**No-Oven Lovin’ Summer Menu Plan #8:**

**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.*

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| --- | --- | --- | --- | --- | --- | --- |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  |  |  |
| [Teriyaki Chicken Stir Fry](http://www.melskitchencafe.com/teriyaki-chicken-stir-fry-30-minute-meal/)  Green Salad  Yogurt or Cottage Cheese  *Dessert:*  [Frozen Key Lime Pie](http://www.melskitchencafe.com/we-have-a-winner-and-frozen-key-lime-pie/) | [Family Style Shrimp Scampi](http://www.melskitchencafe.com/family-style-shrimp-scampi-20-minute-meal/)  Penne Pasta  Fresh Fruit  Steamed Vegetable | [Chicken Caesar Salad Wraps](http://www.melskitchencafe.com/chicken-caesar-salad-wraps/)  Chips/Crackers  Fresh Fruit/Vegetables | Leftover Night!  *(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [Skillet Creamy Lemon Chicken Pasta with Broccoli](http://www.melskitchencafe.com/skillet-lemon-chicken-pasta-with-broccoli/)  Green Salad | [Big Fat Greek Tacos](http://www.melskitchencafe.com/big-fat-greek-tacos/)  Chips and/or fresh vegetables and [Hummus](http://www.melskitchencafe.com/classic-hummus-three-ways-sugar-rush-reinvented-2/)  Fresh Fruit | [Grilled Honey Chicken and Veggie Kebabs](http://www.melskitchencafe.com/grilled-honey-chicken-and-veggie-kebabs/)  [Pasta Salad](http://www.melskitchencafe.com/recipe-index/saladssalad-dressings/)  [Skillet Potatoes](http://www.melskitchencafe.com/golden-skillet-potatoes-and-lets-talk-food-allergies-for-a-second/) |

**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:**