



# BEEHIVE MEALS

freezer meals prepped and delivered.

## WEEKLY DINNER PLAN

WEEK: 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday Dinner	Butter Chicken + Rice	Salsa Verde Chicken Tostadas	YOUR CHOICE	Salsa Verde Chicken Pasta	Zuppa Toscana	Date Night

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

SHOPPING LIST \_\_\_\_\_  
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NOTES \_\_\_\_\_  
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DAY 2 \_\_\_\_\_  
**Butter Chicken + Rice**

SHOPPING LIST \_\_\_\_\_  
 - Rice  
 - Naan Bread  
 - Vegetable of Choice  
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NOTES \_\_\_\_\_  
 Prepare Butter Chicken according to package. Serve over rice with a side of naan bread and vegetable of choice.  
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 \* If ordering a size of meal larger use leftovers for upcoming lunches.  
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DAY 3 \_\_\_\_\_  
**Salsa Verde Chicken Tostadas**

SHOPPING LIST \_\_\_\_\_  
 - Tostada Shells                      - Sour Cream  
 - Refried Beans  
 - Pico de Gallo  
 - Shredded Lettuce  
 - Feta Cheese

NOTES \_\_\_\_\_  
 Prepare Salsa Verde Chicken according to package. For serving instructions see our website > our meals > Salsa Verde Chicken > tostadas.  
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 \* If ordering a size of meal larger to stretch it to two meals, set aside half of your cooked Salsa Verde Chicken and save for Thursday's (day 5) dinner.  
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DAY 4

# YOUR CHOICE

SHOPPING LIST

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DAY 5

# Salsa Verde Pasta

SHOPPING LIST

- Pasta (style of choice) - Black Pepper
- Whole Milk or Heavy Cream
- Salsa Verde Sauce
- Pepperjack or Mozzarella Cheese
- Chicken Broth

NOTES

Using leftover Salsa Verde Chicken follow serving instructions on our website > our meals > Salsa Verde Chicken > pasta.

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DAY 6

# Zuppa Toscana

SHOPPING LIST

- Salad Mix
- Breadsticks or French Bread
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NOTES

Prepare Zuppa Toscana according to package. Serve with a side salad and breadsticks or french bread.

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\* If ordering a size of meal larger use leftovers for upcoming lunches.

DAY 7

# Date Night

SHOPPING LIST

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