



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Dinner	YOUR CHOICE	Veggie Chili Mac (May Menu)	YOUR CHOICE	Chicken Tortilla Soup	YOUR CHOICE	Date Night

DAY 1 _____
Family Dinner

SHOPPING LIST _____
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DAY 2 _____
YOUR CHOICE

SHOPPING LIST _____
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DAY 3 _____
Veggie Chili Mac

SHOPPING LIST _____
 - Cornbread
 - Sour Cream
 - Cheddar Cheese
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NOTES
 Prepare Veggie Chili Mac according to package. Serve topped with sour cream and cheddar cheese with a side of cornbread. Use leftovers for lunches.

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

DAY 4

YOUR CHOICE

SHOPPING LIST

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DAY 5

Chicken Tortilla Soup

SHOPPING LIST

- Sour Cream
- Cheddar Cheese
- Tortilla Chips
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NOTES

Prepare Chicken Tortilla Soup according to package.
 Serve topped with sour cream, cheddar cheese, and crushed tortilla chips. Serve leftovers for lunches.

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

DAY 6

YOUR CHOICE

SHOPPING LIST

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DAY 7

Date Night

SHOPPING LIST

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