CURATE MY PLATE

30-Minute Dinner Plan

7 DINNERS · 36 INGREDIENTS

PEOPLE SHORT ON TIME



TUESDAY

Hot Honey Glazed Salmon Skillet with Autumn Greens

22 min · serves 4



MONDAY

Thai Fried Pork with Garlic and Pepper

22 min · serves 2



WEDNESDAY

Stir-fried Tomatoes and Eggs with Gochujang

15 min · serves 2



THURSDAY

Cheesy Ground Beef and Black Bean Tacos

20 min · serves 4



FRIDAY

Harissa Spiced White Bean and Spinach Toast

15 min · serves 2



SATURDAY

Halal Buffalo Chicken Wraps

20 min · serves 4



SUNDAY

Spicy Kimchi Fried Rice with Pan-Seared Tofu

Scan for every recipe, step by step

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

curatemyplate.com/plan/7-day-30-minute-dinner-plan

Grocery list

36 ingredients for 7 dinners. Tick as you shop.

PRODUCE

- [ ] 3 oz baby spinach
- [ ] 2 tbsp chipotle pepper in adobo sauce
- [ ] 14 cloves garlic x3
- [ ] 1 tsp garlic powder
- [ ] 1 stalk green onion
- [ ] 1/2 cup halal certified frank' redhot...
- [ ] 1 tbsp lemon juice
- [ ] 3 roma tomatoes
- [ ] 2 cups romaine lettuce
- [ ] 1 bunch tuscan kale

MEAT & SEAFOOD

- [ ] 1 lb ground beef
- [ ] 1 1/2 lb halal chicken breast
- [ ] 400 g pork shoulder or belly
- [ ] 4 6-oz fillets salmon fillets

DAIRY & EGGS

- [ ] 2 tbsp butter
- [ ] 4 eggs
- [ ] 1 1/2 cups sharp cheddar cheese

BAKERY & BREAD

- [ ] 4 item flour tortillas
- [ ] 2 slices sourdough bread
- [ ] 8 count tortilla shell

PANTRY & CANNED

- [ ] 1 tbsp apple cider vinegar
- [ ] 1 can black beans
- [ ] 15 oz cannellini beans
- [ ] 3 tbsp hot honey
- [ ] 1 tbsp light soy sauce
- [ ] 1 tbsp oyster sauce
- [ ] 1 tsp soy sauce
- [ ] 1/4 cup vegetable broth

SPICES & BAKING

- [ ] 2 tbsp coriander leaf
- [ ] 1 tsp granulated sugar
- [ ] 1 tsp sugar
- [ ] 1 packet taco seasoning

OTHER

- [ ] 1 tbsp gochujang
- [ ] 1/2 cup halal ranch dressing
- [ ] 2 tbsp harissa paste

Grocery list (continued)

36 ingredients for 7 dinners. Tick as you shop.

- [ ] 2 tsp white peppercorn

CHECK YOUR PANTRY

black pepper, olive oil, salt, vegetable oil

Ingredients you'll use more than once

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

Garlic	Mon	Tue	Fri

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