



MEDWELL MEALS FOR THE WEEK

MONDAY



Fettuccine Alfredo

Fettuccine Alfredo can be quite easy to make. It's very rich so balance it out by incorporating some steamed veggies into the dish. Broccoli, carrots, asparagus, and cauliflower all work great! And for another meal—such as a lunch to take to work—have a small portion of what is left paired with some chicken or shrimp. [Click here for the recipe.](#)

TUESDAY



Baked Potato Patties

These baked potato patties are crowd pleasers and kids especially love them. Serve alongside a baked chicken dish of choice and a side salad. [Click here for the recipe.](#)

WEDNESDAY



White Beans

These white beans are very flexible and can be complemented with a broth based soup of choice or a salad and a nice piece of crusty bread. Make the beans and take it from there. [Click here for the recipe.](#)

THURSDAY



Roasted Cauliflower

This is a simple yet satisfying side dish to complement a variety of other foods. Simply toss the cauliflower with oil and spices and let it roast. While it is roasting, prepare some chicken, fish, or an Indian flavored bean dish to complement it. [Click here for the recipe.](#)

FRIDAY



Black Bean Soup

Spice up your Friday! Enjoy a nice bowl of black bean soup. Start off this meal with some tortilla chips and guacamole. [Click here for the recipe.](#)