



BEEHIVE MEALS

freezer meals prepped and delivered.

WEEKLY DINNER PLAN

WEEK: 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Family Dinner	Honey Sesame Chicken + Rice	Cowboy Beef Chili	Thai Chicken Soup	Mississippi Pot Roast	Veggie Chili Mac	Date Night

DAY 1 _____
Family Dinner

SHOPPING LIST _____
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NOTES

DAY 2 _____
Honey Sesame Chicken + Rice

SHOPPING LIST _____
 - Rice
 - Edamame
 - Pot Stickers
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NOTES
 Prepare Honey Sesame Chicken according to package.
 Serve over rice with edamame and potstickers on the side. Save leftovers for lunches.

DAY 3 _____
Cowboy Beef Chili

SHOPPING LIST _____
 - Corn Bread
 - Honey Butter
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NOTES
 Prepare Cowboy Beef Chili according to package.
 Serve with a side of corn bread and honey butter. Save leftovers for lunches.

DAY 4

Thai Chicken Soup

SHOPPING LIST

- Salad Mix
- Naan Bread
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NOTES

Prepare Thai Chicken Soup according to package.
 Serve with a side salad and naan bread. Save leftovers for lunches.

DAY 5

Mississippi Pot Roast

SHOPPING LIST

- Dinner Rolls
- Salad Mix
- Mashed Potatoes
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NOTES

Prepare Mississippi Pot Roast according to package.
 Serve with a side salad, dinner rolls, and mashed potatoes. Save leftovers for lunches.

DAY 6

Veggie Chili Mac

SHOPPING LIST

- Corn Bread
- Sour Cream
- Cheddar Cheese
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NOTES

Prepare Veggie Chili Mac according to package. Serve topped with sour cream and cheddar cheese with a side of corn bread. Save leftovers for lunches.

DAY 7

Date Night

SHOPPING LIST

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NOTES
