



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Dinner	Classic Meatloaf	Hamburgers (Grill Box)	Chicken Burrito Bowls + Rice	Chicken Burrito Bowl Quesadillas	Meatball Marinara + Pasta	Date Night

DAY 1 _____
Family Dinner

SHOPPING LIST _____
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NOTES _____

DAY 2 _____
Classic Meatloaf

SHOPPING LIST _____
 - Mashed Potatoes (packet or homemade)
 - Gravy (packet or homemade)
 - Rolls
 - Broccoli + Ranch
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NOTES _____
 Prepare Classic Meatloaf according to package. Make mashed potatoes and gravy, this can be done from scratch, using the drippings from the meatloaf for the gravy, or from store-bought packets. Serve plated with meatloaf, mashed potatoes and gravy, rolls, and broccoli. Save leftovers for lunches.

 * Broccoli can be substituted for a vegetable of your choice.

DAY 3 _____
Hamburgers (Grill Box)

SHOPPING LIST _____
 - Buns
 - Cheddar Cheese
 - Toppings of Choice
 - Watermelon
 - Corn on the Cob

NOTES _____
 Using included All-American Seasoning, season burger patties and grill to your liking. Serve on a bun with toppings of choice and a side of watermelon and corn on the cob.

DAY 4

Chicken Burrito Bowls + Rice

SHOPPING LIST

- Rice
- Sour Cream
- Cheddar Cheese
- Guacamole
- Chips

NOTES

Prepare Chicken Burrito Bowls according to package. Serve over rice and top with sour cream, shredded cheddar cheese, and guacamole. Serve with a side of chips and guacamole.

* Sour cream can be substituted with plain non-fat greek yogurt for a lower fat higher protein option.

* Save ~2 cups chicken for Thursday (Day 5) meal.

DAY 5

Chicken Burrito Bowl Quesadillas

SHOPPING LIST

- Tortillas - Chips
- Mozzarella Cheese
- Pepperjack Cheese
- Butter or Sprayable Olive Oil
- Toppings (sour cream, guacamole, etc.)

NOTES

Using Tuesday's (Day 4) leftover Chicken Burrito Bowls follow the recipe for Chicken Burrito Bowls Quesadillas on our website > our meals > Chicken Burrito Bowls. Serve with toppings of choice and with a side of chips and guacamole.

DAY 6

Meatball Marinara + Pasta

SHOPPING LIST

- Spaghetti Noodles
- French Bread
- Salad Mix
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NOTES

Prepare Meatball Marinara according to package. Serve over spaghetti noodles with a side salad and french bread.

* Save ~half the meatballs + 1 1/2 cups of sauce for Week 5 meal plan.

DAY 7

Date Night

SHOPPING LIST

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NOTES