



MEDWELL MEALS FOR THE WEEK

MONDAY



Greek Chicken Wrap

It's Monday and we're trying to get back in the swing of the work week. Mondays are a perfect night for a quick meal. These chicken wraps work perfectly for lunch or dinner. Take the leftovers for lunch one day this week. Enjoy this dish with a glass of white wine. [Click here for the recipe.](#)

TUESDAY



Cajun Shrimp

Feeling a bit spicy tonight? These Cajun shrimp are your answer for a quick and spiced up meal. Bake a sweet potato and make an avocado salad to complement these wonderful shrimp. Or place them on top of a green salad, on top of some rice or in a wrap. This dish is versatile lending itself to more meals than one. This meal pairs nice with a beer. [Click here for the recipe.](#)

WEDNESDAY



Olive Tapenade Sandwiches

It's sandwich night! Enjoy this olive tapenade topped with a tomato slice on pita, baguette or a bagel. Complement it with a salad of choice and end the meal with some nuts and a piece of dark chocolate. Make extra tapenade and store in fridge for a lunch for next week. [Click here for the recipe.](#)

THURSDAY



Vegetable Couscous

Quick meal here it comes. Couscous takes no time to cook. Have fun experimenting with this couscous dish. It's a great way to use up a variety of veggies in your fridge. Complement this couscous dish with a side of fish or chicken and "wa-la" your meal is all set. [Click here for the recipe.](#)

FRIDAY



Quesadillas

It's Friday!! 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. The great thing is the toppings can be prepped ahead of time. Prepare (or ask a guest) a nice green salad to complement the quesadilla. Margaritas anyone? [Click here for recipe.](#)