## 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.

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thai Green Curry Meatballs</td>
<td>MORNING PREP: Put chicken in crockpot</td>
<td>Black Bean and Butternut Enchilada Skillet With Leftover Shredded Chicken</td>
<td>Breakfast for Dinner Night!</td>
<td>Creamy Tuscan Pasta Sauce</td>
<td>Indian Butter Chicken</td>
<td>Stir Fried Broccoli With Leftover Rice</td>
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<tr>
<td>Coconut Rice</td>
<td>Chicken Caesar Salad Wraps</td>
<td>Fresh Seasonal Fruit/Vegetables</td>
<td>Em’s Oatmeal Pancakes</td>
<td>Fresh Seasonal Fruit/Vegetables</td>
<td>Pasta</td>
<td>Fresh Seasonal Fruit/Vegetables</td>
</tr>
<tr>
<td>Green Salad or Steamed Vegetables</td>
<td>Made With Simple Shredded Chicken</td>
<td>NEXT DAY PREP: Mix up the batter for Em’s Oatmeal Pancakes</td>
<td>With Bacon/Eggs/Sausage Or any other quick breakfast side of your choice</td>
<td>Indian Butter Chicken</td>
<td>Fresh Seasonal Fruit/Vegetables</td>
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<tr>
<td>Dessert: Chocolate Peanut Butter Wafer Cream Cake (Make the night before)</td>
<td>Fresh Fruit</td>
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</tbody>
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**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:

Meat/Cheese:

Milk/Dairy/Eggs:

Baking/Spices:

Breads/Buns:

Canned Goods:

Jarred Goods:

Dry Goods (pasta, crackers, etc.)