**Dinner in a Pinch – A Week of Slow Cooker Meals**

**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** |
|  |  |  |  |  |  |  |
| [Slow Cooker Mediterranean Pork](http://www.melskitchencafe.com/2011/10/mediterranean-pork-with-couscous-slow-cooker.html)  [Fluffy Couscous](http://www.melskitchencafe.com/2010/01/fluffy-couscous.html)  [French Bread Rolls](http://www.melskitchencafe.com/2007/12/french-bread-rolls.html)  (Double and Freeze Half)  Steamed Vegetable  *Dessert:*  [Slow Cooker Hot Fudge Peanut Butter Pudding Cake](http://www.melskitchencafe.com/2010/09/slow-cooker-hot-fudge-peanut-butter-pudding-cake.html) | [Slow Cooker Jalapeno Popper White Bean Chili](http://www.melskitchencafe.com/2014/01/slow-cooker-jalapeno-popper-white-bean-chili.html)  Leftover Rolls  Fresh Fruit | [Slow Cooker San Francisco Chops](http://www.melskitchencafe.com/2011/03/san-francisco-chops-slow-cooker.html)  Rice or Pasta  (To save time on Wednesday, double the rice and use with the stroganoff) | [Ultimate Slow Cooker Beef Stroganoff](http://www.melskitchencafe.com/2008/04/the-ultimate-beef-stroganoff.html)  Rice or Pasta  Fresh Fruit/Vegetables | Leftover Slow Cooker Night!  OR  [Slow Cooker Southwest Chicken Stacks](http://www.melskitchencafe.com/2009/11/slow-cooker-southwest-chicken-stacks.html)  Served Over Tortilla Chips | [Slow Cooker Tomato Basil Soup](http://www.melskitchencafe.com/2013/03/slow-cooker-tomato-basil-soup.html)  French Bread Rolls From the Freezer  Fresh Fruit/Vegetables | [Slow Cooker BBQ Pulled Chicken Sandwiches](http://www.melskitchencafe.com/2011/09/bbq-pulled-chicken-sandwiches-slow-cooker.html)  With Toasted Whole Wheat Buns  Fresh 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:**