



# BEEHIVE MEALS

freezer meals prepped and delivered.

# WEEKLY DINNER PLAN

WEEK: 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday Dinner	Salsa Verde Chicken Tostadas	Hawaiian Teriyaki Chicken + Rice	YOUR CHOICE	Salsa Verde Chicken One-Pot Pasta	Hawaiian Teriyaki Chicken Panini	Date Night

DAY 1 \_\_\_\_\_  
**Sunday Dinner**

- SHOPPING LIST \_\_\_\_\_
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NOTES \_\_\_\_\_  
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DAY 2 \_\_\_\_\_  
**Salsa Verde Chicken Tostadas**

- SHOPPING LIST \_\_\_\_\_
- Tostada
  - Refried Beans
  - Shredded Lettuce
  - Pico de Gallo
  - Feta Cheese crumbles

NOTES \_\_\_\_\_  
 Prepare Salsa Verde Chicken according to package.  
 Serve over a tostada with refried beans, shredded lettuce, pico de gallo, and feta cheese.  
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 \* If ordering a size of meal larger to stretch it to two meals, set aside half of your cooked Salsa Verde Chicken and save for Thursday's (day 5) dinner.  
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DAY 3 \_\_\_\_\_  
**Hawaiian Chicken + Rice**

- SHOPPING LIST \_\_\_\_\_
- Rice
  - Mac Salad
  - Coleslaw
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NOTES \_\_\_\_\_  
 Prepare Hawaiian Teriyaki Chicken according to package. Serve over rice with a side of coleslaw and mac salad.  
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 \* If ordering a size of meal larger to stretch it to two meals, set aside half of your cooked Hawaiian Teriyaki Chicken and save for Friday's (day 6) dinner.  
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DAY 4

## YOUR CHOICE

SHOPPING LIST

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DAY 5

## Salsa Verde Chicken Pasta

SHOPPING LIST

- Pasta
- Chicken Broth
- Fairlife Milk
- Mozzarella Cheese
- Pepperjack Cheese

NOTES

Using leftover Salsa Verde Chicken, follow our recipe on our website > Our Meals > Salsa Verde Chicken for the Salsa Verde Chicken Pasta recipe.

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DAY 6

## Hawaiian Chicken Panini

SHOPPING LIST

- Sourdough Bread
- Mozzarella Cheese
- Butter
- Salad Mix
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NOTES

Using leftover Hawaiian Teriyaki Chicken, make panini. Start by melting butter in a pan, then place one slice of sourdough bread in pan, then top with one serving of Hawaiian Teriyaki Chicken, followed by mozzarella cheese. Place second slice on top, then cover with lid and cook until cheese is melted and both sides are golden brown. Serve with a salad mix of your choice.

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DAY 7

## Date Night

SHOPPING LIST

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