



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Dinner	Cilantro Lime Chicken Tacos	Steaks (Grill Box)	Cilantro Lime Chicken Taquitos	Ravioli Lasagna	Smoky BBQ Pork Chops (Grill Box)	Date Night

DAY 1 _____
Family Dinner

SHOPPING LIST _____
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NOTES _____

DAY 2 _____
Cilantro Lime Chicken Tacos

SHOPPING LIST _____
 - Tortillas
 - Sour Cream
 - Cheddar Cheese
 - Guacamole
 - Tortilla Chips

NOTES _____
 Prepare Cilantro Lime Chicken Tacos according to package. Serve chicken in tortillas topped 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 Wednesday (Day 4) meal.

DAY 3 _____
Steaks (Grill Box)

SHOPPING LIST _____
 - Rolls
 - Salad Mix
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NOTES _____
 Using included Steaks and Smokehouse Steak Rub, season both sides of steaks and grill to your liking. Serve with a side salad and rolls.

DAY 4

Cilantro Lime Chicken Taquitos

SHOPPING LIST

- Corn Tortillas
- Refried Beans
- Pepperjack Cheese
- Sprayable Olive Oil
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NOTES

Using Monday's (Day 2) leftover Cilantro Lime Chicken, follow the recipe for Cilantro Lime Chicken Air-Fryer Taquitos on our website > our meals > Cilantro Lime Chicken Tacos.

* If you do not own an air-fryer, taquitos can be baked on a baking sheet at 425 degrees until golden brown.

* Serve with sour cream and guacamole if desired.

DAY 5

Ravioli Lasagna

SHOPPING LIST

- French Bread
- Salad Mix
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NOTES

Prepare Ravioli Lasagna according to package. Serve with a side salad and french bread. Save leftovers for lunches.

DAY 6

Smoky BBQ Pork Chops (Grill Bo

SHOPPING LIST

- Broccoli
- Corn on the Cob
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NOTES

Using included Smoky BBQ Marinade and Pork Chops, marinate 2 lbs of pork chops for 8+ hours. Remove pork from marinade and grill. Discard used marinade. Serve with a side of steamed broccoli and corn on the cob. Save leftovers for lunches.

DAY 7

Date Night

SHOPPING LIST

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NOTES