**No-Oven Lovin’ Summer Menu Plan #10:**

**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** |
|  |  |  |  |  |  |  |
| [Ginger Chicken and Asparagus Stir-Fry](http://www.melskitchencafe.com/ginger-chicken-and-asparagus-stir-fry/)  *Dessert:*  [Peach Frozen Yogurt](http://www.melskitchencafe.com/peach-frozen-yogurt/)  [{Quick, Easy, Healthy}](http://www.melskitchencafe.com/peach-frozen-yogurt/) | [Skillet Taco Pasta Shells](http://www.melskitchencafe.com/skillet-taco-pasta-shells-30-minute-meal/)  [{30-Minute Meal}](http://www.melskitchencafe.com/skillet-taco-pasta-shells-30-minute-meal/)  [Simple Skillet Green Beans](http://www.melskitchencafe.com/simple-skillet-green-beans/) | [BBQ Chicken Salad with Creamy BBQ Cilantro Lime Dressing](http://www.melskitchencafe.com/bbq-chicken-salad-with-creamy-bbq-cilantro-lime-dressing/)  Cottage Cheese  Fresh Fruit and Veggies with [Homemade Ranch](http://www.melskitchencafe.com/homemade-ranch-dressing/) | Leftover Night!  *(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [Shrimp and Mango Lettuce Wraps {20-Minute Meal}](http://www.melskitchencafe.com/shrimp-and-mango-lettuce-wraps/)  [Fresh Strawberry Lemonade](http://www.melskitchencafe.com/fresh-strawberry-lemonade/) | [Pesto Marinated Grilled Chicken](http://www.melskitchencafe.com/pesto-grilled-chicken/)  [Mexican Tomato and Corn Salad](http://www.melskitchencafe.com/mexican-tomato-and-corn-salad/)  Chips and/or fresh vegetables and [Hummus](http://www.melskitchencafe.com/classic-hummus-three-ways-sugar-rush-reinvented-2/) | [Epicurean Chicken Salad with Creamy Honey Lime Dressing](http://www.melskitchencafe.com/epicurean-chicken-salad-with-creamy-honey-lime-dressing/)  Fresh Fruit/Vegetables |

**No-Oven-Needed Breakfast Ideas:** For more breakfast ideas click [HERE](http://www.melskitchencafe.com/recipe-index/breakfast)

[My Favorite Breakfast Smoothie](http://www.melskitchencafe.com/my-favorite-healthy-breakfast-smoothie-a-k-a-super-food-smoothie/)

[Breakfast Burritos](http://www.melskitchencafe.com/my-favorite-breakfast-burritos/)

[Overnight Oatmeal Cinnamon Pancakes](http://www.melskitchencafe.com/ems-famous-overnight-oatmeal-cinnamon-pancakes/)

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

[Whole Wheat Blender Pancakes](http://www.melskitchencafe.com/whole-wheat-blender-pancakes-my-new-favorite-breakfast/)

[Zephyr Pancakes](http://www.melskitchencafe.com/zephyr-pancakes/)

[Overnight Raised Waffles](http://www.melskitchencafe.com/overnight-raised-waffles/)

[Overnight Steel Cut Oats](http://www.melskitchencafe.com/overnight-steel-cut-oats-favorite-way-to-eat-oatmeal/)

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

[Strawberries and Cream Stuffed French Toast](http://www.melskitchencafe.com/strawberries-and-cream-stuffed-french-toast/)

[Rollup Blender Pancakes](http://www.melskitchencafe.com/rollup-blender-pancakes/)

[Perfect Pumpkin Pancakes](http://www.melskitchencafe.com/perfect-pumpkin-pancakes/)

[Whole Wheat Make -Ahead Pancake Mix](http://www.melskitchencafe.com/whole-wheat-make-ahead-pancake-mix/)

**Vegetables/Produce:**

**Meat/Cheese:**

**Milk/Dairy/Eggs:**

**Baking/Spices:**

**Breads/Buns:**

**Canned Goods:**

**Jarred Goods:**

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

**Frozen:**