



# BEEHIVE MEALS

freezer meals prepped and delivered.

## WEEKLY DINNER PLAN

WEEK: 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 3	Apple Cider Pork Roast	Creamy Lemon Chicken + Rice	YOUR CHOICE	Creamy Lemon Chicken Pasta	YOUR CHOICE	Date Night

DAY 1 \_\_\_\_\_  
 WEEK 3

SHOPPING LIST \_\_\_\_\_  
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NOTES \_\_\_\_\_  
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DAY 2 \_\_\_\_\_  
 Apple Cider Pork Roast

SHOPPING LIST \_\_\_\_\_  
 - Rolls  
 - Salad Mix  
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NOTES  
 Prepare Apple Cider Pork Roast according to package.  
 Serve with a side salad and dinner rolls. Save leftovers for lunches.  
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 \* This meal also goes great with mashed potatoes on the side.  
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DAY 3 \_\_\_\_\_  
 Creamy Lemon Chicken + Rice

SHOPPING LIST \_\_\_\_\_  
 - Rice  
 - Broccoli + Ranch  
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NOTES  
 Prepare Creamy Lemon Chicken according to package.  
 Serve over rice with steamed broccoli on the side.  
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 \* Broccoli can be substituted for a vegetable of your choice.  
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 \* Save ~2 cups chicken for Thursday (Day 5) meal.  
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DAY 4

## YOUR CHOICE

SHOPPING LIST

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DAY 5

## Creamy Lemon Chicken Pasta

SHOPPING LIST

- Pasta (style of choice)                      - Red Onion (optional)
- Chicken Bouillon                              - Salad Mix
- Heavy Cream
- Mozzarella Cheese
- Spices (lemon pepper and black pepper)

NOTES

Using Tuesday's (Day 3) leftover chicken follow the recipe for Creamy Lemon Chicken One-Pot Pasta on our website > our meals > Creamy Lemon Chicken. Serve with a side salad. Save leftovers for lunches.

\* Chicken bouillon will be added to water to create your chicken broth. Heavy cream can be replaced with milk for a lower fat option.

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DAY 6

## YOUR CHOICE

SHOPPING LIST

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DAY 7

## Date Night

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