



# BEEHIVE MEALS

freezer meals prepped and delivered.

# WEEKLY DINNER PLAN

WEEK: 4

| SUNDAY        | MONDAY                | TUESDAY                      | WEDNESDAY   | THURSDAY                                | FRIDAY                          | SATURDAY   |
|---------------|-----------------------|------------------------------|-------------|---|---------------------------------|------------|
| Sunday Dinner | Chicken Tortilla Soup | Sweet n' Sour Chicken + Rice | YOUR CHOICE | Mississippi Pot Roast + Mashed Potatoes | Sweet n' Sour Chicken + Lo Mein | Date Night |

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

- SHOPPING LIST \_\_\_\_\_
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DAY 2 \_\_\_\_\_  
**Chicken Tortilla Soup**

- SHOPPING LIST \_\_\_\_\_
- Tortilla Chips
  - Non-Fat Plain Greek Yogurt
  - Shredded Colby Jack Cheese
  - Cilantro
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NOTES

Prepare Chicken Tortilla Soup according to package. Top with tortilla chips, non-fat plain greek yogurt, colby jack cheese, and fresh cilantro.

\* If ordering a size of meal larger, save your leftovers for lunches through the week.

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DAY 3 \_\_\_\_\_  
**Sweet n' Sour Chicken + Rice**

- SHOPPING LIST \_\_\_\_\_
- Rice
  - Vegetable of choice
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NOTES

Prepare Sweet n' Sour Chicken 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 Sweet n' Sour 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

## Mississippi Pot Roast + Potatoes

SHOPPING LIST

- Mashed Potatoes
- Vegetable of choice
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NOTES

Prepare Mississippi Pot Roast according to package.  
 Serve over mashed potatoes with a vegetable of choice on the side.

\* If ordering a size of meal larger, save your leftovers for lunches throughout the week.

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DAY 6

## Sweet n' Sour Chicken + Lo Mein

SHOPPING LIST

- Lo Mein Noodles
- Kikkoman Stir-Fry Sauce
- Frozen Stir-Fry Vegetables
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NOTES

Using leftover Sweet n' Sour Chicken follow our recipe on our website > Our Meals > Sweet n' Sour Chicken for the Sweet n' Sour Chicken Lo Mein.

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DAY 7

## Date Night

SHOPPING LIST

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