CURATE MY PLATE

Dinner Plan for a Family of Four

7 DINNERS · 66 INGREDIENTS

A FAMILY OF FOUR



TUESDAY

Sheet Pan Hot Honey Glazed Chicken Thighs with Roasted Sweet Potatoes

60 min · serves 4



MONDAY

One-Pot Taco Tortellini with Ground Beef and Melty Cheddar

35 min · serves 4



WEDNESDAY

Build-Your-Own Korean BBQ Chicken Bowls with Steamed Rice and Peppers

40 min · serves 4



THURSDAY

Pan-Seared Pork Chops with Autumn Sweet Potato Mash and Apple Cider Sauce

45 min · serves 4



FRIDAY

Build-Your-Own Mild Fish Tacos with Cabbage Slaw and Bell Peppers

35 min · serves 4



SATURDAY

Sheet Pan Blackened Tilapia with Bell Peppers and Onions

37 min · serves 4



SUNDAY

Slow-Cooker Black Bean and Sweet Potato Chili

4 hr 20 min · serves 6

Scan for every recipe, step by step

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

curatemyplate.com/plan/7-day-dinner-plan-for-a-family-of-four

Grocery list

66 ingredients for 7 dinners. Tick as you shop.

PRODUCE

- [ ] 1/2 tsp cayenne pepper
- [ ] 2 tbsp + 1/4 cup cilantro x2
- [ ] 15 oz corn
- [ ] 1 can crushed tomato
- [ ] 14 1/2 oz diced tomato
- [ ] 1 tsp dried thyme
- [ ] 1 tbsp fermented black garlic paste
- [ ] 10 cloves garlic x3
- [ ] 3 tsp garlic powder x3
- [ ] 1 tbsp ginger
- [ ] 1 green bell pepper
- [ ] 3 cups green cabbage
- [ ] 5 stalks green onions x2
- [ ] 1 lemon
- [ ] 2 limes
- [ ] 1 tsp onion powder
- [ ] 2 tbsp parsley
- [ ] 2 tbsp pickled jalapeño
- [ ] 3 red bell peppers x3
- [ ] 2 sprigs rosemary
- [ ] 1 count shallot
- [ ] 8 oz shishito pepper
- [ ] 4 + 2 lb sweet potato x3
- [ ] 3 sprigs thyme
- [ ] 1 tbsp thyme leaf
- [ ] 1 cup unfiltered apple cider
- [ ] 2 yellow bell peppers x2
- [ ] 3 yellow onions x3

MEAT & SEAFOOD

- [ ] 1 1/2 lb chicken thigh
- [ ] 2 lb ground beef x2
- [ ] 1 1/2 lb mahi-mahi fillet
- [ ] 4 count pork chop
- [ ] 4 tilapia fillets

DAIRY & EGGS

- [ ] 7 tbsp butter x3
- [ ] 1 cup cheddar cheese
- [ ] 9 oz cheese tortellini
- [ ] 2 oz cream cheese
- [ ] 1/4 cup heavy cream
- [ ] 1 1/2 cups sharp cheddar cheese
- [ ] 3/4 cup sour cream x2

BAKERY & BREAD

- [ ] 12 count corn tortillas

Grocery list (continued)

66 ingredients for 7 dinners. Tick as you shop.

PANTRY & CANNED

- [ ] 1 1/2 tbsp apple cider vinegar
- [ ] 1 cup beef broth
- [ ] 15 oz + 2 cans black beans x2
- [ ] 1 cup chicken broth
- [ ] 1/2 cup chicken stock
- [ ] 1/3 cup clover honey
- [ ] 1 can diced canned green chily
- [ ] 1 tbsp dijon mustard
- [ ] 2 tbsp hot honey
- [ ] 1 1/2 cups short-grain white rice
- [ ] 2 tbsp soy sauce
- [ ] 8 oz tomato sauce

SPICES & BAKING

- [ ] 1 1/2 tbsp brown sugar
- [ ] 1 tsp chili powder
- [ ] 1/2 tsp cumin
- [ ] 1 tsp dried oregano
- [ ] 1 tsp ground cumin
- [ ] 3 1/2 tsp smoked paprika x3
- [ ] 2 tbsp taco seasoning

OTHER

- [ ] 1 tbsp achiote powder
- [ ] 2 tbsp calabrian chili paste
- [ ] 3 tbsp gochujang
- [ ] 1 cup kimchi
- [ ] 1 1/2 tbsp toasted sesame oil
- [ ] 1 tbsp toasted sesame seed

CHECK YOUR PANTRY

black pepper, cooking oil, kosher salt, olive oil, pepper, salt, vegetable oil, water

Ingredients you'll use more than once

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

Butter	Tue	Thu	Sat
Garlic	Mon	Sat	Sun
Garlic powder	Tue	Fri	Sat
Red bell pepper	Wed	Fri	Sat
Smoked paprika	Mon	Tue	Sat
Sweet potato	Tue	Thu	Sun

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