



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday Dinner	Chicken Burrito Bowls + Rice	Classic Meatloaf + Mashed Potatoes	Chicken Burrito Bowls Quesadilla	YOUR CHOICE	Meatloaf Sandwich	Date Night

DAY 1 _____
Sunday Dinner

SHOPPING LIST _____
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NOTES _____

DAY 2 _____
Chicken Burrito Bowls + Rice

SHOPPING LIST _____
 - Rice
 - Pico de Gallo
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NOTES
 Prepare Chicken Burrito Bowls according to instructions on package. Serve over rice and top with your favorite burrito bowl toppings.

 * If ordering a size of meal larger to stretch it to two meals, set aside half of your cooked Chicken Burrito Bowls and save for Wednesday's (day 4) dinner.

DAY 3 _____
Classic Meatloaf + Potatoes

SHOPPING LIST _____
 - Mashed Potatoes
 - Vegetable of choice
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NOTES
 Prepare Classic Meatloaf according to package. Serve over mashed potatoes and with a vegetable of your choice on the side.

 * If ordering a size of meal larger to stretch it to two meals, set aside half of your cooked Classic Meatloaf and save for Friday's (day 6) dinner.

DAY 4

Chicken Burrito Bowls Quesadilla

SHOPPING LIST

- Large Tortillas
- Shredded Mozzarella Cheese
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NOTES

Using leftover Chicken Burrito Bowls follow our recipe on our website > Our Meals > Chicken Burrito Bowls for the Chicken Burrito Bowls Quesadilla.

DAY 5

YOUR CHOICE

SHOPPING LIST

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NOTES

DAY 6

Meatloaf Sandwich

SHOPPING LIST

- Sourdough Bread
- Mozzarella Cheese
- Sliced Dill Pickles
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NOTES

Using leftover Classic Meatloaf, follow our recipe on our website > Our Meals > Classic Meatloaf > for the Classic Meatloaf Sandwich.

DAY 7

Date Night

SHOPPING LIST

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NOTES
