



MEDWELL MEALS FOR THE WEEK

MONDAY



Butternut Squash Soup

It's cold outside and what better way to warm you up than this cancer fighting soup? This soup is easy to make and tastes delicious!

[Click here for the recipe.](#)

TUESDAY



Mushroom Onion Quiche

Breakfast for dinner!!! Make this dish to help get that Vitamin D while the sun is hiding!! Mushrooms and eggs are great for this and who doesn't love breakfast for dinner? [Click here for the recipe.](#)

WEDNESDAY



Taco Salad

The great thing about salads is you can add in the meat, veggies, and seafood that are your favorite! Spice this dish up to feel the warmth during these cold winter days! [Click here for the recipe.](#)

THURSDAY



Sun Dried Tomato with Vodka Sauce

It's pasta night! This recipe is simple to throw together, has incredible flavor, and makes a bunch. The good news is that it's just as good reheated. Stir in a touch of milk and warm it up for leftovers.

[Click here for the recipe.](#)

FRIDAY



Crockpot Tomatillo Pork

Since almost all of us work these days, we must take advantage of tools that create easy dinners! Just throw in the ingredients and enjoy this meal when you get home!! It really is that easy! [Click here for recipe.](#)