CURATE MY PLATE

7-Day Family Meal Plan: Taco Night to Chicken Soup

7 DINNERS · 52 INGREDIENTS

A FAMILY OF FOUR



TUESDAY

Build-Your-Own Ground Beef Taco Night with Pico de Gallo and All the Fixings

35 min · serves 4



MONDAY

Baked Herb Chicken Drumsticks with Rice and Green Beans

55 min



WEDNESDAY

One-Pan Baked Sheet Pan Pork Chops with Roasted Bell Peppers and Broccoli

35 min · serves 4



THURSDAY

Baked Ziti with Tomato Sauce and Cheese

45 min



FRIDAY

Build-Your-Own Sheet Pan Chicken Fajitas

35 min · serves 4



SATURDAY

Kid-Friendly Beef and Veggie Sloppy Joes

35 min · serves 4



SUNDAY

Slow-Cooker Creamy Chicken and Rice Soup

4 hr 15 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-family-meal-plan-taco-night-to-chicken-soup

Grocery list

52 ingredients for 7 dinners. Tick as you shop.

PRODUCE

- [ ] 2 avocadoes
- [ ] 3 bell peppers
- [ ] 4 cups broccoli florets
- [ ] 5 carrots x2
- [ ] 3 celery stalks
- [ ] 1/4 cup cilantro
- [ ] 1 can diced tomato
- [ ] 1 tsp dried thyme
- [ ] 10 cloves garlic x4
- [ ] 2 1/2 tsp garlic powder x3
- [ ] 12 oz green beans
- [ ] 2 cups iceberg or romaine lettuce
- [ ] 1 jalapeño
- [ ] 3 limes x2
- [ ] 1 tsp onion powder x2
- [ ] 1 1/2 red bell peppers x2
- [ ] 4 roma tomatoes
- [ ] 1 yellow bell pepper
- [ ] 3 1/2 yellow onions x4
- [ ] 1 zucchini

MEAT & SEAFOOD

- [ ] 1 1/2 lb chicken breast
- [ ] 1 lb chicken drumstick
- [ ] 2 1/2 lb ground beef x2
- [ ] 4 count pork chop

DAIRY & EGGS

- [ ] 2 tbsp butter
- [ ] 3/4 cup cheddar cheese
- [ ] 1 cup heavy cream
- [ ] 1 1/2 cups mexican cheese blend
- [ ] 3/4 cup sour cream

BAKERY & BREAD

- [ ] 12 flour or corn tortillas
- [ ] 8 count flour tortillas
- [ ] 4 count hamburger buns

PANTRY & CANNED

- [ ] 1/3 cup beef broth
- [ ] 1 can black beans
- [ ] 6 cups chicken broth
- [ ] 1 bottle hot sauce
- [ ] 1/2 cup ketchup
- [ ] 1 cup long grain white rice
- [ ] 6 oz penne pasta
- [ ] 2 tbsp tomato paste
- [ ] 1 can tomato sauce

Grocery list (continued)

52 ingredients for 7 dinners. Tick as you shop.

- [ ] 1 cup white rice
- [ ] 1 tbsp worcestershire sauce
- [ ] 1 tbsp yellow mustard

SPICES & BAKING

- [ ] 1 tbsp brown sugar
- [ ] 2 tsp + 1 tbsp chili powder x2
- [ ] 1 tsp dried italian seasoning
- [ ] 1 1/2 tsp dried oregano x3
- [ ] 3 tsp ground cumin x2
- [ ] 1 tsp italian seasoning
- [ ] 2 tsp smoked paprika x2

OTHER

- [ ] 1 cup optional topping

CHECK YOUR PANTRY

black pepper, olive oil, 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.

Garlic	Tue, Thu, Sat, Sun
Yellow onion	Tue, Fri, Sat, Sun
Dried oregano	Tue, Wed, Fri
Garlic powder	Tue, Wed, Fri
Carrot	Sat, Sun
Chili powder	Tue, Fri

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