



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday Dinner	Sloppy Joe Sandwiches	YOUR CHOICE	Hawaiian Teriyaki Chicken + Rice	Sloppy Joes Pasta	Veggie Chili Mac	Date Night

DAY 1 _____
Sunday Dinner

SHOPPING LIST _____
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NOTES _____

DAY 2 _____
Sloppy Joe Sandwiches

SHOPPING LIST _____
 - Buns or Hoagies
 - Sliced Cheese (if desired)
 - Chips or Fries
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NOTES _____
 Prepare Sloppy Joes according to package. Serve on buns topped with sliced cheese (if desired) and a side of chips or fries.

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

DAY 3 _____
YOUR CHOICE

SHOPPING LIST _____
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NOTES _____

DAY 4

Hawaiian Teriyaki Chicken + Rice

SHOPPING LIST

- Rice
- Salad Mix
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NOTES

Prepare Hawaiian Teriyaki Chicken according to package. Serve over rice with a side salad.

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

DAY 5

Sloppy Joes Pasta

SHOPPING LIST

- Pasta (style of choice) - Black Pepper
- Whole Milk or Heavy Cream
- Tomato Sauce
- Cheddar Cheese
- Beef Broth

NOTES

Using leftover Sloppy Joes follow serving instructions on our website > our meals > Sloppy Joes > pasta.

DAY 6

Veggie Chili Mac

SHOPPING LIST

- Salad Mix
- Cornbread
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NOTES

Prepare Veggie Chili Mac according to package. Serve with a side salad and cornbread.

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

DAY 7

Date Night

SHOPPING LIST

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NOTES