



freezer meals prepped and delivered.

## MONTH: December 2023

SUNDAY — MONDAY — TUESDAY — WEDNESDAY — THURSDAY — FRIDAY — SATURDAY —													
Week 1		Artichoke Chicken + Rice		Sausage Penne Pas	sta	YOUR CHOICE		Beef Corn Mac		Sauage Penne Piz	za	Date Nigh	t
	3		4		5		6		7		8		9
Week 2		Chicken Fajita Flautas		Orange Chicken + Rice		Chicken Fajita Pizz	a	Orange Chicken Wontons		YOUR CHOICE		Date Night	t
	10		11		12		13		14		15		16
Week 3		BBQ Chicken Sandwiches		Mongolian Beef Stir-Fry		BBQ Chicken Mac n' Cheese		YOUR CHOICE		Parmesan Honey Pork Roast		Date Night	
	17		18		19		20		21		22		23
Week 4		YOUR CHOICE		Chicken Enchilada Soup		French Onion Pas	sta	French Onion Stuffed Shells		Chicken Enchiladas	9	Date Night	t
	24		25		26		27		28		29		30

## FREEZER MEALS =

- Artichoke Chicken
- BBQ Chicken
- Chicken Enchilada Soup
- Chicken Fajitas
- Orange Chicken

- French Onion Pasta
- Sausage Penne
- Parmesan Honey Pork Roast
- Beef Corn Mac
- Mongolian Beef Stir-Fry

"YOUR CHOICE" nights can be
supplemented with extra Beehive Meals
that you have on hand or use them as
an opportunity to go out or make
something simple at home.