## No-Oven Lovin' Summer Menu Plan #10: From Mel's Kitchen Café (www.melskitchencafe.com)

<b>**Note:</b> 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	Skillet Taco Pasta	<b>BBQ</b> Chicken	Leftover Night!	Shrimp and Mango	Pesto Marinated	Epicurean Chicken
and Asparagus	Shells	Salad with Creamy	(Or grilled cheese	Lettuce Wraps	Grilled Chicken	Salad with Creamy
Stir-Fry	{30-Minute Meal}	<b>BBQ</b> Cilantro	night or breakfast-for-	{20-Minute Meal}		Honey Lime
		Lime Dressing	dinner nightyou get the idea!)		Mexican Tomato	Dressing
Dessert:	Simple Skillet		the tueu!)	Fresh Strawberry	and Corn Salad	
Peach Frozen	Green Beans	Cottage Cheese		Lemonade		Fresh
<u>Yogurt</u>					Chips and/or fresh	Fruit/Vegetables
{Quick, Easy,		Fresh Fruit and			vegetables and	_

Hummus

## No-Oven-Needed Breakfast Ideas: For more breakfast ideas click HERE

Veggies with

Homemade Ranch

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

Healthy}

Meat/Cheese:

**Frozen:** 

Milk/Dairy/Eggs:

**Baking/Spices:** 

**Breads/Buns:** 

**Canned Goods:** 

Jarred Goods: