

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Thai Green Curry Meatballs Coconut Rice Green Salad or Steamed Vegetable Dessert: Chocolate Peanut Butter Wafer Cream Cake <i>(Make the night before)</i>	MORNING PREP: Put chicken in crockpot Chicken Caesar Salad Wraps Made With Simple Shredded Chicken <i>(Double and use half for tomorrow)</i> <i>OR if really tight on time use a rotisserie chicken</i> Fresh Fruit	Black Bean and Butternut Enchilada Skillet With Leftover Shredded Chicken Fresh Seasonal Fruit/Vegetables NEXT DAY PREP: Mix up the batter for Em's Oatmeal Pancakes	Breakfast for Dinner Night! Em's Oatmeal Pancakes With <i>Bacon/Eggs/Sausage</i> <i>Or any other quick breakfast side of your choice</i>	Creamy Tuscan Pasta Sauce Pasta Fresh Seasonal Fruit/Vegetables	Indian Butter Chicken With Perfect Brown Rice <i>(Double rice and save half for tomorrow)</i>	Stir Fried Broccoli With Leftover Rice Fresh Seasonal 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)

Vegetables/Produce:

Frozen:

Meat/Cheese:

Milk/Dairy/Eggs:

Baking/Spices:

Breads/Buns:

Canned Goods:

Jarred Goods:

Dry Goods (pasta, crackers, etc.)