



# BEEHIVE MEALS

freezer meals prepped and delivered.

## WEEKLY DINNER PLAN

WEEK: 4

| SUNDAY | MONDAY           | TUESDAY                      | WEDNESDAY                        | THURSDAY    | FRIDAY                          | SATURDAY   |
|--------|------------------|------------------------------|----------------------------------|-------------|---------------------------------|------------|
| WEEK 4 | Classic Meatloaf | Chicken Burrito Bowls + Rice | Chicken Burrito Bowl Quesadillas | YOUR CHOICE | Spaghetti and Meatballs + Pasta | Date Night |

DAY 1 \_\_\_\_\_  
**WEEK 4**

SHOPPING LIST \_\_\_\_\_

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DAY 2 \_\_\_\_\_  
**Classic Meatloaf**

SHOPPING LIST \_\_\_\_\_

- Mashed Potatoes (packet or homemade)
- Gravy (packet or homemade)
- Rolls
- Broccoli + Ranch
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NOTES  
 Prepare Classic Meatloaf according to package. Make mashed potatoes and gravy, this can be done from scratch, using the drippings from the meatloaf for the gravy, or from store-bought packets. Serve plated with meatloaf, mashed potatoes and gravy, rolls, and broccoli. Save leftovers for lunches.

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\* Broccoli can be substituted for a vegetable of your choice.

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DAY 3 \_\_\_\_\_  
**Chicken Burrito Bowls + Rice**

SHOPPING LIST \_\_\_\_\_

- Rice
- Sour Cream
- Cheddar Cheese
- Guacamole
- Chips

NOTES  
 Prepare Chicken Burrito Bowls according to package. Serve over rice and top with sour cream, shredded cheddar cheese, and guacamole. Serve with a side of chips and guacamole.

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

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

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DAY 4

## Chicken Burrito Bowl Quesadillas

SHOPPING LIST

- Tortillas - Chips
- Mozzarella Cheese
- Pepperjack Cheese
- Butter or Sprayable Olive Oil
- Toppings (sour cream, guacamole, etc.)

NOTES

Using Tuesday's (Day 3) leftover Chicken Burrito Bowls follow the recipe for Chicken Burrito Bowls Quesadillas on our website > our meals > Chicken Burrito Bowls. Serve with toppings of choice with a side of chips and guacamole.

DAY 5

## YOUR CHOICE

SHOPPING LIST

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DAY 6

## Spaghetti and Meatballs + Pasta

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- Spaghetti Noodles
- French Bread
- Salad Mix
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NOTES

Prepare Meatball Marinara according to package. Serve over spaghetti noodles with a side salad and french bread. Save leftovers for lunches.

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DAY 7

## Date Night

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