



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 5

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|-------------------|---------------------|-------------|--------------------|--------|----------|
| WEEK 5 | Carne Asada Tacos | Chicken Noodle Soup | YOUR CHOICE | Carne Asada Nachos | | |

DAY 1 _____
WEEK 5

SHOPPING LIST _____

-
-
-
-
-

NOTES

DAY 2 _____
Carne Asada Tacos

SHOPPING LIST _____

- Tortillas (street or fajita size)
- Shredded Lettuce
- Pico de Gallo
- Feta Cheese
- Chips + Guacamole

NOTES

Prepare Carne Asada according to package. Serve in tortillas topped with shredded lettuce, pico de gallo, and feta cheese. Serve with a side of chips and guacamole.

* Save 1 to 1 1/2 cups meat for Thursday (Day 5) meal.

DAY 3 _____
Chicken Noodle Soup

SHOPPING LIST _____

- Rolls
- Salad Mix
-
-
-

NOTES

Prepare Chicken Noodle Soup according to package. Serve with a side salad and rolls. Save leftovers for lunches.

DAY 4

YOUR CHOICE

SHOPPING LIST

-
-
-
-
-

NOTES

DAY 5

Carne Asada Nachos

SHOPPING LIST

- Tortillas Chips
- Cheddar Cheese
- Sour Cream
- Guacamole
- Pico de Gallo

NOTES

Using Monday's (Day 2) leftover Carne Asada create sheet pan nachos by layering tortilla chips, cheddar cheese, and carne asada meat on a baking sheet. Bake at 350 degrees until cheese is bubbly. Serve topped with sour cream, guacamole, and pico de gallo.

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

DAY 6

SHOPPING LIST

-
-
-
-
-

NOTES

DAY 7

SHOPPING LIST

-
-
-
-
-

NOTES
