

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

Frozen:

Meat/Cheese:

Milk/Dairy/Eggs:

Baking/Spices:

Breads/Buns:

Canned Goods:

Jarred Goods:

Dry Goods (pasta, crackers, etc.)