**No-Oven Lovin’ Summer Menu Plan #7:**

**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** |
|  |  |  |  |  |  |  |
| [Hoisin Rice Noodles With Shrimp or Pork](http://www.melskitchencafe.com/hoisin-rice-noodles-with-shrimp-or-chicken-or-pork-or/)  Steamed Broccoli  and/or Green Salad  *Dessert:*  [No-Bake Berry Yogurt Cheesecakes](http://www.melskitchencafe.com/no-bake-berry-yogurt-cheesecakes/) | [Grilled Honey and Ginger Marinated Flank Steak](http://www.melskitchencafe.com/grilled-honey-ginger-marinated-flank-steak/)  [Tri-Color Pasta Salad](http://www.melskitchencafe.com/tri-color-pasta-salad/)  Fresh Fruit/Vegetables | [Skillet Butternut Squash, Sausage, and Penne Pasta](http://www.melskitchencafe.com/skillet-butternut-squash-sausage-and-penne-pasta/)  Steamed Veggie and/or Green Salad | Leftover Night!  *(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [Grilled Asian Chicken with Peanut Noodles and Cucumber Sambal](http://www.melskitchencafe.com/grilled-asian-chicken-with-peanut-noodles/)  Chips/Crackers  Fresh Fruit/Vegetables | [Slow Cooker Chicken Philly Sandwiches](http://www.melskitchencafe.com/slow-cooker-chicken-philly-sandwiches/)  Chips and/or fresh vegetables and [Hummus](http://www.melskitchencafe.com/classic-hummus-three-ways-sugar-rush-reinvented-2/) | [Jalapeno Cheddar Turkey Burgers](http://www.melskitchencafe.com/jalapeno-cheddar-turkey-burgers/)  [Grilled Sweet Potato Skewers](http://www.melskitchencafe.com/grilled-sweet-potato-skewers/)  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:**