

Summer Menu Plan #1: 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
Broccoli Beef Rice Green Salad Dessert: No-Bake Nutella Cheesecakes	Citrus and Soy Marinated Pork Tenderloin Guacamole Salad Grilled Sweet Potato Skewers	Thai Chicken Wraps with Spicy Peanut Sauce Fresh Fruit/Vegetables Cottage Cheese	Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i>	BBQ Chicken Salad with Creamy BBQ Cilantro Lime Dressing Fresh Fruit/Vegetables Crusty Rolls	Perfect Turkey Burgers with Romaine and Carrot Slaw Chips/Crackers Honey Lime Fruit Salad	Grilled Pizza Fresh Fruit/Vegetables

Breakfast Ideas:

[Oatmeal Pancake Mix](#)

French Toast (made with homemade bread)

[Refrigerator Bran Muffins](#)

Scrambled Eggs and Toast

[Granola](#) over yogurt

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

[Baked Oatmeal](#)

[Overnight Slow Cooker Oatmeal](#)

Vegetables/Produce:

Frozen:

Meat/Cheese:

Milk/Dairy/Eggs:

Baking/Spices:

Breads/Buns:

Canned Goods:

Jarred Goods:

Dry Goods (pasta, crackers, etc.)