



# MEDWELL MEALS FOR THE WEEK

## MONDAY



### Asparagus Omelet

Omelets can work well for a quickly prepared dinner. That's right, omelets are not just for breakfast anymore. Complement with a side of potatoes or a piece of bread. A piece of fruit also makes this meal complete. [Click here for the recipe.](#)

## TUESDAY



### Roasted Broccoli with Pine Nuts and Parmesan

Busy night? Ready, set, roast! Consider picking up a roasted chicken on the way home (or roasting one yourself if time allows) and then complementing it with this easy and flavorful broccoli dish.

[Click here for the recipe.](#)

## WEDNESDAY



### Quesadillas

Invite some friends over for some easy to make, delicious quesadillas. Prep all the toppings and let people pick what they want placed inside their quesadilla. [Click here for the recipe.](#)

## THURSDAY



### Lentil Loaf

This is a vegetarian version of standard meat loaf. The base of it is our healthy old lentils. Vegetarians and non-vegetarians enjoy this meal and it is also a kid pleaser too! Complement the meal with a side of broccoli and some mashed potatoes. [Click here for the recipe.](#)

## FRIDAY



### Cinnamon Spiced Sweet Potatoes

It's Friday and you're looking for something simple. This is the perfect complement to some roasted veggies. Also consider serving alongside some Cajun spiced chicken. [Click here for the recipe.](#)