

No-Oven Lovin' Summer Menu Plan #10: 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
Ginger Chicken and Asparagus Stir-Fry <i>Dessert:</i> Peach Frozen Yogurt {Quick, Easy, Healthy}	Skillet Taco Pasta Shells {30-Minute Meal} Simple Skillet Green Beans	BBQ Chicken Salad with Creamy BBQ Cilantro Lime Dressing Cottage Cheese Fresh Fruit and Veggies with Homemade Ranch	Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i>	Shrimp and Mango Lettuce Wraps {20-Minute Meal} Fresh Strawberry Lemonade	Pesto Marinated Grilled Chicken Mexican Tomato and Corn Salad Chips and/or fresh vegetables and Hummus	Epicurean Chicken Salad with Creamy Honey Lime Dressing Fresh Fruit/Vegetables

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](#)

[Overnight Maple and Brown Sugar Oatmeal](#)

[Strawberries and Cream Stuffed French Toast](#)

[Rollup Blender Pancakes](#)

[Perfect Pumpkin Pancakes](#)

[Whole Wheat Make -Ahead Pancake Mix](#)

Vegetables/Produce:

Dry Goods (pasta, crackers, etc.)

Meat/Cheese:

Frozen:

Milk/Dairy/Eggs:

Baking/Spices:

Breads/Buns:

Canned Goods:

Jarred Goods: