



# BEEHIVE MEALS

freezer meals prepped and delivered.

## WEEKLY DINNER PLAN

WEEK: 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Dinner	YOUR CHOICE	Chicken Enchilada Soup	French Onion Pasta	French Onion Stuffed Shells	Chicken Enchiladas	Date Night

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

SHOPPING LIST \_\_\_\_\_  
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NOTES  
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DAY 2 \_\_\_\_\_  
**YOUR CHOICE**

SHOPPING LIST \_\_\_\_\_  
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DAY 3 \_\_\_\_\_  
**Chicken Enchilada Soup**

SHOPPING LIST \_\_\_\_\_  
 - Cheddar Cheese  
 - Sour Cream  
 - Tortilla Chips  
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NOTES  
 Prepare Chicken Enchilada Soup according to package.  
 Serve topped with sour cream, cheddar cheese, and crushed tortilla chips.  
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 \* Sour Cream can be substituted with plain non-fat greek yogurt for a lower fat higher protein option.  
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 \* Save ~2-3 cups Chicken Enchilada Soup for Friday (Day 6) meal.  
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DAY 4

## French Onion Pasta

### SHOPPING LIST

- Pasta (style of choice)
- French Bread
- Salad Mix
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### NOTES

Prepare French Onion Pasta according to package.  
 Serve over pasta with french bread and a side salad.

\* Save ~2 cups French Onion Pasta sauce for Thursday (Day 5) meal.

DAY 5

## French Onion Stuffed Shells

### SHOPPING LIST

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|-------------------|--|
| - Jumbo Shells    | - Spices (garlic, basil, salt, pepper) |
| - Ricotta Cheese  |  |
| - Parmesan Cheese | - Salad Mix                            |
| - Italian Cheese  |  |
| - Egg             |  |

### NOTES

Using Wednesday's (Day 4) leftover French Onion Pasta sauce, follow the recipe for French Onion Stuffed Shells on our website > our meals > French Onion Pasta. Serve with a side salad.

DAY 6

## Chicken Enchiladas

### SHOPPING LIST

- Tortillas
- Cheddar Cheese
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### NOTES

Using Tuesday's (Day 3) leftover Chicken Enchilada Soup, separate the liquid from the beans, corn, and chicken. In an 8x8 baking dish pour half the liquid in the bottom of the dish, reserving the rest for later. Lay tortillas out and fill each with 1/3 to 1/2 cup enchilada filling and 1/4 to 1/3 cup cheddar cheese. Roll tortillas up and place in baking dish. Pour remaining liquid over filled tortillas and top with cheddar cheese. Bake at 350 degrees for 30 minutes or until heated through.

DAY 7

## Date Night

### SHOPPING LIST

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### NOTES