CURATE MY PLATE

7 Chicken Breast Dinners, 16 Ingredients

7 DINNERS · 16 INGREDIENTS
HOME COOKS



MONDAY

Sheet Pan BBQ Chicken with Roasted Potatoes and Broccoli

50 min · serves 4



TUESDAY

One-Skillet Chicken Taco and Black Bean Pepper Stir-Fry

25 min · serves 4



WEDNESDAY

Warm Autumn Chicken Salad with Roasted Sweet Potatoes

35 min · serves 4



THURSDAY

Easy Baked Chicken Marinara Penne Casserole

35 min · serves 4



FRIDAY

Cheesy Chicken and Black Bean Burrito Wraps

25 min · serves 4



SATURDAY

Chicken and Broccoli Stir-fry with Cashews



SUNDAY

High-Protein Chicken, Bean, and Vegetable Noodle Soup

30 min · serves 4

Scan for every recipe, step by step

Photos, ingredients and steps for all 7 dinners, free on the site.

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Grocery list

16 ingredients for 7 dinners. Tick as you shop.

PRODUCE

- [ ] 4 bell peppers x3
- [ ] 5 cups broccoli florets x2
- [ ] 4 tsp garlic powder x5
- [ ] 3 potatoes
- [ ] 1 head + 1 cup romaine lettuce x2
- [ ] 3 sweet potatoes x2

MEAT & SEAFOOD

- [ ] 7 1/2 lb chicken breast x6

DAIRY & EGGS

- [ ] 2 1/2 cups cheddar cheese x3

BAKERY & BREAD

- [ ] 4 flour tortillas

PANTRY & CANNED

- [ ] 1/2 cup bbq sauce
- [ ] 3 cans black beans x3
- [ ] 6 cups chicken broth
- [ ] 2 tbsp hot honey
- [ ] 2 cups marinara sauce
- [ ] 16 oz penne pasta x2

SPICES & BAKING

- [ ] 2 packets taco seasoning x2

CHECK YOUR PANTRY

black pepper, cooking oil, pepper, salt, water

Ingredients you'll use more than once

6 ingredients carry most of the week. Buy each once, use it across dinners.

Chicken breast	Mon, Tue, Wed, Thu, Fri, Sun
Garlic powder	Tue, Wed, Thu, Fri, Sun
Bell pepper	Tue, Fri, Sun
Black bean	Tue, Fri, Sun
Cheddar cheese	Tue, Thu, Fri
Broccoli floret	Mon, Sun

Build the same kind of week for your own household at curatemyplate.com