**No-Oven Lovin’ Summer Menu Plan #6:**

**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.*

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| --- | --- | --- | --- | --- | --- | --- |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  |  |  |
| [Stir Fried Broccoli with Brown Rice](http://www.melskitchencafe.com/stir-fried-broccoli-with-brown-rice-meat-optional/)  Green Salad  *Dessert:*  [Chocolate Chip Cookie Dough Ice Cream Sandwiches](http://www.melskitchencafe.com/chocolate-chip-cookie-dough-ice-cream-sandwiches/) | [Black Bean and Butternut Enchilada Skillet](http://www.melskitchencafe.com/black-bean-and-butternut-enchilada-skillet/)  Fresh Fruit/Vegetables | [Thai Chicken Crunch Wraps](http://www.melskitchencafe.com/thai-chicken-crunch-wraps/)  Fresh Fruit/Vegetables  Cottage Cheese | Leftover Night!  *(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [Light Lemon and Spinach Spaghetti](http://www.melskitchencafe.com/light-lemon-and-spinach-spaghetti/)  [Grilled Chicken](http://www.melskitchencafe.com/grilled-island-chicken-2/)  Fresh Fruit/Vegetables | [Egg Salad Sandwich](http://www.melskitchencafe.com/my-favorite-lightened-up-egg-salad-sandwich-are-you-a-lover-or-hater/)  Chips/Crackers  [Honey Lime Fruit Salad](http://www.melskitchencafe.com/2010/04/honey-lime-fruit-salad.html) | [Grilled Pizza](http://www.melskitchencafe.com/2011/07/grilled-pizza-how-to.html)  Fresh Fruit/Vegetables |

**No-Oven-Needed Breakfast Ideas:** For more breakfast ideas click [HERE](http://www.melskitchencafe.com/recipe-index/breakfast)

[My Favorite Breakfast Smoothie](http://www.melskitchencafe.com/my-favorite-healthy-breakfast-smoothie-a-k-a-super-food-smoothie/)

[Breakfast Burritos](http://www.melskitchencafe.com/my-favorite-breakfast-burritos/)

[Overnight Oatmeal Cinnamon Pancakes](http://www.melskitchencafe.com/ems-famous-overnight-oatmeal-cinnamon-pancakes/)

[Oatmeal Pancake Mix](http://www.melskitchencafe.com/2009/09/oatmeal-pancake-mix.html)

[Whole Wheat Blender Pancakes](http://www.melskitchencafe.com/whole-wheat-blender-pancakes-my-new-favorite-breakfast/)

[Zephyr Pancakes](http://www.melskitchencafe.com/zephyr-pancakes/)

[Overnight Raised Waffles](http://www.melskitchencafe.com/overnight-raised-waffles/)

[Overnight Steel Cut Oats](http://www.melskitchencafe.com/overnight-steel-cut-oats-favorite-way-to-eat-oatmeal/)

[Red Berry Risotto Oatmeal](http://www.melskitchencafe.com/red-berry-risotto-oatmeal-2/)

[Overnight Maple and Brown Sugar Oatmeal](http://www.melskitchencafe.com/overnight-maple-brown-sugar-oatmeal/)

[Strawberries and Cream Stuffed French Toast](http://www.melskitchencafe.com/strawberries-and-cream-stuffed-french-toast/)

French Toast (made with homemade bread)

Scrambled Eggs and Toast

**Vegetables/Produce:**

**Meat/Cheese:**

**Milk/Dairy/Eggs:**

**Baking/Spices:**

**Breads/Buns:**

**Canned Goods:**

**Jarred Goods:**

**Dry Goods (pasta, crackers, etc.)**

**Frozen:**