**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.

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hoisin Rice Noodles With Shrimp or Pork</td>
<td>Grilled Honey and Ginger Marinated Flank Steak</td>
<td>Skillet Butternut Squash, Sausage, and Penne Pasta</td>
<td>Leftover Night! (Or grilled cheese night or breakfast-for-dinner night…you get the idea!)</td>
<td>Grilled Asian Chicken with Peanut Noodles and Cucumber Sambal</td>
<td>Slow Cooker Chicken Philly Sandwiches</td>
<td>Jalapeno Cheddar Turkey Burgers</td>
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<tr>
<td>Steamed Broccoli and/or Green Salad</td>
<td>Tri-Color Pasta Salad</td>
<td>Steamed Veggie and/or Green Salad</td>
<td></td>
<td>Chips/ Crackers</td>
<td>Chips and/or fresh vegetables and Hummus</td>
<td>Grilled Sweet Potato Skewers</td>
</tr>
<tr>
<td>Dessert: No-Bake Berry Yogurt Cheesecakes</td>
<td>Fresh Fruit/Vegetables</td>
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<td>Fresh Fruit/Vegetables</td>
</tr>
</tbody>
</table>

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

Meat/Cheese:  Frozen:

Milk/Dairy/Eggs:  

Baking/Spices:  

Breads/Buns:  

Canned Goods:  

Jarred Goods: