



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Dinner	Chicken Fajita Flautas	Orange Chicken + Rice	Chicken Fajita Pizza	Orange Chicken Wontons	YOUR CHOICE	Date Night

DAY 1 _____
Family Dinner

SHOPPING LIST _____
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NOTES _____

DAY 2 _____
Chicken Fajita Flautas

SHOPPING LIST _____
 - Tortillas (medium size)
 - Refried Beans
 - Pepperjack Cheese
 - Sprayable Olive Oil
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NOTES _____
 Prepare Chicken Fajitas according to package. Follow the recipe for Chicken Fajita Air-Fryer Flautas on our website > our meals > Chicken Fajitas.

 * If you do not own an air-fryer, flautas can be baked on a baking sheet at 425 degrees until golden brown.

 * Save ~1 cup chicken and peppers/onions for Wednesday (Day 4) meal. Save refried beans as well.

DAY 3 _____
Orange Chicken + Rice

SHOPPING LIST _____
 - Rice
 - Green Beans
 - Potstickers
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NOTES _____
 Prepare Orange Chicken according to package. Serve over rice with steamed green beans and potstickers on the side.

 * Save ~2 cups chicken and ~1/4 cup sauce for Thursday (Day 5) meal. Keep the chicken and sauce separate from each other when storing.

