



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Dinner	Chicken Cordon Bleu	YOUR CHOICE	Steak Fajitas	Chicken Cordon Bleu Lasagna	Steak Fajitas Pizza	Date Night

DAY 1 _____
Family Dinner

SHOPPING LIST _____
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NOTES _____

DAY 2 _____
Chicken Cordon Bleu

SHOPPING LIST _____
 - Potatoes
 - Broccoli + Ranch
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NOTES _____
 Prepare Chicken Cordon Bleu according to package.
 Serve with a side of roasted diced potatoes and steamed broccoli and ranch.

 * Save ~ 2 cups chicken cordon bleu for Thursday (day 5) meal.

DAY 3 _____
YOUR CHOICE

SHOPPING LIST _____
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NOTES _____

DAY 4

Steak Fajitas

SHOPPING LIST

- Tortillas (street or fajita size)
- Sour Cream
- Guacamole
- Cheddar Cheese
- Additional Toppings of Choice

NOTES

Prepare Steak Fajitas according to package. Serve in tortillas topped with sour cream, guacamole, cheddar cheese, and any additional fajita toppings you prefer.

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

* Save ~2 cups steak + peppers/onions for Friday (day 6) meal.

DAY 5

Chicken Cordon Bleu Lasagna

SHOPPING LIST

- Lasagna Noodles
- Alfredo Sauce
- Swiss Cheese
- Salad Mix
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NOTES

Using Monday's (Day 2) leftover Chicken Cordon Bleu, follow the recipe for Chicken Cordon Bleu Lasagna on our website > our meals > Chicken Cordon Bleu. Serve with a side salad.

DAY 6

Steak Fajitas Pizza

SHOPPING LIST

- Pillsbury Pizza Crust
- Refried Beans
- Mozzarella Cheese
- Colby Jack Cheese
- Taco Seasoning

NOTES

Using Wednesday's (day 4) leftover Steak Fajitas, follow the recipe for Steak Fajitas Pizza on our website > our meals > Steak Fajitas.

* Recipe will call for bell peppers and onion. If you have some saved with your steak from Tuesday don't worry about adding additional unless you are wanting extras.

DAY 7

Date Night

SHOPPING LIST

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NOTES
