



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 1

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------|-------------|------------------------------|------------------|-------------|-----------------------------|------------|
| Family Dinner | Sloppy Joes | Parmesan Herb Chicken + Rice | Sloppy Joe Pasta | YOUR CHOICE | Parmesan Chicken Herb Pizza | Date Night |

DAY 1 _____
Family Dinner

SHOPPING LIST _____
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NOTES _____

DAY 2 _____
Sloppy Joes

SHOPPING LIST _____
 - Hamburger or Hoagie Buns
 - Corn on the Cob
 - Fries or Chips
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NOTES _____
 Prepare Sloppy Joes according to package. Serve over buns with corn on the cob and fries or chip on the side.

 * Corn on the cob can be subbed with a different vegetable of choice.

 * Save ~2 cups sloppy joe meat/sauce for Wednesday (Day 4) meal.

DAY 3 _____
Parmesan Herb Chicken + Rice

SHOPPING LIST _____
 - Rice
 - Broccoli + Ranch
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NOTES _____
 Prepare Parmesan Herb Chicken according to package. Serve over rice with steamed broccoli on the side.

 * Broccoli can be substituted for a vegetable of your choice.

 * Save ~1 1/2 cups chicken for Friday (Day 6) meal.

DAY 4

Sloppy Joe Pasta

SHOPPING LIST

- Pasta (style of choice)
- Beef Bouillon
- Heavy Cream
- Tomato Sauce
- Cheddar Cheese
- Black Pepper
- Salad Mix

DAY 5

Your Choice

SHOPPING LIST

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-
-

DAY 6

Parmesan Herb Chicken Pizza

SHOPPING LIST

- Pillsbury Pizza Crust
- Olive Oil
- Garlic
- Mozzarella Cheese
- Spinach
- Sun-Dried Tomatoes
- Feta Cheese
- Green Olives
- Parmesan Cheese

DAY 7

Date Night

SHOPPING LIST

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NOTES

Using Monday's (Day 2) leftover Sloppy Joes, follow the recipe for Homemade Hamburger Helper on our website > our meals > Sloppy Joes. Serve with a side salad. Save leftovers for lunches.

* Beef bouillon will be added to water to create your beef broth. Heavy cream can be replaced with milk of your choice for a lower fat option.

NOTES

NOTES

Using Tuesday's (Day 3) leftover Parmesan Herb Chicken, follow the recipe for Parmesan Herb Chicken Pizza on our website > our meals > Parmesan Herb Chicken.

NOTES