

freezer meals prepped and delivered

WEEKLY DINNER PLAN

WEEK: 2

SUNDAY	M O N D A Y	T U E S D A Y	WEDNESDAY-	— T H U R S D A Y —	F R I D A Y	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

Chicken Fajita Flautas

SHOPPING LIST

- Tortillas (medium size)
- Refried Beans

DAY 2 -

- Pepperjack Cheese
- Sprayable Olive Oil

DAY 3 Orange Chicken + Rice

SHOPPING LIST

Rice

- Green Beans
- Potstickers

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.

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.

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DAY

Chicken Fajita Pizza

SHOPPING LIST

- Pillsbury Pizza Crust
- Refried Beans
- Cilantro (optional)
- Bell Peppers (optional)
- Mozzarella Cheese
- **Colby Jack Cheese**
- Taco Seasoning

DAY 5 -

Orange Chicken Wontons

SHOPPING LIST

- Wonton Wrappers
- Sesame Seeds (optional)
- Cream Cheese
- Coleslaw

- Cilantro (optional)
- Salad Mix
- Green Onions
- Sweet Chili Sauce

DAY 6 -YOUR CHOICE

SHOPPING LIST

- DAY

Date Night

SHOPPING LIST

NOTES

Using Monday's (Day 2) leftover chicken, peppers and onions, and refried beans, follow the recipe for Chicken Faiita Pizza on our website > our meals > Chicken Fajitas.

* Chicken Fajitas will come with bell peppers in the meal. If you are wanting additional bell peppers on the pizza plan on adding the "optional" bell peppers.

NOTES

Using Tuesday's (Day 3) leftover Orange Chicken, follow the recipe for Orange Chicken Wontons on our website > our meals > Orange Chicken. Serve with a side salad.

* The recipe on our website calls for sesame oil, honey, soy sauce, and rice vinegar to create a sauce. If you did not save sauce from Tuesday you will need these ingredients.

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