**Dinner in a Pinch – Meals in 30 Minutes or Less**

**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** |
|  |  |  |  |  |  |  |
| [Thai Green Curry Meatballs](http://www.melskitchencafe.com/2013/09/thai-green-curry-meatballs.html)  [Coconut Rice](http://www.melskitchencafe.com/2013/06/grilled-lime-coconut-chicken-with-coconut-rice-top-pinterest-find.html)  Green Salad or Steamed Vegetable  Dessert:  [Chocolate Peanut Butter Wafer Cream Cake](http://www.melskitchencafe.com/2011/11/chocolate-peanut-butter-wafer-cream-cake.html)  *(Make the night before)* | MORNING PREP: Put chicken in crockpot  [Chicken Caesar Salad Wraps](http://www.melskitchencafe.com/2012/07/chicken-caesar-salad-wraps.html)  Made With  [Simple Shredded Chicken](http://www.melskitchencafe.com/2012/10/how-to-simple-shredded-chicken-and-another-recipe-collage.html)  *(Double and use half for tomorrow)*  *OR if really tight on time use a rotisserie chicken)*  Fresh Fruit | [Black Bean and Butternut Enchilada Skillet](http://www.melskitchencafe.com/2013/11/black-bean-and-butternut-enchilada-skillet.html)  With Leftover Shredded Chicken  Fresh Seasonal Fruit/Vegetables  NEXT DAY PREP: Mix up the batter for  [Em’s Oatmeal Pancakes](http://www.melskitchencafe.com/2013/08/ems-famous-overnight-oatmeal-cinnamon-pancakes.html) | Breakfast for Dinner Night!  [Em’s Oatmeal Pancakes](http://www.melskitchencafe.com/2013/08/ems-famous-overnight-oatmeal-cinnamon-pancakes.html)  With  *Bacon/Eggs/Sausage*  *Or any other quick breakfast side of your choice* | [Creamy Tuscan Pasta Sauce](http://www.melskitchencafe.com/2013/04/creamy-tuscan-pasta-sauce-quick-20-minute-dinner.html)  Pasta  Fresh Seasonal Fruit/Vegetables | [Indian Butter Chicken](http://www.melskitchencafe.com/2011/03/indian-butter-chicken.html)  [With Perfect Brown Rice](http://www.melskitchencafe.com/2013/02/mels-kitchen-tip-how-to-cook-perfect-brown-rice.html)  *(Double rice and save half for tomorrow)* | [Stir Fried Broccoli](http://www.melskitchencafe.com/2014/01/stir-fried-broccoli-with-brown-rice-meat-optional.html)  With Leftover Rice  Fresh Seasonal Fruit/Vegetables |

**Breakfast Ideas:** For more breakfast ideas click [HERE](http://www.melskitchencafe.com/recipe-index/breakfast)

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

[Overnight Maple & Brown Sugar Oatmeal](http://www.melskitchencafe.com/2012/03/overnight-maple-brown-sugar-oatmeal.html)

[Make-Ahead Sausage and Egg Breakfast Bake](http://www.melskitchencafe.com/2012/07/make-ahead-sausage-and-egg-breakfast-bake.html)

[Baked Blueberry Pecan French Toast](http://www.melskitchencafe.com/2009/07/baked-blueberry-pecan-french-toast.html)

[Pumpkin Cinnamon Pull-Apart Bread with Vanilla Glaze](http://www.melskitchencafe.com/2012/11/pumpkin-cinnamon-pull-apart-bread-with-vanilla-glaze.html)

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

[Healthy Banana Bran Muffins](http://www.melskitchencafe.com/2012/06/healthy-banana-oat-bran-muffins.html)

[Granola](http://www.melskitchencafe.com/2009/10/coconut-and-cashew-granola.html) over [Yogurt](http://www.melskitchencafe.com/2013/01/diy-homemade-yogurt.html)

[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)

Scrambled Eggs and Toast

French Toast (made with homemade bread

**Vegetables/Produce:**

**Meat/Cheese:**

**Milk/Dairy/Eggs:**

**Baking/Spices:**

**Breads/Buns:**

**Canned Goods:**

**Jarred Goods:**

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

**Frozen:**