**Summer Menu Plan #1:**

**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.*

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| --- | --- | --- | --- | --- | --- | --- |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  |  |  |
| [Broccoli Beef](http://www.melskitchencafe.com/2012/02/the-best-broccoli-beef.html)  Rice  Green Salad  *Dessert:*  [No-Bake Nutella Cheesecakes](http://www.melskitchencafe.com/2012/03/no-bake-nutella-cheesecakes.html) | [Citrus and Soy Marinated Pork Tenderloin](http://www.melskitchencafe.com/2011/05/citrus-and-soy-marinated-grilled-pork-tenderloin.html)  [Guacamole Salad](http://www.melskitchencafe.com/2011/05/guacamole-salad.html)  [Grilled Sweet Potato Skewers](http://www.melskitchencafe.com/2011/08/grilled-sweet-potato-skewers.html) | [Thai Chicken Wraps with Spicy Peanut Sauce](http://www.melskitchencafe.com/2012/05/thai-chicken-wraps.html)  Fresh Fruit/Vegetables  Cottage Cheese | Leftover Night!  *(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [BBQ Chicken Salad with Creamy BBQ Cilantro Lime Dressing](http://www.melskitchencafe.com/2011/02/bbq-chicken-salad-with-creamy-bbq-cilantro-lime-dressing.html)  Fresh Fruit/Vegetables  Crusty Rolls | [Perfect Turkey Burgers with Romaine and Carrot Slaw](http://www.melskitchencafe.com/2011/07/slawed-turkey-burgers.html)  Chips/Crackers  [Honey Lime Fruit Salad](http://www.melskitchencafe.com/2010/04/honey-lime-fruit-salad.html) | [Grilled Pizza](http://www.melskitchencafe.com/2011/07/grilled-pizza-how-to.html)  Fresh Fruit/Vegetables |

**Breakfast Ideas:**

[Oatmeal Pancake Mix](http://www.melskitchencafe.com/2009/09/oatmeal-pancake-mix.html)

French Toast (made with homemade bread)

[Refrigerator Bran Muffins](http://www.melskitchencafe.com/2010/09/healthy-and-delicious-refrigerator-bran-muffins.html)

Scrambled Eggs and Toast

[Granola](http://www.melskitchencafe.com/2009/10/coconut-and-cashew-granola.html) over yogurt

[Buttermilk Waffles](http://www.melskitchencafe.com/2008/02/classic-buttermilk-waffles-with-cheese.html) (made with all whole wheat flour)

[Baked Oatmeal](http://www.melskitchencafe.com/2009/07/baked-oatmeal.html)

[Overnight Slow Cooker Oatmeal](http://www.melskitchencafe.com/2012/03/overnight-maple-brown-sugar-oatmeal.html)

**Vegetables/Produce:**

**Meat/Cheese:**

**Milk/Dairy/Eggs:**

**Baking/Spices:**

**Breads/Buns:**

**Canned Goods:**

**Jarred Goods:**

**Dry Goods (pasta, crackers, etc.)**

**Frozen:**