

# Stress-Free School Week #4:

## 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="#">Italian Lasagna Rolls</a>  Green Salad  <a href="#">Divine Breadsticks</a>  Steamed vegetable  <a href="#">Oatmeal Peanut Butter Chocolate Chip Bars</a>	<b>Breakfast</b> <a href="#">Rollup Blender Pancakes</a>  <b>Sack Lunch</b> <ul style="list-style-type: none"> <li>Leftover breadstick(s)</li> <li>String Cheese</li> <li>Sliced Fruit</li> <li>Boiled Egg</li> <li>Oatmeal peanut butter chocolate chip bar</li> </ul> <b>Dinner</b> <a href="#">Bourbon Chicken</a>  <a href="#">Roasted Asparagus</a> or other vegetable  Make: <a href="#">Dulce de Leche</a>	<b>Breakfast</b> <a href="#">Overnight Steel Cut Oats</a>  <b>Sack Lunch</b> <ul style="list-style-type: none"> <li>Tortilla Wraps</li> <li>Babybel or string cheese</li> <li>Apple Slices w/small Tupperware of Dulce de Leche</li> <li>Chips</li> </ul> <b>Dinner</b> <a href="#">The Best Ground Beef Tacos</a> *add your favorite toppings to the grocery list*  Fresh fruit and vegetables	<b>Breakfast</b> (Cold Cereal, French Toast, or Scrambled Eggs & Whole Wheat Toast)  <b>Sack Lunch</b> <ul style="list-style-type: none"> <li>Leftover Rollup Blender Pancake w/Nutella or PB&amp;J</li> <li>Yogurt</li> <li>Pretzels</li> <li>Fruit</li> <li>Carrot Sticks</li> </ul> <b>Dinner</b> <a href="#">Coconut Shrimp Curry</a>  Roasted or steamed broccoli or cauliflower  Make: <a href="#">Incredible Chocolate Pudding</a>	<b>Breakfast</b> <a href="#">Oatmeal Pancake Mix Pancakes</a>  <b>Sack Lunch</b> <ul style="list-style-type: none"> <li>Ham &amp; Cheese Rollup</li> <li>Crackers</li> <li>Banana</li> <li>Tupperware of leftover chocolate pudding</li> </ul> <b>Dinner</b> <a href="#">Chicken Caesar Salad Wraps</a>  <a href="#">Golden Skillet Potatoes</a> (Save half for breakfast burritos)	<b>Breakfast</b> <a href="#">Breakfast Burritos</a>  <b>Sack Lunch</b> <ul style="list-style-type: none"> <li>Chicken Caesar Wrap</li> <li>Crackers</li> <li>Fruit of Choice</li> <li>String cheese or Babybel cheese</li> </ul> <b>Dinner</b> <a href="#">Skillet Baked Spaghetti</a>  Applesauce  Steamed vegetable or <a href="#">Corn on the Cob</a>	(Relax and enjoy the weekend with leftovers, <a href="#">sandwiches</a> , <a href="#">homemade pizza</a> , <a href="#">breakfast food</a> , or whatever your heart desires!)

For more sack lunch ideas, go [HERE](#).

For more breakfast ideas, go [HERE](#).

For more 30-minute meal ideas, go [HERE](#).

# Prep for Stress-Free School Days:

## Sunday Evening:

- Prepare the pancake batter and refrigerate overnight.
- Prepare the sack lunches and store in refrigerator.
  - Boil Eggs
  - Cut up fruit(s) of choice

## Monday Morning:

- Make the rollup blender pancakes and serve with toppings of choice.
- Prep dulce de leche in the slow cooker.

## Monday Evening:

- Parboil the oats according to recipe directions.
- Prepare the sack lunches for Tuesday and store in refrigerator.
  - Cut up apple slices (a little bit of lemon juice will keep them from browning).
  - Assemble tortilla wraps and pin with a toothpick

## Tuesday Morning:

- Reheat the oats and serve with toppings of choice.

## Tuesday Evening:

- Prepare the sack lunches and store in refrigerator.
  - Cut up carrot sticks

## Wednesday Evening:

- Make the incredible chocolate pudding and portion into Tupperware's.
- Make the oatmeal pancake dry mix (this can be done up to a month in advance).
- Prepare the sack lunches and store in refrigerator.

## Thursday Morning:

- Make the pancakes according to recipe directions and serve with desired toppings.

## Thursday Evening:

- Prepare the sack lunches and store in refrigerator.

## Friday Morning:

- Prepare the Breakfast Burritos and serve.

**Grocery List for Stress-Free School Week #4:**

\*Keep in mind that this might not be a complete list of ingredients that you will need for the week, i.e. if you want extra veggies or sides for the meals, those ingredients or not included. Also, you may already have many of the spices/sauces/ingredients on hand, so double check and add and delete as necessary.

**Vegetables/Produce:**

- Onion
- Garlic
- Ginger
- Lemons
- Cilantro
- Jalapeno
- Asparagus
- Romaine Lettuce Hearts
- 2 pounds Yukon Gold or Red Potatoes
- Fresh Rosemary
- Spinach
- Corn on the cob (if making on Friday)

**Meat/Cheese:**

- Lean ground turkey x2
- Mozzarella Cheese
- Parmesan Cheese
- Boneless, skinless chicken breasts
- String Cheese
- Lean ground beef for tacos
- Cheddar Cheese
- Rotisserie Chicken (Or cooked, cubed chicken)
- Deli Meat
- Sausage

**Milk/Dairy/Eggs:**

- Ricotta Cheese
- Eggs

- Milk
- Butter
- Lowfat Cottage Cheese
- Cream Cheese
- Yogurt
- Dark Chocolate Almond Milk

**Baking:**

- Yeast
- Sugar
- All-Purpose Flour
- Whole Wheat Flour
- Vanilla Extract
- Canola, Vegetable, or Coconut Oil
- Cornstarch
- Brown Sugar
- Cocoa Powder
- Baking Soda
- Baking Powder
- Quick Oats
- Chocolate chips
- Peanut butter chips

**Breads/Buns:**

- Bread for sandwiches
- Whole grain tortilla wraps
- Burrito Size Tortillas

**Canned/Jarred Goods:**

- Crushed Tomatoes x4
- Ketchup
- Soy Sauce
- Apple Cider Vinegar
- Tomato Sauce
- Sweetened Condensed Milk
- Diced Tomatoes
- Tomato Sauce
- Coconut Milk

- Jam/Nutella/or other topping of choice for rollup pancakes
- Peanut Butter
- Olives (optional for tacos)
- Chicken Broth or Apple Juice for Bourbon Chicken
- Syrup
- Mayonnaise
- Worcestershire Sauce
- Dijon Mustard
- No Sugar Added Applesauce

**Spices/Sauces:**

- Basil
- Oregano
- Thyme
- Parsley
- Red Pepper Flakes
- Coriander
- Turmeric
- Curry
- Chili Powder
- Cumin

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

- Lasagna Noodles
- Chips / Pretzels / Crackers (Whatever you choose for lunches)
- Rice or Quinoa for coconut shrimp curry
- Taco Shells
- Spaghetti Noodles

**Frozen:**

- Peeled and deveined, uncooked shrimp