

Dinner in a Pinch – Reusing & Repurposing 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 |
|--|---|--|---|---|--|--|
| <p>Slow Cooker Turkey With No-Fuss Gravy <i>(Shred and save the leftover turkey for Tuesday)</i></p> <p>Roasted Garlic and Parmesan Mashed Potatoes</p> <p>Dessert: Easiest Brownies in the World <i>(Double and freeze half for Friday's Dessert)</i></p> | <p>Chicken Enchilada Pasta</p> <p>Made With Simple Shredded Chicken <i>(Triple and freeze portions for Friday and Saturday)</i></p> <p>Fresh Fruit/Vegetables</p> | <p>BBQ Turkey Quesadillas</p> <p>Steamed Veggie and/or Green Salad</p> | <p>Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i></p> | <p>Bourbon Chicken</p> <p>With Brown Rice <i>(Save 1 cup rice for tomorrow)</i></p> <p>Fresh Fruit/Vegetables</p> | <p>Oven Baked Chimichangas</p> <p><i>(Made With Premade Rice and Shredded Chicken)</i></p> <p>Fresh Fruit/Vegetables</p> <p>Dessert: Mint Brownie and Oreo Hot Fudge Trifle with Minty Cream Cheese Whipped Cream <i>(Made With Premade Frozen Brownies)</i></p> | <p>Chicken Pillows With Creamy Parmesan Sauce</p> <p><i>(Made With Premade Shredded Chicken)</i></p> <p>and Buttery Cornmeal Crescent Roll Dough <i>(Double the rolls and after baking freeze half for a future meal)</i></p> <p>Steamed Veggie and/or Green Salad</p> |

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.)