

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

### From Mel's Kitchen Café ([www.melskitchencafe.com](http://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
<a href="#">Slow Cooker Mediterranean Pork</a>  <a href="#">Fluffy Couscous</a>  <a href="#">French Bread Rolls</a> <small>(Double and Freeze Half)</small>  Steamed Vegetable  <i>Dessert:</i> <a href="#">Slow Cooker Hot Fudge Peanut Butter Pudding Cake</a>	<a href="#">Slow Cooker Jalapeno Popper White Bean Chili</a>  Leftover Rolls  Fresh Fruit	<a href="#">Slow Cooker San Francisco Chops</a>  Rice or Pasta <small>(To save time on Wednesday, double the rice and use with the stroganoff)</small>	<a href="#">Ultimate Slow Cooker Beef Stroganoff</a>  Rice or Pasta  Fresh Fruit/Vegetables	Leftover Slow Cooker Night!  OR  <a href="#">Slow Cooker Southwest Chicken Stacks</a> Served Over Tortilla Chips	<a href="#">Slow Cooker Tomato Basil Soup</a>  French Bread Rolls From the Freezer  Fresh Fruit/Vegetables	<a href="#">Slow Cooker BBQ Pulled Chicken Sandwiches</a>  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:**