



# BEEHIVE MEALS

freezer meals prepped and delivered.

# WEEKLY DINNER PLAN

WEEK: 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday Dinner	Tuscan Chicken + Pasta	Zesty Italian Chicken + Rice	Lasagna Soup	Zesty Italian Chicken Wraps	YOUR CHOICE	Date Night

DAY 1 \_\_\_\_\_  
**Sunday Dinner**

- SHOPPING LIST \_\_\_\_\_
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DAY 2 \_\_\_\_\_  
**Tuscan Chicken + Pasta**

- SHOPPING LIST \_\_\_\_\_
- Pasta (style of choice)
  - Salad Mix
  - French Bread
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NOTES  
 Prepare Tuscan Chicken according to package. Serve over pasta with a side of french bread and salad.

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

DAY 3 \_\_\_\_\_  
**Zesty Italian Chicken + Rice**

- SHOPPING LIST \_\_\_\_\_
- Rice
  - Vegetable of Choice
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NOTES  
 Prepare Zesty Italian Chicken according to package. Serve over rice with a vegetable of choice on the side.

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

DAY 4

# Lasagna Soup

SHOPPING LIST

- Salad Mix
- French Bread
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NOTES

Prepare Lasagna Soup according to package. Serve with a side of french bread and salad.

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

DAY 5

# Zesty Italian Chicken Wraps

SHOPPING LIST

- Joseph's Lavash Wraps                      - Red Onion
- Sliced Mozzarella Cheese
- Pepperoni
- Banana Peppers
- Shredded Lettuce

NOTES

Using leftover Zesty Italian Chicken follow our recipe on our website > our meals > Zesty Italian Chicken for the Zesty Italian Chicken Wraps.

DAY 6

# YOUR CHOICE

SHOPPING LIST

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DAY 7

# Date Night

SHOPPING LIST

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