



# BEEHIVE MEALS

freezer meals prepped and delivered.

## WEEKLY DINNER PLAN

WEEK: 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday Dinner	BBQ Chicken Sandwiches	Mongolian Beef Stir-Fry + Rice	BBQ Chicken Cobb Salad	YOUR CHOICE	Mongolian Beef Spring Rolls	Date Night

DAY 1 \_\_\_\_\_  
**Sunday Dinner**

SHOPPING LIST \_\_\_\_\_  
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DAY 2 \_\_\_\_\_  
**BBQ Chicken Sandwiches**

SHOPPING LIST \_\_\_\_\_  
 - Hamburger Buns  
 - Coleslaw  
 - Chips  
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NOTES \_\_\_\_\_  
 Prepare BBQ Chicken according to package. Serve inside a hamburger bun with coleslaw and a side of potato chips.  
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 \* If ordering a size of meal larger to stretch it to two meals, set aside half of your cooked BBQ Chicken and save for Wednesday's (day 4) dinner.  
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DAY 3 \_\_\_\_\_  
**Mongolian Beef Stir-Fry + Rice**

SHOPPING LIST \_\_\_\_\_  
 - Rice  
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NOTES \_\_\_\_\_  
 Prepare Mongolian Beef Stir-Fry according to package. Serve over rice.  
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 \* If ordering a size of meal larger to stretch it to two meals, set aside half of your cooked Mongolian Beef Stir-Fry and save for Friday's (day 6) dinner.  
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DAY 4

## BBQ Chicken Cobb Salad

SHOPPING LIST

- Lettuce
- Hard-boiled eggs
- Cucumbers
- Onion
- Tomato
- Bleu Cheese/Feta Crumbles
- Croutons

DAY 5

## YOUR CHOICE

SHOPPING LIST

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DAY 6

## Mongolian Beef Spring Rolls

SHOPPING LIST

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DAY 7

## Date Night

SHOPPING LIST

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NOTES

Using leftover BBQ Chicken, follow our recipe on our website > Our Meals > BBQ Chicken > for the BBQ Chicken Cobb Salad.

NOTES

NOTES

Using leftover Mongolian Beef Stir-Fry, follow our recipe on our website > Our Meals > Mongolian Beef Stir-Fry > for the Mongolian Beef Spring Rolls recipe.

NOTES