CURATE MY PLATE

7 Dinners Under $100

7 DINNERS · 15 INGREDIENTS
HOME COOKS



MONDAY

Sheet-Pan Hot Honey Chicken Thighs with Roasted Sweet Potatoes

50 min · serves 4



TUESDAY

High-Protein Beef and Spinach Lasagna Soup

35 min · serves 4



WEDNESDAY

Smokey Black Bean and Sweet Potato Skillet Quesadillas

40 min · serves 4



THURSDAY

Creamy Tuscan Ground Beef and Spinach Penne Skillet

30 min · serves 4



FRIDAY

Crispy Braised Chicken Thighs with Garlic Spinach Cream Sauce

35 min · serves 4



SATURDAY

Cheesy Beef and Black Bean Burrito Bake

40 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-dinners-under-100-y5jd

Grocery list

15 ingredients for 7 dinners. Tick as you shop.

PRODUCE

- [ ] 9 cups baby spinach x3
- [ ] 28 oz + 2 cans + 1 cup crushed tomato x4
- [ ] 25 cloves garlic x7
- [ ] 6 sweet potatoes x3
- [ ] 6 yellow onions x6

MEAT & SEAFOOD

- [ ] 8 chicken thighs x2
- [ ] 4 lb ground beef x4

DAIRY & EGGS

- [ ] 6 cups cheddar cheese x4
- [ ] 1 1/2 cups heavy cream x3

BAKERY & BREAD

- [ ] 14 flour tortillas x2

PANTRY & CANNED

- [ ] 4 cans black beans x3
- [ ] 7 cups chicken broth x4
- [ ] 3 cans diced canned green chily x3
- [ ] 7 tbsp hot honey x3
- [ ] 16 oz penne pasta 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.

Garlic	Mon Tue Wed Thu Fri Sat Sun
Yellow onion	Mon Tue Wed Thu Sat Sun
Cheddar cheese	Tue Wed Sat Sun
Chicken broth	Tue Thu Fri Sun
Crushed tomato	Tue Thu Sat Sun
Ground beef	Tue Thu Sat Sun

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

Estimated from typical US grocery prices; your total will vary by store and region.

Full recipes and an accessible version: see the plan page on the site