



# BEEHIVE MEALS

freezer meals prepped and delivered.

# WEEKLY DINNER PLAN

WEEK: 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday Dinner	Ravioli Lasagna	Creamy Buffalo Chicken + Rice	YOUR CHOICE	Hawaiian Teriyaki Meatballs	Creamy Buffalo Chicken Tacos	Date Night

DAY 1 \_\_\_\_\_  
**Sunday Dinner**

SHOPPING LIST \_\_\_\_\_

- 
- 
- 
- 
- 

NOTES

---

---

---

---

---

---

---

---

---

---

DAY 2 \_\_\_\_\_  
**Ravioli Lasagna**

SHOPPING LIST \_\_\_\_\_

- Garlic Bread
- Salad Mix
- 
- 
- 

NOTES  
 Prepare Ravioli Lasagna 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.

DAY 3 \_\_\_\_\_  
**Creamy Buffalo Chicken + Rice**

SHOPPING LIST \_\_\_\_\_

- Rice
- Vegetable of choice
- 
- 
- 

NOTES  
 Prepare Creamy Buffalo Chicken according to package. Serve over rice with a vegetable of choice on the side.

---

---

---

---

---

---

---

---

---

---

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

DAY 4

## YOUR CHOICE

SHOPPING LIST

- 
- 
- 
- 
- 

NOTES

---

---

---

---

---

---

---

---

---

---

DAY 5

## Hawaiian Teriyaki Meatballs

SHOPPING LIST

- Rice
- Vegetable of choice
- 
- 
- 

NOTES

Prepare Hawaiian Teriyaki Meatballs according to package. Serve over rice with a vegetable of your choice on the side.

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

---

---

---

---

---

DAY 6

## Creamy Buffalo Chicken Tacos

SHOPPING LIST

- Small tortillas
- Mozzarella Cheese
- Buffalo Sauce
- Cilantro Lime Ranch
- 

NOTES

Prepare Creamy Buffalo Chicken according to package. Dip tortillas in the buffalo sauce to coat it, then place on a griddle and evenly spread Creamy Buffalo Chicken and mozzarella cheese on half of each tortilla. Fold other side over and cook until crispy on both sides. Serve with a side of cilantro lime ranch.

---

---

---

---

---

DAY 7

## Date Night

SHOPPING LIST

- 
- 
- 
- 
- 

NOTES

---

---

---

---

---

---

---

---

---

---