



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1			Apricot Chicken + Rice	YOUR CHOICE	Apricot Chicken Wraps	Date Night

DAY 1 _____

SHOPPING LIST _____

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DAY 2 _____

SHOPPING LIST _____

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DAY 3 _____

SHOPPING LIST _____

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DAY 4

Apricot Chicken + Rice

SHOPPING LIST

- Rice
- Green Beans
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NOTES

Prepare Apricot Chicken according to package. Serve over rice with steamed green beans on the side.

* Green Beans can be substituted for a vegetable of your choice.

* Save ~2 cups chicken for Friday (Day 6) meal.

DAY 5

YOUR CHOICE

SHOPPING LIST

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DAY 6

Apricot Chicken Wraps

SHOPPING LIST

- Tortillas
- Cucumber
- Red Onion
- Bleu Cheese or Feta Cheese Crumbles
- Quinoa
- Poppyseed Dressing
- Spring Mix

NOTES

Using Wednesday's (Day 4) leftover Apricot Chicken, follow the recipe for Apricot Chicken Wraps on our website > our meals > Apricot Chicken. Serve with a side of french fries or chips.

* Use ~1/2 cup chicken per wrap.

* Any vegetables of choice can be substituted inside your wrap.

DAY 7

Date Night

SHOPPING LIST

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