

## No-Oven Lovin' Summer Menu Plan #8: 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
<a href="#">Teriyaki Chicken Stir Fry</a>  Green Salad  Yogurt or Cottage Cheese  <i>Dessert:</i> <a href="#">Frozen Key Lime Pie</a>	<a href="#">Family Style Shrimp Scampi</a>  Penne Pasta  Fresh Fruit Steamed Vegetable	<a href="#">Chicken Caesar Salad Wraps</a>  Chips/Crackers  Fresh Fruit/Vegetables	Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i>	<a href="#">Skillet Creamy Lemon Chicken Pasta with Broccoli</a>  Green Salad	<a href="#">Big Fat Greek Tacos</a>  Chips and/or fresh vegetables and <a href="#">Hummus</a>  Fresh Fruit	<a href="#">Grilled Honey Chicken and Veggie Kebabs</a>  <a href="#">Pasta Salad</a>  <a href="#">Skillet Potatoes</a>

**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:**