



# BEEHIVE MEALS

freezer meals prepped and delivered.

## WEEKLY DINNER PLAN

WEEK: 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday Dinner	Chicken and Gnocchi Soup	Sweet Chicken Tacos	Homestyle Chili	Green Chili Mac n' Cheese	Tuscan White Bean Soup	Date Night

DAY 1 \_\_\_\_\_  
**Sunday Dinner**

- SHOPPING LIST \_\_\_\_\_
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DAY 2 \_\_\_\_\_  
**Chicken and Gnocchi Soup**

- SHOPPING LIST \_\_\_\_\_
- Breadsticks
  - Salad Mix
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NOTES  
 Prepare Chicken and Gnocchi Soup according to package. Serve with a side salad and breadsticks. Save leftovers for lunches.

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DAY 3 \_\_\_\_\_  
**Sweet Chicken Tacos**

- SHOPPING LIST \_\_\_\_\_
- Tortillas
  - Sour Cream
  - Cheddar Cheese
  - Guacamole
  - Tortilla Chips

NOTES  
 Prepare Sweet Chicken Tacos according to package. Serve chicken in tortillas topped with sour cream, shredded cheddar cheese, and guacamole. Serve with a side of chips and guacamole. Use leftovers for lunches.

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

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DAY 4

## Homestyle Chili

SHOPPING LIST

- Cheddar Cheese
- Sour Cream
- Tortilla Chips
- Corn Bread
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NOTES

Prepare Homestyle Chili according to package. Serve topped with shredded cheddar cheese, sour cream, and crushed tortilla chips. Serve with a side of corn bread. Save leftovers for lunches.

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

DAY 5

## Green Chili Mac n' Cheese

SHOPPING LIST

- Corn Bread
- Salad Mix
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NOTES

Prepare Green Chili Mac n' Cheese according to package. Serve with a side salad and corn bread. Save leftovers for lunches.

DAY 6

## Tuscan White Bean Soup

SHOPPING LIST

- Cheddar Cheese
- Rolls
- Salad Mix
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NOTES

Prepare Tuscan White Bean Soup according to package. Serve topped with shredded cheddar cheese and a side salad and rolls. Save leftovers for lunches.

DAY 7

## Date Night

SHOPPING LIST

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