



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday Dinner	Teriyaki Chicken + Rice	Cheesy Ham and Potato Soup	Sausage Alfredo Pasta	Chicken Noodle Soup	BBQ Chicken Sandwiches	Date Night

DAY 1 _____
Sunday Dinner

SHOPPING LIST _____
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 -
 -
 -
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NOTES _____

DAY 2 _____
Teriyaki Chicken + Rice

SHOPPING LIST _____
 - Rice
 - Potstickers
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NOTES _____
 Prepare Teriyaki Chicken Stir-Fry according to package
 Serve over rice with a side of potstickers on the side.
 Save leftovers for lunches.

DAY 3 _____
Cheesy Ham and Potato Soup

SHOPPING LIST _____
 - Rolls
 - Salad Mix
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NOTES _____
 Prepare Cheesy Hame and Potato Soup according to package. Serve with a side salad and rolls. Save leftovers for lunches.

DAY 4

Sausage Alfredo Pasta

SHOPPING LIST

- Pasta (style of choice)
- French Bread
- Salad Mix
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NOTES

Prepare Sausage Alfredo according to package. Serve over pasta with a side salad and french bread. Save leftovers for lunches.

DAY 5

Chicken Noodle Soup

SHOPPING LIST

- Rolls
- Salad Mix
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-
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NOTES

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

DAY 6

BBQ Pork Sandwiches

SHOPPING LIST

- Hamburger or Hoagie Buns
- Corn on the Cob
- Fries or Chips
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NOTES

Prepare BBQ Pork according to package. Serve over buns with corn on the cob and fries or chips on the side. Save leftovers for lunches.

DAY 7

Date Night

SHOPPING LIST

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NOTES
