Dinner Refill

Free Sample Week

A free full week from Dinner Refill: five weeknight dinners for a family of four, a categorized grocery list, a Sunday prep list and a leftover idea for every dinner. Paid months follow the same format with four weeks each.

Sample Week · Weeknight Basics

A4 edition. Every recipe serves about 4. Original recipes written by Dinner Refill. For personal household use; please don't share or resell the file.

How to use this plan

- Sunday: shop with that week's grocery list, then do the short prep-ahead list (about 30-45 minutes). It makes the weeknights faster.
- Weeknights: cook the dinners in the listed order. The order matters on a few nights because a dinner uses leftovers from earlier in the week (marked in the recipe). Swap nights freely otherwise.
- Grocery lists are grouped by store section. The number after each item shows which dinner it is for, so you can skip a dinner and cross out its items. Check your pantry first: "Pantry staples" (oil, salt, spices) are listed with each recipe, not on the grocery list.
- Leftovers are planned. Each recipe ends with an idea for using what's left.
- Food safety: internal temperatures follow USDA guidance (chicken & turkey 165°F/74°C, ground beef & pork 160°F/71°C, whole pork chops & fish 145°F/63°C). Refrigerate leftovers within 2 hours and eat within 3-4 days.
- Allergies & diets: these are everyday family recipes, not medical or diet advice. Read labels and adjust for anyone with an allergy. We don't make health or weight claims.
- Prices: we choose budget-minded, common supermarket ingredients, but we don't quote costs because they vary a lot by store and region.

Subscribers: a newly written plan is available by the 1st of each month in your account download page and by email. Cancel anytime from the link in your email or at dinnerrefill.netlify.app/account.html.

Sample Week: Weeknight Basics

This week's dinners

Mon	One-Pan Cheesy Taco Rice One pan, kid-approved. · about 30 min
Tue	Lemon-Garlic Chicken with Rice & Broccoli Bright and simple. · about 30 min
Wed	Creamy Tomato Tortellini Soup Cozy in under half an hour. · about 25 min
Thu	Peanut Noodles with Crunchy Vegetables Meatless and fast. · about 20 min
Fri	Sheet-Pan Sausage & Potato Hash with Eggs Breakfast-for-dinner energy. · about 35 min

Sunday prep-ahead

- ☐ Cook 2 cups of rice for Tuesday and Thursday.
- ☐ Dice 1 onion and 1 bell pepper for Monday.
- ☐ Mix Thursday's peanut sauce in a jar.
- ☐ Wash and chop the broccoli.

Leftover plan

- Mon: Roll leftovers into tortillas for lunch burritos.
- Tue: Slice leftover chicken over a salad.
- Wed: The tortellini soften overnight — still tasty for lunch.
- Thu: Add leftover chicken and eat cold the next day.
- Fri: Wrap leftover hash in a tortilla for breakfast.

Sample Week grocery list

Numbers = which dinner (1 = Mon … 5 = Fri). Check your pantry before you shop.

Produce

- ☐ 1 yellow onion (1)
- ☐ 1 bell pepper (1)
- ☐ 1 head broccoli (2)
- ☐ 1 lemon (2)
- ☐ 3 cloves garlic (2)
- ☐ 5 oz baby spinach (3)
- ☐ 2 carrots (4)
- ☐ 1 cucumber (4)
- ☐ 3 green onions (4)
- ☐ 1.5 lb potatoes (5)
- ☐ 1 bell pepper (5)
- ☐ 1 yellow onion (5)

Meat, Fish & Protein

- ☐ 1 lb ground beef or turkey (1)
- ☐ 1.5 lb boneless chicken breasts (2)
- ☐ 12 oz smoked sausage (5)

Dairy & Eggs

- ☐ 6 oz shredded cheddar (1)
- ☐ butter (2)
- ☐ 1/2 cup milk or cream (3)
- ☐ 4 eggs (5)

Pantry & Canned

- ☐ 1 cup long-grain white rice (1)
- ☐ 1 can (15 oz) black beans (1)
- ☐ 1 cup salsa (1)
- ☐ 2 cups chicken broth (1)
- ☐ 1 can (28 oz) crushed tomatoes (3)
- ☐ 4 cups vegetable or chicken broth (3)
- ☐ 12 oz spaghetti or rice noodles (4)
- ☐ peanut butter (4)
- ☐ soy sauce (4)
- ☐ honey (4)

Frozen

- ☐ 1 lb frozen cheese tortellini (3)

Pantry staples used this week

chili powder, cumin, dried basil, garlic powder, oil, olive oil, paprika, pepper, salt, vinegar

Mon · Sample Week

One-Pan Cheesy Taco Rice

One pan, kid-approved. Serves about 4 · about 30 minutes.

Ingredients

- 1 lb ground beef or turkey
- 1 yellow onion
- 1 bell pepper
- 1 cup long-grain white rice
- 1 can (15 oz) black beans
- 1 cup salsa
- 2 cups chicken broth
- 6 oz shredded cheddar
- Also: chili powder, cumin, salt, oil

Steps

1. Brown the meat with the onion and pepper in a large lidded skillet until cooked (160°F beef, 165°F turkey).
2. Stir in the rice, 1 tbsp chili powder and 1 tsp cumin for 1 minute.
3. Add broth, salsa and drained beans. Cover and simmer on low 18-20 minutes until the rice is tender.
4. Top with cheese, cover 2 minutes to melt.

Leftover idea

Roll leftovers into tortillas for lunch burritos.

Tue · Sample Week

Lemon-Garlic Chicken with Rice & Broccoli

Bright and simple. Serves about 4 · about 30 minutes.

Ingredients

- 1.5 lb boneless chicken breasts
- 1 head broccoli
- 1 lemon
- 3 cloves garlic
- butter
- Also: olive oil, salt, pepper, cooked rice from Sunday

Steps

1. Halve the chicken breasts horizontally into thin cutlets; season with salt and pepper.
2. Sear in 1 tbsp oil 4-5 minutes per side until 165°F (74°C). Remove.
3. Lower heat; add 2 tbsp butter, garlic, the juice of the lemon and 1/4 cup water; scrape the pan.
4. Steam the broccoli. Spoon the sauce over chicken, rice and broccoli.

Leftover idea

Slice leftover chicken over a salad.

Wed · Sample Week

Creamy Tomato Tortellini Soup

Cozy in under half an hour. Serves about 4 · about 25 minutes.

Ingredients

- 1 can (28 oz) crushed tomatoes
- 4 cups vegetable or chicken broth
- 1 lb frozen cheese tortellini
- 5 oz baby spinach
- 1/2 cup milk or cream
- Also: dried basil, garlic powder, salt, olive oil

Steps

1. Simmer tomatoes, broth, 1 tsp basil and 1/2 tsp garlic powder 10 minutes.
2. Add frozen tortellini; cook per package, usually 3-5 minutes.
3. Stir in spinach and milk; season.

Leftover idea

The tortellini soften overnight — still tasty for lunch.

Peanut Noodles with Crunchy Vegetables

Meatless and fast. Serves about 4 · about 20 minutes.

Ingredients

- 12 oz spaghetti or rice noodles
- peanut butter
- soy sauce
- honey
- 2 carrots
- 1 cucumber
- 3 green onions
- Also: vinegar, garlic powder

Steps

1. Sunday sauce: 1/3 cup peanut butter, 3 tbsp soy sauce, 1 tbsp honey, 1 tbsp vinegar, 1/2 tsp garlic powder, 1/3 cup warm water.
2. Cook the noodles; rinse briefly with warm water.
3. Toss noodles with the sauce, then top with shredded carrot, sliced cucumber and green onion.

Leftover idea

Add leftover chicken and eat cold the next day.

Fri · Sample Week

Sheet-Pan Sausage & Potato Hash with Eggs

Breakfast-for-dinner energy. Serves about 4 · about 35 minutes.

Ingredients

- 12 oz smoked sausage
- 1.5 lb potatoes
- 1 bell pepper
- 1 yellow onion
- 4 eggs
- Also: olive oil, paprika, salt, pepper

Steps

1. Heat oven to 425°F (220°C). Toss diced potatoes with oil, salt and 1 tsp paprika; roast 20 minutes.
2. Add sliced sausage, pepper and onion; roast 10 minutes more.
3. Make 4 wells, crack in the eggs, and bake 6-8 minutes until whites are set.

Leftover idea

Wrap leftover hash in a tortilla for breakfast.