



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Dinner	Sloppy Joe Sandwiches	Honey Mustard Chicken Salad Wraps	Chicken Enchilada Soup	Salsa Verde Pasta	Italian Meatball Soup	Date Night

DAY 1 _____
Family Dinner

- SHOPPING LIST _____
- -
 -
 -
 -

NOTES

DAY 2 _____
Sloppy Joe Sandwiches

- SHOPPING LIST _____
- Hamburger or Hoagie Buns
 - Corn on the Cob
 - Fries or Chips
 -
 -

NOTES
 Prepare Sloppy Joes according to package. Server over buns with corn on the cob and fries or chips on the side. Save leftovers for lunches.

DAY 3 _____
Honey Mustard Chicken Wraps

- SHOPPING LIST _____
- Tortillas
 - Provolone Cheese
 - Spring Mix
 - Cucumber
 - Roma Tomato
 - Red Onion
 - Black Olives
 - Feta Cheese

NOTES
 Prepare Honey Mustard Chicken according to package. Follow the recipe for Honey Mustard Chicken Salad Wraps on our website > our meals > Honey Mustard Chicken. Save leftovers for lunches.

DAY 4

Chicken Enchilada Soup

SHOPPING LIST

- Sour Cream
- Cheddar Cheese
- Tortilla Chips
-
-

NOTES

Prepare Chicken Enchilada Soup according to package.
 Serve as soup topped with sour cream, cheddar cheese
 and crushed tortilla chips. Save leftovers for lunches.

DAY 5

Salsa Verde Chicken Pasta

SHOPPING LIST

- Pasta (style of choice) - Salad Mix
- Chicken Bouillon
- Heavy Cream
- Pepper Jack Cheese
- Black Pepper

NOTES

Prepare Salsa Verde Chicken according to package.
 Follow the recipe for Salsa Verde Chicken Pasta on
 our website > our meals > Salsa Verde Chicken. Serve
 with a side salad. Save leftovers for lunches.

* Chicken bouillon will be added to water to create your
 chicken broth. Heavy cream can be replaced with milk
 for a lower fat option. Pepper jack cheese can be
 replaced with mozzarella for less spice.

DAY 6

Italian Meatball Soup

SHOPPING LIST

- Parmesan Cheese
- Salad Mix
- Breadsticks or rolls
-
-

NOTES

Prepare Italian Meatball Soup according to package.
 Serve as soup topped with shredded parmesan cheese
 and a side salad and breadsticks or rolls. Save leftovers
 for lunches.

DAY 7

Date Night

SHOPPING LIST

-
-
-
-
-

NOTES
