



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Dinner	Artichoke Chicken + Rice	Sausage Penne Pasta	YOUR CHOICE	Beef Corn Mac	Sausage Penne Pizza	Date Night

DAY 1 _____
Family Dinner

SHOPPING LIST _____

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DAY 2 _____
Artichoke Chicken + Rice

SHOPPING LIST _____

- Rice
- Side Salad
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NOTES
 Prepare Artichoke Chicken according to package.
 Serve over rice with a side salad. Save leftovers for lunches.

DAY 3 _____
Sausage Penne Pasta

SHOPPING LIST _____

- Pasta (style of choice)
- French Bread
- Salad Mix
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NOTES
 Prepare Sausage Penne according to package. Serve over pasta with a side salad and french bread.

* Save ~1 1/2 cups sausage penne sauce for Friday (Day 6) meal.

DAY 4

YOUR CHOICE

SHOPPING LIST

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DAY 5

Beef Corn Mac

SHOPPING LIST

- Cornbread
- Cheddar Cheese (optional serving topping)
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NOTES

Prepare Beef Corn Mac according to package. Serve topped with cheddar cheese and a side of cornbread. Save leftovers for lunches.

DAY 6

Sausage Penne Pizza

SHOPPING LIST

- Pillsbury Pizza Crust
- Parmesan Cheese
- Fresh Buratta Cheese
- Fresh Basil
- Salad Mix

NOTES

Using Tuesday's (Day 3) leftover Sausage Penne sauce, follow the recipe for Sausage Penne Pizza on our website > our meals > Sausage Penne. Serve with a side salad.

DAY 7

Date Night

SHOPPING LIST

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