



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 5

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Dinner	Teriyaki Chicken + Rice	YOUR CHOICE	Brown Sugar Glazed Pork Roast	Teriyaki Chicken Sliders	YOUR CHOICE	JULY

DAY 1 _____
Family Dinner

SHOPPING LIST _____
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NOTES

DAY 2 _____
Teriyaki Chicken + Rice

SHOPPING LIST _____
 - Rice
 - Potstickers
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NOTES
 Prepare Teriyaki Chicken according to package. Serve over rice with a side of steamed potstickers. Use all stir-fry veggies while serving this meal.

 * Save 1/3 cup sauce and ~2 cups chicken for Thursday (Day 5) meal. Keep the sauce and chicken separate from each other when storing. You do not need to save and stir-fry veggies.

DAY 3 _____
YOUR CHOICE

SHOPPING LIST _____
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NOTES

DAY 4

Brown Sugar Glazed Pork Roast

SHOPPING LIST

- Asparagus
- Rolls
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NOTES

Prepare Brown Sugar Glazed Pork Roast according to package. Serve with a side of cooked asparagus and dinner rolls. Save leftovers for lunches.

* Asparagus can be substituted with a vegetable of your choice.

DAY 5

Teriyaki Chicken Sliders

SHOPPING LIST

- King's Hawaiian Sweet Rolls
- Mozzarella Cheese
- Parmesan Cheese
- Butter
- Spices (parsley and garlic salt)

NOTES

Using Monday's (Day 2) leftovers, follow recipe for Teriyaki Chicken Sliders on our website > our meals > Teriyaki Chicken.

DAY 6

YOUR CHOICE

SHOPPING LIST

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NOTES

DAY 7

JULY

SHOPPING LIST

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NOTES