

No-Oven Lovin' Summer Menu Plan #9: From Mel's Kitchen Café (www.melskitchencafe.com)

***Note: To access the recipes, hold down the CTRL key while clicking on the recipe title and a browser should open with the recipe.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sweet Paprika Skillet Chicken Amazing Romaine Salad Skillet Green Beans <i>Dessert:</i> Fresh Strawberry Gelato {i.e. Italian Ice Cream}	Mexican Chopped Salad with Simple Honey Vinaigrette Fresh Fruit Steamed Vegetable	Chicken and Mango {Or Pineapple} Basil Stir Fry Fresh Fruit/Vegetables	Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i>	One Pot Creamy Tuna and Shells Green Salad	Mediterranean Chicken Wraps {15-Minute Meal} Chips and/or fresh vegetables and Hummus Fresh Fruit	Grilled Pizza Fresh Fruit/Vegetables

No-Oven-Needed Breakfast Ideas: For more breakfast ideas click [HERE](#)

[My Favorite Breakfast Smoothie](#)

[Breakfast Burritos](#)

[Overnight Oatmeal Cinnamon Pancakes](#)

[Oatmeal Pancake Mix](#)

[Whole Wheat Blender Pancakes](#)

[Zephyr Pancakes](#)

[Overnight Raised Waffles](#)

[Overnight Steel Cut Oats](#)

[Overnight Maple and Brown Sugar Oatmeal](#)

[Strawberries and Cream Stuffed French Toast](#)

[Rollup Blender Pancakes](#)

[Perfect Pumpkin Pancakes](#)

[Whole Wheat Make -Ahead Pancake Mix](#)

Vegetables/Produce:

Dry Goods (pasta, crackers, etc.)

Meat/Cheese:

Frozen:

Milk/Dairy/Eggs:

Baking/Spices:

Breads/Buns:

Canned Goods:

Jarred Goods: