



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Dinner	Balsamic Chicken + Rice	Sausage Alfredo Pasta	Balsamic Chicken Pitas	YOUR CHOICE	Sausage Alfredo Stuffed Manicotti	Date Night

DAY 1 _____
Family Dinner

SHOPPING LIST _____

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DAY 2 _____
Balsamic Chicken + Rice

SHOPPING LIST _____

- Rice
- Broccoli + Ranch
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NOTES

Prepare Balsamic Chicken according to package.
 Serve over rice with steamed broccoli on the side.

* Broccoli can be substituted for a vegetable of your choice. This meal also goes well with roasted potatoes.

* Save ~2 cups chicken for Wednesday (Day 4) meal.

DAY 3 _____
Sausage Alfredo Pasta

SHOPPING LIST _____

- Pasta (style of choice)
- French Bread
- Salad Mix
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NOTES

Prepare Sausage Alfredo according to package. Serve over pasta with a side salad and french bread.

* Save ~2 cups Sausage Alfredo for Friday (Day 6) meal.

DAY 4

Balsamic Chicken Pitas

SHOPPING LIST

- Pita Bread
- Spinach
- Red Onion
- Tomato
- Feta Cheese
- Hummus
- Fries or Chips

NOTES

Using Monday's (Day 2) leftover Balsamic Chicken, follow the recipe for Balsamic Chicken Pitas on our website > our meals > Balsamic Chicken. Serve with a side of french fries or chips.

DAY 5

Your Choice

SHOPPING LIST

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DAY 6

Sausage Alfredo Manicotti

SHOPPING LIST

- Manicotti Shells
- Ricotta Cheese
- Parmesan Cheese
- Italian Cheese
- Egg
- Spices (garlic, basil, salt pepper)
- Salad Mix

NOTES

Using Tuesday's (Day 3) leftover Sausage Alfredo, follow the recipe for Sausage Alfredo Stuffed Manicotti on our website > our meals > Sausage Alfredo. Serve with a side salad.

* Manicotti shells can be substituted with jumbo shells.

DAY 7

Date Night

SHOPPING LIST

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