

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Stir Fried Broccoli with Brown Rice Green Salad <i>Dessert:</i> Chocolate Chip Cookie Dough Ice Cream Sandwiches	Black Bean and Butternut Enchilada Skillet Fresh Fruit/Vegetables	Thai Chicken Crunch Wraps Fresh Fruit/Vegetables Cottage Cheese	Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i>	Light Lemon and Spinach Spaghetti Grilled Chicken Fresh Fruit/Vegetables	Egg Salad Sandwich Chips/Crackers Honey Lime Fruit Salad	Grilled Pizza 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.)