



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday Dinner	Sweet Chicken Tacos	Korean Egg Roll Bowl + Rice	YOUR CHOICE	Sweet Chicken Skillet Bake	Green Chile Mac n' Cheese	Date Night

DAY 1 _____
Sunday Dinner

SHOPPING LIST _____
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NOTES _____

DAY 2 _____
Sweet Chicken Tacos

SHOPPING LIST _____
 - Tortillas (flour or corn)
 - Shredded Cheese of Choice
 - Sour Cream
 - Guacamole
 - Tortilla Chips

NOTES _____
 Prepare Sweet Chicken Tacos according to package.
 Serve in a tortilla topped with cheese, sour cream, and guacamole. Serve with a side of chips and guacamole.

 * If ordering a size of meal larger to stretch it to two meals, set aside half of your cooked Sweet Chicken and save for Thursday's (day 5) dinner.

DAY 3 _____
Korean Egg Roll Bowl + Rice

SHOPPING LIST _____
 - Rice
 - Potstickers
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NOTES _____
 Prepare Korean Egg Roll Bowl according to package.
 Serve over rice with a side of potstickers.

 * If ordering a size of meal larger, save your leftovers for lunches throughout the week.

DAY 4

YOUR CHOICE

SHOPPING LIST

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NOTES

DAY 5

Sweet Chicken Skillet Bake

SHOPPING LIST

- Rice
- Black Beans
- Shredded Cheese of Choice
- Toppings (avocado, jalapenos, green onions, cotija cheese)
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NOTES

Using leftover Sweet Chicken, follow our recipe on our website > our meals > Sweet Chicken Tacos for the Sweet Chicken Skillet Bake.

DAY 6

Green Chile Mac n' Cheese

SHOPPING LIST

- Cornbread
- Salad Mix
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NOTES

Prepare Green Chile Mac n' Cheese according to package. Serve with a side of cornbread and salad.

* If ordering a size of meal larger, save your leftovers for lunches throughout the week.

DAY 7

Date Night

SHOPPING LIST

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NOTES
