

## No-Oven Lovin' Summer Menu Plan #7: 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
<p style="text-align: center;"><a href="#">Hoisin Rice Noodles With Shrimp or Pork</a></p> <p>Steamed Broccoli and/or Green Salad</p> <p style="text-align: center;"><i>Dessert:</i> <a href="#">No-Bake Berry Yogurt Cheesecakes</a></p>	<p style="text-align: center;"><a href="#">Grilled Honey and Ginger Marinated Flank Steak</a></p> <p style="text-align: center;"><a href="#">Tri-Color Pasta Salad</a></p> <p style="text-align: center;">Fresh Fruit/Vegetables</p>	<p style="text-align: center;"><a href="#">Skillet Butternut Squash, Sausage, and Penne Pasta</a></p> <p>Steamed Veggie and/or Green Salad</p>	<p>Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i></p>	<p style="text-align: center;"><a href="#">Grilled Asian Chicken with Peanut Noodles and Cucumber Sambal</a></p> <p>Chips/Crackers</p> <p style="text-align: center;">Fresh Fruit/Vegetables</p>	<p style="text-align: center;"><a href="#">Slow Cooker Chicken Philly Sandwiches</a></p> <p>Chips and/or fresh vegetables and <a href="#">Hummus</a></p>	<p style="text-align: center;"><a href="#">Jalapeno Cheddar Turkey Burgers</a></p> <p style="text-align: center;"><a href="#">Grilled Sweet Potato Skewers</a></p> <p style="text-align: center;">Fresh Fruit/Vegetables</p>

**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:**