

freezer meals prepped and delivered

WEEKLY DINNER PLAN

WEEK: 2

| Г | — S U N D A Y — | — M O N D A Y — | T U E S D A Y — | - W E D N E S D A Y - | — T H U R S D A Y — | F R I D A Y | S A T U R D A Y — |
|---|------------------|--|---|---------------------------------------|-----------------------------------|---------------------------------|---------------------------------|
| | Sunday Dinner | Honey Mustard Chicken Paninis | Philly Cheese Steak Sandwiches | Honey Mustard Chicken + Rice | YOUR CHOICE | Philly Cheese Steak Pizza | Date Night |

| DAY 1 | | | | NOTES | | | | |
|---------------|-------|--|---|-------|--|--|--|--|
| Sunday Dinner | | | | | | | | |
| SHOPPING L | IST — | | | | | | | |
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DAY 2

Honey Mustard Chicken Paninis

SHOPPING LIST

- Sourdough Bread (or other bread of choice)
- Bacon Strips, cooked
- Sliced Mozzarella Cheese
- Tomato, sliced

NOTES

Prepare Honey Mustard Chicken according to package.
Using Honey Mustard Chicken sauce spread it across
2 slices of sourdough bread. Layer chicken, bacon, and cheese and cook in a panini press or over the stove.
Once cooked, place tomato inside panini.

* If ordering a size of meal larger to stretch it to two meals, set aside half of your cooked Honey Mustard Chicken and save for Wednesday (day 4) dinner.

DAY 3

Philly Cheesesteak Sandwiches

SHOPPING LIST

- Hoagie Buns
- Sliced Swiss Cheese
- Butter
- Chips

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NOTES

Prepare Philly Cheesesteak according to package.

Cut open buns and butter inside. Place sliced cheese on one side and broil in the oven until melted. Serve sandwiches with a side of chips.

* If ordering a size of meal larger to stretch it to two meals, set aside half of your cooked Philly Cheesesteak and save for Friday (day 6) dinner.

| - D A Y 4 | NOTES Light Left over Hanny Mustard Chicken, convergence | | | | |
|---|--|--|--|--|--|
| Honey Mustard Chicken + Rice | Using leftover Honey Mustard Chicken, serve over rice with a vegetable of choice on the side. | | | | |
| Rice Vegetable of Choice | | | | | |
| DAY 5 | N O T E S | | | | |
| YOUR CHOICE | | | | | |
| SHOPPING LIST | | | | | |
| - DAY 6 ——————————————————————————————————— | NOTES Using leftover Philly Cheesesteak, follow our recipe on our website > our meals > Philly Cheesesteak for | | | | |
| Pillsbury Pizza Crust Nacho Cheese Sauce Shredded Mozzarella Cheese Bell Peppers and Mushrooms, sliced Shredded Colby Jack Cheese | Philly Cheesesteak Pizza. | | | | |
| DAY 7 ——————————————————————————————————— | N O T E S | | | | |
| SHOPPING LIST | | | | | |