



# MEDWELL MEALS FOR THE WEEK

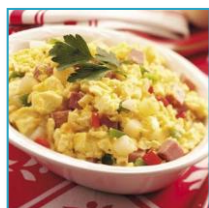
## MONDAY



### Tzatziki

Grill some beef, lamb, chicken, or fish and make a cucumber and tomato salad. Top all with a dollop of Tzatziki. This cucumber, yogurt sauce also works well as veggie dip too. [Click here for the recipe.](#)

## TUESDAY



### Ham and Egg Scramble

Eggs any-time, any-way! They aren't just for breakfast. This meal is a quick and satisfying one. Use the extra for a breakfast or lunch later in the week. [Click here for the recipe.](#)

## WEDNESDAY



### Quinoa Corn Chowder

Try this twist on corn chowder. The coconut milk provides great flavor and works well with the corn. Since quinoa and coconut milk are such hearty foods, a little soup goes a long way. [Click here for the recipe.](#)

## THURSDAY



### Caesar Salad

A Caesar salad can be a meal in itself. Top with some grilled shrimp or chicken. Complement this dish with a glass of white wine. [Click here for the recipe.](#)

## FRIDAY



### Jazzed Up Garbanzo Beans

This Indian flavored dish can be prepared in no time. Enjoy the flavors of the meal while at the same time reaping the health benefits of the various spices. [Click here for the recipe.](#)