



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 1

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------|-----------------------|-----------------------|-------------|------------------------|---------------------|------------|
| Sunday Dinner | Orange Chicken + Rice | Sausage Penne + Pasta | YOUR CHOICE | Orange Chicken Wontons | Sausage Penne Pizza | Date Night |

DAY 1 _____
Sunday Dinner

SHOPPING LIST _____
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NOTES

DAY 2 _____
Orange Chicken + Rice

SHOPPING LIST _____
 - Rice
 - Vegetable of choice
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NOTES
 Prepare Orange 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 Orange Chicken and save for Thursday's (day 5) dinner.

DAY 3 _____
Sausage Penne + Pasta

SHOPPING LIST _____
 - Pasta
 - Salad Mix
 - Garlic Bread
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NOTES
 Prepare Sausage Penne according to package.
 Serve over pasta with a side salad and garlic bread.

 * If ordering a size of meal larger to stretch it to two meals, set aside half of your cooked Sausage Penne and save for Friday's (day 6) dinner.

DAY 4

YOUR CHOICE

SHOPPING LIST

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NOTES

DAY 5

Orange Chicken Wontons

SHOPPING LIST

- Wonton wrappers
- Tri-Color Coleslaw
- Cream Cheese
- Sweet Thai Chili Sauce
- Green Onions

NOTES

Using leftover Orange Chicken, follow our recipe on our website > [Our Meals > Orange Chicken for the Orange Chicken Wontons.](#)

DAY 6

Sausage Penne Pizza

SHOPPING LIST

- Pizza Crust
- Fresh Buratta Cheese
- Fresh Basil
- Parmesan Cheese
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NOTES

Using leftover Sausage Penne, follow our recipe on our website > [Our Meals > Sausage Penne for the Sausage Penne Pizza.](#)

DAY 7

Date Night

SHOPPING LIST

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NOTES
