

## No-Oven Lovin' Summer Menu Plan #9: From Mel's Kitchen Café ([www.melskitchencafe.com](http://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
<a href="#">Sweet Paprika Skillet Chicken</a>  <a href="#">Amazing Romaine Salad</a>  <a href="#">Skillet Green Beans</a>  <i>Dessert:</i> <a href="#">Fresh Strawberry Gelato {i.e. Italian Ice Cream}</a>	<a href="#">Mexican Chopped Salad with Simple Honey Vinaigrette</a>  Fresh Fruit  Steamed Vegetable	<a href="#">Chicken and Mango {Or Pineapple} Basil Stir Fry</a>  Fresh Fruit/Vegetables	Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i>	<a href="#">One Pot Creamy Tuna and Shells</a>  Green Salad	<a href="#">Mediterranean Chicken Wraps {15-Minute Meal}</a>  Chips and/or fresh vegetables and <a href="#">Hummus</a>  Fresh Fruit	<a href="#">Grilled Pizza</a>  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:**