

## No-Oven Lovin' Summer Menu Plan #6: From Mel's Kitchen Café ([www.melskitchencafe.com](http://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
<a href="#">Stir Fried Broccoli with Brown Rice</a>  Green Salad  <i>Dessert:</i> <a href="#">Chocolate Chip Cookie Dough Ice Cream Sandwiches</a>	<a href="#">Black Bean and Butternut Enchilada Skillet</a>  Fresh Fruit/Vegetables	<a href="#">Thai Chicken Crunch Wraps</a>  Fresh Fruit/Vegetables  Cottage Cheese	Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i>	<a href="#">Light Lemon and Spinach Spaghetti</a>  <a href="#">Grilled Chicken</a>  Fresh Fruit/Vegetables	<a href="#">Egg Salad Sandwich</a>  Chips/Crackers  <a href="#">Honey Lime Fruit Salad</a>	<a href="#">Grilled Pizza</a>  Fresh Fruit/Vegetables

**No-Oven-Needed Breakfast Ideas:** For more breakfast ideas click [HERE](#)

[My Favorite Breakfast Smoothie](#)

[Breakfast Burritos](#)

[Overnight Oatmeal Cinnamon Pancakes](#)

[Oatmeal Pancake Mix](#)

[Whole Wheat Blender Pancakes](#)

[Zephyr Pancakes](#)

[Overnight Raised Waffles](#)

[Overnight Steel Cut Oats](#)

[Red Berry Risotto Oatmeal](#)

[Overnight Maple and Brown Sugar Oatmeal](#)

[Strawberries and Cream Stuffed French Toast](#)

French Toast (made with homemade bread)

Scrambled Eggs and Toast

**Vegetables/Produce:**

**Frozen:**

**Meat/Cheese:**

**Milk/Dairy/Eggs:**

**Baking/Spices:**

**Breads/Buns:**

**Canned Goods:**

**Jarred Goods:**

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