



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Dinner	Creamy Tortellini and Sausage	Salsa Verde Chicken Tostadas	YOUR CHOICE	Salsa Verde Chicken Pasta	Lemon Chicken Orzo Soup	Date Night

DAY 1 _____
Family Dinner

SHOPPING LIST _____
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DAY 2 _____
Creamy Tortellini and Sausage

SHOPPING LIST _____
 - French Bread
 - Salad Mix
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NOTES
 Prepare Creamy Tortellini and Sausage according to package. Serve with a side salad and french bread.
 Save leftovers for lunches.

DAY 3 _____
Salsa Verde Chicken Tostadas

SHOPPING LIST _____
 - Tostada Shells
 - Refried Beans
 - Shredded Lettuce
 - Pico de Gallo
 - Feta Cheese

NOTES
 Prepare Salsa Verde Chicken according to package.
 Serve by layering refried beans, chicken, shredded lettuce, pico de gallo, and feta cheese on top of tostada shells.

 * Save 1 cup sauce and ~2 cups chicken for Thursday (Day 5) meal. Keep the sauce and chicken separated from each other when storing.

DAY 4

Your Choice

SHOPPING LIST

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DAY 5

Salsa Verde Chicken Pasta

SHOPPING LIST

- Pasta (style of choice) - Salad Mix
- Chicken Bouillon
- Heavy Cream
- Pepper Jack Cheese
- Black Pepper

NOTES

Using Tuesday's (Day 3) leftover sauce and chicken, follow the recipe for Salsa Verde Chicken Pasta on our website > our meals > Salsa Verde Chicken. Serve with a side salad. Save leftovers for lunches.

* Chicken bouillon will be added to water to create your chicken broth. Heavy cream can be replaced with milk for a lower fat option. Pepper Jack cheese can be replaced with mozzarella for less spice.

DAY 6

Lemon Chicken Orzo Soup

SHOPPING LIST

- Rolls
- Salad Mix
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NOTES

Prepare Lemon Chicken Orzo Soup according to package. Serve with dinner rolls and a side salad. Save leftovers for lunches.

DAY 7

Date Night

SHOPPING LIST

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