



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday Dinner	Chicken Alfredo + Pasta	YOUR CHOICE	Apple Cider Pork Roast Dinner	Chicken Alfredo Pizza	Chicken Noodle Soup	Date Night

DAY 1 _____
Sunday Dinner

SHOPPING LIST _____
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NOTES

DAY 2 _____
Chicken Alfredo + Pasta

SHOPPING LIST _____
 - Pasta
 - Salad Mix
 - Garlic Bread
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NOTES
 Prepare Chicken Alfredo according to instructions on package. Serve over pasta and serve with a side salad and garlic bread.

 * If ordering a size of meal larger to stretch it to two meals, set aside half of your cooked Chicken Alfredo and save for Thursday's (day 5) dinner.

DAY 3 _____
YOUR CHOICE

SHOPPING LIST _____
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NOTES

DAY 4

Apple Cider Pork Roast Dinner

SHOPPING LIST

- Quinoa Brown Rice
- Brussel Sprouts
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-
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DAY 5

Chicken Alfredo Pizza

SHOPPING LIST

- Pizza Crust
- Mozzarella Cheese
- Roma Tomatoes
- Fresh Arugula
-

DAY 6

Chicken Noodle Soup

SHOPPING LIST

- Salad Mix
- French Bread
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-
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DAY 7

Date Night

SHOPPING LIST

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NOTES

Prepare Apple Cider Pork Roast according to package.
 Follow our recipe on our website > Our Meals > Apple Cider Pork Roast for the Apple Cider Pork Roast With Rice & Brussel Sprouts.

* If ordering a size of meal larger, save your leftovers for lunches through the week.

NOTES

Using leftover Chicken Alfredo, follow our recipe on our website > Our Meals > Chicken Alfredo > for the Chicken Alfredo Pizza.

NOTES

Prepare Chicken Noodle Soup according to package.
 Serve with a side of french bread and salad.

* If ordering a size of meal larger, save your leftovers for lunches through the week.

NOTES