



MEDWELL MEALS FOR THE WEEK

MONDAY



Crockpot Beef Barley

Your personal chef is in and will be cooking you a nice pot of beef barley soup while you work away ... the crock-pot! Consider prepping the ingredients the night before and throwing them in the crock-pot before you head to work. Then come home to the house smelling delightful.

[Click here for the recipe.](#)

TUESDAY



Greek Island Style Chicken

Feeling a bit gourmet tonight but don't have a lot of time? Then this recipe is for you. It does require some white wine. So cook with some, enjoy a glass with dinner, and then save the rest to cook with later on. White wine can keep in the fridge for quite some time for cooking purposes. [Click here for the recipe.](#)

WEDNESDAY



Citrus Fish

Bring fish to life with citrus. This flavorful dish is an easy and tasty way to prepare a variety of white fish. Complement it with a green salad and serve the fish on a bed of couscous. [Click here for the recipe.](#)

THURSDAY



Braised Beer Pork Tacos

The braising technique used in this recipe adds such depth to the flavor; you'll notice that you'll want to start using the braising technique more often. [Click here for the recipe.](#)

FRIDAY



African Peanut Stew

Mosey into the weekend enjoying a relaxing night with a glass of red wine and this unique stew. The stew is a meal all in itself and the flavors enjoy melding. So leftovers taste even better! [Click here for the recipe.](#)