



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Dinner	Honey Sesame Chicken + Rice	Pork Carnitas	YOUR CHOICE	Pork Carnitas Nachos	Honey Sesame Chicken Lo Mein	Date Night

DAY 1 _____
Family Dinner

SHOPPING LIST _____

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DAY 2 _____
Honey Sesame Chicken + Rice

SHOPPING LIST _____

- Rice
- Edamame
- Potstickers
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NOTES
 Prepare Honey Sesame Chicken according to package.
 Serve over rice with edamame and potstickers on the side.

* Save 1/2 cup sauce and ~ 1 1/2 cups chicken for Friday (Day 6) meal. Keep the sauce and chicken separate from each other when storing.

DAY 3 _____
Pork Carnitas

SHOPPING LIST _____

- Tortillas (street taco or fajita size)
- White Onion
- Cilantro
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NOTES
 Prepare Pork Carnitas according to package. Serve in tortillas topped with minced white onion and chopped cilantro.

* If desired, you can always serve less traditionally with your favorite taco toppings.

* Save 2 cups pork for Thursday (Day 5) meal.

DAY 4

Your Choice

SHOPPING LIST

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DAY 5

Pork Carnitas Nachos

SHOPPING LIST

- Tortilla Chips
- Cheddar Cheese
- Tomato
- Guacamole
- Sour Cream

NOTES

Using Tuesday's (Day 3) leftover Pork Carnitas create sheet pan nachos by layering tortillas chips, cheddar cheese, tomato, and pork carnitas meat on a baking sheet. Bake at 350 degrees until cheese is bubbly. Top with sour cream and guacamole.

* Sour cream can be substituted with plain non-fat greek yogurt for a lower fat higher protein option.

DAY 6

Honey Sesame Chicken Lo Mein

SHOPPING LIST

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|-------------------|---------------------------|
| - Rice Noodles | - Sriracha Mayo |
| - Sriracha | - Cilantro (optional) |
| - Red Bell Pepper | - Sesame Seeds (optional) |
| - Red Onion | - Potstickers |
| - Mushrooms | |

NOTES

Using Monday's (Day 2) leftover sauce and chicken, follow the recipe for Honey Sesame Chicken Lo Mein on our website > our meals > Honey Sesame Chicken. Serve with a side of potstickers.

* The recipe on our website calls for soy sauce, honey, ginger, and garlic to create a sauce for the noodles. If you did not save sauce from Monday or would like more sauce in your noodles you will need these ingredients.

DAY 7

Date Night

SHOPPING LIST

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