**No-Oven Lovin’ Summer Menu Plan #11:**

**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** |
|  |  |  |  |  |  |  |
| [Skillet Swedish Meatballs](http://www.melskitchencafe.com/skillet-swedish-meatballs/)[Gourmet Green Salad](http://www.melskitchencafe.com/gourmet-green-salad/)Steamed Vegetable*Dessert:*[Vanilla Funfetti Mug Cake {Egg and Dairy Free}](http://www.melskitchencafe.com/vanilla-funfetti-mug-cake/) | [Chopped Cashew Chicken Salad with Homemade Creamy Cashew Dressing](http://www.melskitchencafe.com/chopped-cashew-chicken-salad-with-homemade-creamy-cashew-dressing/)Fresh Fruit/Vegetables | [Healthy and Delicious Broiled Tilapia Tacos](http://www.melskitchencafe.com/broiled-tilapia-tacos/) [{30-Minute Meal}](http://www.melskitchencafe.com/broiled-tilapia-tacos/)Fresh Fruit/VegetablesCottage Cheese | Leftover Night!*(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [Stir-Fried Chicken and Vegetable Lo Mein](http://www.melskitchencafe.com/chicken-and-vegetable-lo-mein/) Fresh Fruit/Vegetables | [Delicious Caesar Salad](http://www.melskitchencafe.com/delicious-caesar-salad-with-homemade-dressing/) [{With Homemade Dressing}](http://www.melskitchencafe.com/delicious-caesar-salad-with-homemade-dressing/) with [Grilled Lemon Garlic Chicken](http://www.melskitchencafe.com/lemon-and-garlic-grilled-chicken/)Chips/Crackers[Fruit Salad with Creamy Glazed Dressing](http://www.melskitchencafe.com/fruit-salad-with-creamy-glazed-dressing-my-favorite-fruit-salad/) [{My Favorite Fruit Salad}](http://www.melskitchencafe.com/fruit-salad-with-creamy-glazed-dressing-my-favorite-fruit-salad/) | [Grilled Pizza](http://www.melskitchencafe.com/2011/07/grilled-pizza-how-to.html)[Frozen Mint Lemonade Slush](http://www.melskitchencafe.com/frozen-mint-lemonade-slush/)[Mandarin Broccoli Salad](http://www.melskitchencafe.com/mandarin-broccoli-salad/)Fresh Fruit/Vegetables |

**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/)

[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/)

[Rollup Blender Pancakes](http://www.melskitchencafe.com/rollup-blender-pancakes/)

[Perfect Pumpkin Pancakes](http://www.melskitchencafe.com/perfect-pumpkin-pancakes/)

[Whole Wheat Make -Ahead Pancake Mix](http://www.melskitchencafe.com/whole-wheat-make-ahead-pancake-mix/)

**Vegetables/Produce:**

**Meat/Cheese:**

**Milk/Dairy/Eggs:**

**Baking/Spices:**

**Breads/Buns:**

**Canned Goods:**

**Jarred Goods:**

**Dry Goods (pasta, crackers, etc.)**

**Frozen:**