

Stress-Free School Week #3: 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
<p>Summer Garden Vegetable Soup</p> <p>Buttery Cornmeal Crescent Rolls <i>(If your family is likely to eat all of the rolls on Sunday, double the recipe so there are extra rolls for lunches this week).</i></p> <p>Whole Wheat Coconut Oil Chocolate Chip Oatmeal Cookies</p>	<p>Breakfast Cinnamon and Sugar Dusted Coconut Vanilla Breakfast Muffins</p> <p>Power Smoothie</p> <p>Sack Lunch</p> <ul style="list-style-type: none"> • Crescent Roll (plain or with PB + J) • String Cheese • Sliced Fruit • Whole Wheat Coconut Oil Chocolate Chip Cookie <p>Dinner Ultimate Beef Stroganoff {Slow Cooker}</p> <p>Serve with rice or noodles</p> <p>Buttery Peas</p>	<p>Breakfast Overnight Steel Cut Oats</p> <p>Sack Lunch</p> <ul style="list-style-type: none"> • Tortilla Wraps • Grapes • Chips/Pretzels • Coconut Vanilla Muffin <p>Dinner Ginger Chicken and Asparagus Stir Fry</p> <p>Fresh Fruit</p> <p>Make: Chewy Granola Bars</p>	<p>Breakfast <i>(Cold Cereal, French Toast, or Scrambled Eggs & Whole Wheat Toast)</i></p> <p>Sack Lunch</p> <ul style="list-style-type: none"> • Sandwich • Chewy Granola Bar • Yogurt • Pretzels <p>Dinner Skillet Creamy Macaroni and Cheese adding ham and peas according to the recipe</p> <p>Green Salad</p>	<p>Breakfast Refrigerator Bran Muffins</p> <p>Sack Lunch</p> <ul style="list-style-type: none"> • Chewy Granola Bar • Crackers with cut up cheese and lunch meat or pepperoni for stacking • Banana <p>Dinner The Best Sloppy Joes</p> <p>Chips</p> <p>Fresh fruit and vegetables with homemade ranch for dipping</p>	<p>Breakfast Make-Ahead Sausage and Egg Breakfast Bake</p> <p>Sack Lunch</p> <ul style="list-style-type: none"> • Sloppy Joe • Bran Muffin • Fruit of Choice • Yogurt or applesauce <p>Dinner Chicken Curry in a Hurry</p> <p>Curried Roasted Cauliflower</p> <p><i>(optional)</i> Storebought or homemade naan bread</p>	<p><i>(Relax and enjoy the weekend with leftovers, sandwiches, homemade pizza, breakfast food, or whatever your heart desires!)</i></p>

For more sack lunch ideas, go [HERE](#).

For more breakfast ideas, go [HERE](#).

For more 30-minute meal ideas, go [HERE](#).

Prep for Stress-Free School Days:

Sunday Evening:

- Prepare the sack lunches and store in refrigerator.

Monday Morning:

- Put everything in the crockpot for dinner and set to low.

Monday Evening:

- Parboil the oats according to recipe directions.
- Prepare the sack lunches for Tuesday and store in refrigerator.
 - Assemble tortilla wraps with meat and cheese (and whatever other desired toppings) and pin with a toothpick.

Tuesday Morning:

- Reheat the oats and serve with desired toppings.

Tuesday Evening:

- Prepare the sack lunches and store in refrigerator.
 - Make Chewy Granola Bars.

Wednesday Evening:

- Prepare the sack lunches and store in refrigerator.

Thursday Morning:

- Bake the bran muffins and serve (There should still be batter from Week #1 in the refrigerator).

Thursday Evening:

- Prepare the Make-Ahead Egg and Sausage Bake and refrigerate.
- Prepare the sack lunches and store in refrigerator.

Friday Morning:

- Cook the Make-Ahead Sausage and Egg Bake.

Grocery List for Stress-Free School Week #3:

*Keep in mind that this might not be a complete list of ingredients that you will need for the week, i.e. if you want extra veggies or sides for the meals, those ingredients or not included. Also, you may already have many of the spices/sauces/ingredients on hand, so double check and add and delete as necessary.

Vegetables/Produce:

- Fruit of choice for sack lunches
- Carrots
- Zucchini
- Tomatoes
- Parsley
- Basil
- Onions
- Lemon and Lime
- Pear
- Fresh Spinach
- Bananas (freeze for smoothie)
- Sliced Mushrooms
- Baby Bella Mushrooms
- Garlic
- Ginger
- Asparagus
- Cilantro
- Cauliflower

Meat/Cheese:

- 2-3 pounds stew meat (or a 3-pound chuck roast)
- Boneless, skinless, chicken breasts or thighs (2 meals)
- Ground Beef or lean ground turkey
- Pork Sausage
- Parmesan Cheese
- Sliced Cheese
- String Cheese
- Extra Sharp Cheddar Cheese
- Monterey Jack Cheese

Milk/Dairy/Eggs:

- Butter

- Eggs (for multiple meals)
- Milk
- Sour Cream

Baking:

- Sugar
- Flour
- Whole Wheat Flour
- Instant Yeast
- Yellow Cornmeal
- Brown Sugar
- Coconut Oil
- Baking Soda
- Chocolate Chips (Mini and Regular)
- Cornstarch

Breads/Buns:

- Tortillas
- Buns for sloppy joes
- Loaf Italian Bread

Canned/Jarred Goods:

- Chicken Broth
- Beef Broth
- Ketchup
- Evaporated Milk x2
- Coconut Milk x2
- Soy Sauce
- Honey
- Hot Sauce
- BBQ Sauce
- Tomato Paste
- Fish Sauce

Spices/Sauces:

- Cinnamon
- Garlic Salt
- Worcestershire Sauce
- Dry Mustard
- Curry Powder

- Coriander
- Cumin

Dry Goods (pasta, crackers, etc.)

- Old Fashioned Oats
- Elbow Macaroni
- Quick Oats
- Quinoa or Rice for Stroganoff Base
- Steel Cut Oats
- Rice Krispies Cereal

Frozen:

- Corn
- Peas
- Fruit for Smoothie

Misc:

- Toppings of choice for steel cut oats – i.e. fresh fruit, maple syrup, honey, etc.
- Peanut Butter and Jelly for sandwiches.
- Carrot juice for smoothie (can sub another kind of juice)