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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Skillet Swedish	Chopped Cashew	Healthy and	Leftover Night!	Stir-Fried Chicken	Delicious Caesar	Grilled Pizza
Meatballs	Chicken Salad	Delicious Broiled	(Or grilled cheese	and Vegetable Lo	Salad	
	with Homemade	Tilapia Tacos	night or breakfast-for-	Mein	With Homemade	Frozen Mint
Gourmet Green	Creamy Cashew	{30-Minute Meal}	dinner nightyou get the idea!)		Dressing } with	Lemonade Slush
Salad	Dressing		ine idea:)	Fresh	Grilled Lemon	
		Fresh		Fruit/Vegetables	Garlic Chicken	Mandarin Broccoli
Steamed Vegetable	Fresh	Fruit/Vegetables				Salad
	Fruit/Vegetables	_			Chips/Crackers	
Dessert:	_	Cottage Cheese				Fresh
Vanilla Funfetti		_			Fruit Salad with	Fruit/Vegetables
Mug Cake {Egg					Creamy Glazed	
and Dairy Free}					Dressing	
					My Favorite Fruit	
					<u>Salad}</u>	

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:	
Meat/Cheese:	Frozen:
Milk/Dairy/Eggs:	
Baking/Spices:	
Breads/Buns:	
Canned Goods:	
Jarred Goods: Dry Goods (pasta, crackers, etc.)	