

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Slow Cooker Mediterranean Pork Fluffy Couscous French Bread Rolls <small>(Double and Freeze Half)</small> Steamed Vegetable <i>Dessert:</i> Slow Cooker Hot Fudge Peanut Butter Pudding Cake	Slow Cooker Jalapeno Popper White Bean Chili Leftover Rolls Fresh Fruit	Slow Cooker San Francisco Chops Rice or Pasta <small>(To save time on Wednesday, double the rice and use with the stroganoff)</small>	Ultimate Slow Cooker Beef Stroganoff Rice or Pasta Fresh Fruit/Vegetables	Leftover Slow Cooker Night! OR Slow Cooker Southwest Chicken Stacks Served Over Tortilla Chips	Slow Cooker Tomato Basil Soup French Bread Rolls From the Freezer Fresh Fruit/Vegetables	Slow Cooker BBQ Pulled Chicken Sandwiches With Toasted Whole Wheat Buns Fresh Fruit/Vegetables

Breakfast Ideas: For more breakfast ideas click [HERE](#)

[Oatmeal Pancake Mix](#)

[Overnight Maple & Brown Sugar Oatmeal](#)

[Make-Ahead Sausage and Egg Breakfast Bake](#)

[Baked Blueberry Pecan French Toast](#)

[Pumpkin Cinnamon Pull-Apart Bread with Vanilla Glaze](#)

[Refrigerator Bran Muffins](#)

[Healthy Banana Bran Muffins](#)

[Granola](#) over [Yogurt](#)

[Buttermilk Waffles](#) (made with all whole wheat flour)

[Baked Oatmeal](#)

Scrambled Eggs and Toast

French Toast (made with homemade bread)

Dry Goods (pasta, crackers, etc.)

Vegetables/Produce:

Frozen:

Meat/Cheese:

Milk/Dairy/Eggs:

Baking/Spices:

Breads/Buns:

Canned Goods:

Jarred Goods: