Recepieplanning

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30-Minute Family Dinners Week

Seven family-friendly dinners for US, Canada, Australia & UK kitchens + grocery list.

Scaled for about four people. Swap beef/chicken freely. No alcohol in any dish. Scan the QR codes for free guides or the mobile app.

FAMILY DINNER WEEK

DAY	DINNER	TIME
MON	Beef chili + cornbread side	~30 min
TUE	Chicken burgers + salad	~30 min
WED	Fish and chips (sparkling batter)	~30 min
THU	Pasta with turkey meat sauce	~30 min
FRI	Sheet-pan fajitas	~30 min
SAT	Loaded fries night (poutine-style)	~30 min
SUN	Roast chicken + vegetables	~35 min

GROCERY LIST

PRODUCE

- Lettuce
- Tomatoes
- Peppers
- Potatoes
- Carrots
- Onion

DAIRY / BAKERY

- Cheddar or cheese curds
- Burger buns
- Cornmeal / cornbread

PROTEIN

- Ground beef
- Chicken pieces
- Cod or white fish
- Ground turkey

PANTRY

- Beans
- Pasta
- Tortillas
- Flour
- Spices
- Oil

FAMILY TIPS

- Cook once; pack leftovers for next-day lunches.
- Let kids pick one night — it raises buy-in.
- Browse more recipes on the website, or personalize in the app.

Free guides

Mobile app

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