



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday Dinner	Beef Stew	YOUR CHOICE	White Bean Chicken Chili	Philly Sandwiches	Italian Wedding Soup	Date Night

DAY 1 _____
Sunday Dinner

SHOPPING LIST _____
 -
 -
 -
 -
 -

NOTES

DAY 2 _____
Beef Stew

SHOPPING LIST _____
 - Corn Bread
 -
 -
 -
 -

NOTES
 Prepare Beef Stew according to package. Seve with a side of corn bread. Save leftovers for lunches.

DAY 3 _____
YOUR CHOICE

SHOPPING LIST _____
 -
 -
 -
 -
 -

NOTES

DAY 4

White Bean Chicken Chili

SHOPPING LIST

- Rolls
- Salad Mix
- Cheddar Cheese
- Sour Cream
-

NOTES

Prepare White Bean Chicken Chili according to package. Serve topped with shredded cheddar cheese and sour cream. Serve with a side salad and rolls. Save leftovers for lunches.

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

DAY 5

Philly Cheesesteak Sandwiches

SHOPPING LIST

- Hoagie Buns
- Provolone or Swiss Cheese
- Butter
- Chips
-

NOTES

Prepare Philly Cheesesteak according to package. Butter inside of hoagie buns and layer cheese on one side. Broil buns in oven until slightly toasted and cheese is melted. Fill buns with Philly Cheesesteak and serve with a side of chips.

DAY 6

Italian Wedding Soup

SHOPPING LIST

- French Bread
-
-
-
-

NOTES

Prepare Italian Wedding Soup according to package. Serve with a side of french bread. Save leftovers for lunches.

DAY 7

Date Night

SHOPPING LIST

-
-
-
-
-

NOTES