



MEDWELL MEALS FOR THE WEEK

MONDAY



Oatmeal Bar

Breakfast for dinner? We featured this recipe here in case you are expecting lots of company. An oatmeal bar may be the perfect breakfast to provide. Give it a try for dinner tonight and see if it's something you'd like to utilize for a breakfast on a day when the house is full of company. [Click here for the recipe.](#)

TUESDAY



Beef Barley Soup

Is there a lot of company coming your way and you still have a ton to get done? Let the crock pot do all the work for you!

[Click here for the recipe.](#)

WEDNESDAY



Garlic Green Beans

Looking for an easy veggie side for the wonderful holiday spread? These green beans are nutritious and delicious! [Click here for the recipe.](#)

THURSDAY



Cinnamon Spiced Sweet Potatoes

Sweet potatoes add beautiful color, nutrition, and taste to our holiday feasts. Give this recipe a try for a twist on this super veggie.

[Click here for the recipe.](#)

FRIDAY



Whipped Cream

Serving whipped cream with any of your holiday leftover desserts? Whip up your own. It takes no time at all and once you go this route, it is hard to go back. [Click here for the recipe.](#)