



freezer meals prepped and delivered.

MONTH: November 2023

WEEK 1	Υ —	M O N D A \	Y -	T U E S D A	Υ —	Apricot Chicken + Rice		YOUR CHOICE	4 Y -	Apricot Chicken Wraps		— saturda Date Nigh	
							1		2		3		4
WEEK 2		Cilantro Lime Chicken Tacos		YOUR CHOICE		Cilantro Lime Chicken Taquitos		Ravioli Lasagna		YOUR CHOICE		Date Nigh	t
	5		6		7		8		9		10		11
WEEK 3		Apple Cider Pork Roast		Creamy Lemon Chicken + Rice		YOUR CHOICE		Creamy Lemon Chicken Pasta		YOUR CHOICE		Date Night	
	12		13		14		15		16		17		18
WEEK 4		Classic Meatloaf		Chicken Burrito Bowls + Rice		Chicken Burrito Bowl Quesadilla	as	YOUR CHOICE		Spaghetti and Meatballs Pasta	+	Date Nigh	t
	19		20		21		22		23		24		25
WEEk 5		Carne Asada Tacos		Chicken Noodle Soup		YOUR CHOICE		Carne Asada Nachos					
	26		27		28		29		30				

FREEZER MEALS

- Apricot Chicken
- Chicken Burrito Bowls
- Chicken Noodle Soup
- Cilantro Lime Chicken
- Creamy Lemon Chicken

- Ravioli Lasagna
- Apple Cider Pork Roast
- Meatball Marinara
- Classic Meatloaf
- Carne Asada

NOTES

"YOUR CHOICE" nights can be supplemented with extra Beehive Meals that you have on hand or use them as an opportunity to go out or make something simple at home.