



# BEEHIVE MEALS

freezer meals prepped and delivered.

# WEEKLY DINNER PLAN

WEEK: 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Dinner	BBQ Chicken Sandwiches	Mongolian Beef Stir-Fry	BBQ Chicken Mac n' Cheese	YOUR CHOICE	Parmesan Honey Pork Roast	Date Night

DAY 1 \_\_\_\_\_  
**Family Dinner**

SHOPPING LIST \_\_\_\_\_  
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NOTES \_\_\_\_\_  
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DAY 2 \_\_\_\_\_  
**BBQ Chicken Sandwiches**

SHOPPING LIST \_\_\_\_\_  
 - Rolls  
 - Coleslaw (optional)  
 - Chips or Fries  
 - Potato Salad  
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NOTES \_\_\_\_\_  
 Prepare BBQ Chicken according to package. Serve inside rolls topped with coleslaw (optional). Serve with a side of potato salad (homemade or store-bought) and chips or fries.  
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 \* Save 1 1/2 cups chicken for Wednesday (Day 4) meal  
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DAY 3 \_\_\_\_\_  
**Mongolian Beef Stir-Fry**

SHOPPING LIST \_\_\_\_\_  
 - Rice Noodles  
 - Potstickers  
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NOTES \_\_\_\_\_  
 Prepare Mongolian Beef Stir-Fry according to package. Serve over rice noodles with a side of potstickers. Save leftovers for lunches.  
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DAY 4

BBQ Chicken Mac n' Cheese

SHOPPING LIST

- Pasta (style of choice)
- Chicken Bouillon
- Heavy Cream
- Cream Cheese
- Cheddar Cheese
- Mozzarella Cheese
- Pepper
- Cornbread

DAY 5

YOUR CHOICE

SHOPPING LIST

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DAY 6

Parmesan Honey Pork Roast

SHOPPING LIST

- Rolls
- Mashed Potatoes
- Broccoli + Ranch
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DAY 7

Date Night

SHOPPING LIST

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NOTES

Using Monday's (Day 2) leftover BBQ Chicken, follow the recipe for BBQ Chicken Mac n' Cheese on our website > our meals > BBQ Chicken. Serve with a side of cornbread.

\* Chicken Bouillon will be added to water to create your chicken broth. Heavy cream can be replaced with milk of your choice for a lower fat option.

NOTES

NOTES

Prepare Parmesan Honey Pork Roast according to package. Serve with a side of rolls, mashed potatoes, and steamed broccoli.

\* Broccoli can be substituted for a vegetable of your choice.

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