



MEDWELL MEALS FOR THE WEEK

MONDAY



Brussels Sprouts with Caramelized Onions

Thanksgiving is just around the corner. Looking for a new way to serve up the Brussels sprouts this year? Give this recipe a try as a complement to some roasted chicken and carrots. [Click here for the recipe.](#)

TUESDAY



Herbed Stuffing

The great thing about the weeks up to Thanksgiving is you can use this time to experiment with recipes to serve at the actual feast. Try this herbed stuffing and complement it with a side of broiled salmon or pork-chops. And don't forget a side veggie of choice.

[Click here for the recipe.](#)

WEDNESDAY



Rum Glazed Sweet Potatoes

Sweet potatoes are in season and they are for sure a Thanksgiving staple. Give this version of sweet potatoes a try. It just might become a new fall favorite. Complement this dish with a side of sautéed kale and a piece of white fish. [Click here for the recipe.](#)

THURSDAY



Lentils with Bulgur

Enjoy this vegetarian dish with a side salad. It is so satisfying and leftovers taste even better. The caramelized onions in this dish really make it pop! [Click here for the recipe.](#)

FRIDAY



Frittata

You foresee a busy weekend up ahead, shopping, cleaning the house for guests and the list goes on and on. Enjoy an easy to prepare frittata for the night and enjoy leftovers throughout the weekend. Complement this frittata with a side of veggies of choice. [Click here for the recipe.](#)