BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday Dinner	Chicken Cordon Bleu + Rice	Meatball Marinara + Spaghetti	Chicken Cordon Bleu Stuffed Peppers	Meatball Marinara Subs	YOUR CHOICE	Date Night

DAY 1

Sunday Dinner

SHOPPING LIST

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DAY 2

Chicken Cordon Bleu + Rice

SHOPPING LIST

- Rice
- Vegetable of choice
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NOTES

Prepare Chicken Cordon Bleu according to package. Serve over rice with a vegetable of choice on the side.

*If ordering a size of meal larger to stretch it to two meals, set aside half of your cooked Chicken Cordon Bleu and save for Wednesday's (day 4) dinner.

DAY 3

Meatball Marinara + Spaghetti

SHOPPING LIST

- Spaghetti
- Salad Mix
- French Bread
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NOTES

Prepare Meatball Marinara according to package. Serve over cooked spaghetti noodles with a side of french bread and salad.

*If ordering a size of meal larger to stretch it to two meals, set aside half of your cooked Meatball Marinara and save for Thursday's (day 5) dinner.

DAY 4

Chicken Cordon Bleu Stuffed Pep

SHOPPING LIST

- Bell Peppers (color of choice)
- Rice
- Swiss Cheese
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Prepare Chicken Cordon Bleu according to package. Wash your peppers, then slice the top off and remove seeds from pepper to create a bowl. In a separate bowl, mix Chicken Cordon Bleu with rice and shredded swiss cheese. Add 1 cup of mixture to each pepper, top with a little bit more cheese, then bake (covered) in the oven at 375 degrees for 30 minutes.

DAY 5

Meatball Marinara Sub Sandwich

SHOPPING LIST

- Hoagie Buns
- Sliced Mozzarella Cheese
- Butter
- Salad Mix
- Chips

NOTES

Prepare Meatball Marinara according to package. Cut open buns and butter inside. Place sliced cheese on one side and broil in the oven until melted. Serve sandwiches with a side salad and side of chips.

DAY 6

YOUR CHOICE

SHOPPING LIST

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DAY 7

Date Night

SHOPPING LIST

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