for the recipe.](#)

THURSDAY



Olive Tapenade

It's hard to go wrong with this dish. Use it as a base for sandwiches or as an appetizer. Tonight make olive tapenade sandwiches and complement it with a tomato, cucumber salad. Extras? Lunch is ready for tomorrow. [Click here for the recipe.](#)

FRIDAY



Honey Mustard Chicken Marinade

Fire up the grill tonight! Marinate chicken in this delightful marinade and serve this dish with some grilled veggies or some corn on the cob. [Click here for the recipe.](#)