



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 2	Cilantro Lime Chicken Tacos	YOUR CHOICE	Cilantro Lime Chicken Taquitos	Ravioli Lasagna	YOUR CHOICE	Date Night

DAY 1 _____
WEEK 2

SHOPPING LIST _____
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NOTES

DAY 2 _____
Cilantro Lime Chicken Tacos

SHOPPING LIST _____
 - Tortillas
 - Sour Cream
 - Cheddar Cheese
 - Guacamole
 - Tortilla Chips

NOTES
 Prepare Cilantro Lime Chicken Tacos according to package. Serve chicken in tortillas topped with sour cream, shredded cheddar cheese, and guacamole. Serve with a side of chips and guacamole.

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

 * Save ~2 cups chicken for Wednesday (Day 4) meal.

DAY 3 _____
YOUR CHOICE

SHOPPING LIST _____
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NOTES

DAY 4

Cilantro Lime Chicken Taquitos

SHOPPING LIST

- Corn Tortillas
- Refried Beans
- Pepperjack Cheese
- Sprayable Olive Oil
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DAY 5

Ravioli Lasagna

SHOPPING LIST

- French Bread
- Salad Mix
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-
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DAY 6

YOUR CHOICE

SHOPPING LIST

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DAY 7

Date Night

SHOPPING LIST

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NOTES

Using Monday's (Day 2) leftover Cilantro Lime Chicken, follow the recipe for Cilantro Lime Chicken Air-Fryer Taquitos on our website > our meals > Cilantro Lime Chicken Tacos.

* If you do not own an air-fryer, taquitos can be baked on a baking sheet at 425 degrees until golden brown.

* Serve with sour cream and guacamole if desired.

NOTES

Prepare Ravioli Lasagna according to package. Serve with a side salad and french bread. Save leftovers for lunches.

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