



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Dinner	Zesty Italian Chicken + Rice	Pizza Pasta Calzones	Zesty Italian Chicken Pizza	YOUR CHOICE	Pizza Pasta	Date Night

DAY 1 _____
Family Dinner

SHOPPING LIST _____
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 -
 -
 -

NOTES _____

DAY 2 _____
Zesty Italian Chicken + Rice

SHOPPING LIST _____
 - Rice
 - Broccoli + Ranch
 -
 -
 -

NOTES _____
 Prepare Zesty Italian Chicken according to package.
 Serve over rice with a side of steamed broccoli and ranch.

 * Save 1/3 cup sauce and ~1 cup chicken for
 Wednesday (Day 4) meal. Keep the sauce and chicken
 separate from each other when storing.

DAY 3 _____
Pizza Pasta Calzones

SHOPPING LIST _____
 - Pillsbury Pizza Crust - Spices (garlic salt and
 - Mozzarella Cheese Italian seasoning)
 - Parmesan Cheese - Salad Mix
 - Butter
 - Mayo

NOTES _____
 Prepare Pizza Pasta according to package. Follow
 recipe for Pizza Pasta Calzones on our website > our
 meals > Pizza Pasta. Serve with a side salad.

 * Save ~2 to 3 cups pizza pasta for Friday (Day 5)
 meal.

DAY 4

Zesty Italian Chicken Pizza

SHOPPING LIST

- Pillsbury Pizza Crust
- Mozzarella Cheese
- Swiss Cheese
- Ham
- Red Onion
- Green Onion
- Salad Mix

DAY 5

YOUR CHOICE

SHOPPING LIST

-
-
-
-
-

DAY 6

Pizza Pasta

SHOPPING LIST

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

DAY 7

Date Night

SHOPPING LIST

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-
-
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NOTES

Using Monday's (Day 2) leftover Zesty Italian Chicken sauce and chicken, follow the recipe for Zesty Chicken Cordon Bleu Pizza on our website > our meals > Zesty Italian Chicken.

* The recipe on our website calls for alfredo sauce for the pizza sauce, I plan on using the Zesty Italian Chicken sauce I saved instead.

NOTES

NOTES

Using Tuesday's (Day 3) leftover Pizza Pasta, serve over pasta with french bread and a side salad.

NOTES