



# 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



### Greek Lemon Soup

On these cold winter days when we're trying to prevent ourselves from getting sick; a bowl of soup that's rich in vitamin C is the perfect choice! Enjoy this Greek Lemon Soup and complement it with a piece of broiled fish and a side of green beans. [Click here for the recipe.](#)

## WEDNESDAY



### Jazzed Up Garbanzo Beans

Travel to the land of India through your meal tonight. These Indian flavored garbanzo beans are super easy to make and the spices used are touted for their health benefits. Enjoy this meal complemented with a salad and some rice or a piece of pita or naan bread. And leftovers are even better because with time, the flavors are able to deeply meld with the beans. [Click here for the recipe.](#)

## THURSDAY



### Ahi Tuna with Sesame Soy Ginger Sauce

This dinner will make you feel like you are eating in a 5 star restaurant but, it's actually just an easy meal to make on a busy week night in your home. Complement this dish with a side of rice and a green salad or roasted asparagus and you're all set! [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 recipe.](#)