

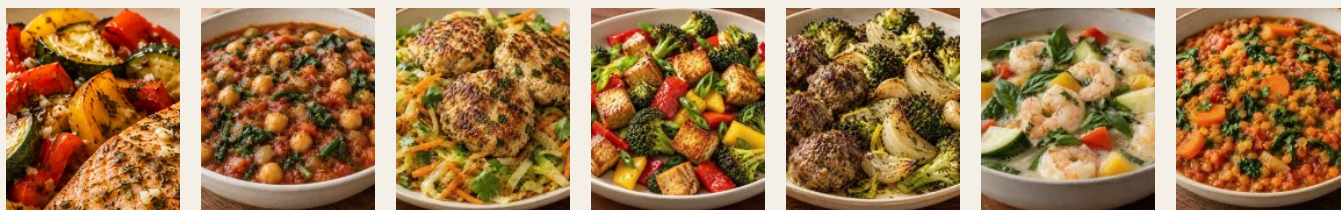


ARK TABLE · FAMILY DINNER PLAN

The 7-Day Family Dinner Plan

+ *one combined grocery list*

Seven weeknight dinners, 35 to 50 minutes each, every one sized for four. Fish, poultry, red meat and three plant-based nights, with Mediterranean and Asian flavors. Shop once with the list on page 10.

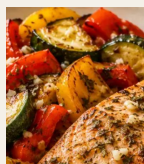


Recipes are drafts pending kitchen testing. Photos show serving inspiration.

YOUR WEEK AT A GLANCE

Seven dinners. One shop.

Every recipe serves four and uses everyday tools: a sheet pan, a skillet or one heavy pot.
Times include prep.



MONDAY

Lemon oregano salmon, zucchini & peppers

Fish · Mediterranean-inspired · Contains: fish

35 min

serves 4



TUESDAY

Chickpea, spinach & tomato stew

Plant-based · Mediterranean-inspired · Contains: none listed

40 min

serves 4



WEDNESDAY

Lemongrass turkey patties, lime cabbage

Poultry · Thai-inspired · Contains: egg, tree nuts

50 min

serves 4



THURSDAY

Ginger lime crispy tofu & vegetables

Plant-based · East Asian-inspired · Contains: soy

50 min

serves 4



FRIDAY

Lemon oregano bison meatballs & broccoli

Red meat · Mediterranean-inspired · Contains: egg, tree nuts

45 min

serves 4



SATURDAY

Lime basil shrimp coconut stew

Seafood · Thai-inspired · Contains: fish, shellfish

50 min

serves 4



SUNDAY

Red lentil & tomato stew

Plant-based · Ethiopian-inspired · Contains: none listed

50 min

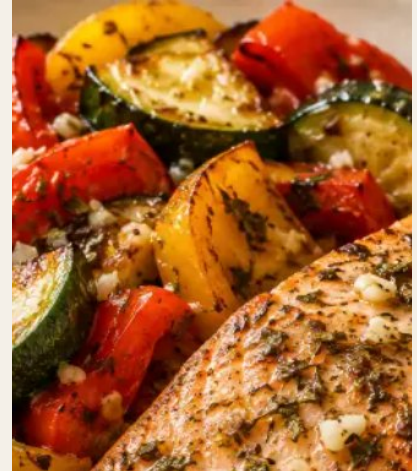
serves 4

How to use this plan. Shop once with the grocery list (page 10), then cook the nights in any order; the fish and shrimp nights are best within a day or two of shopping. Check every label for allergens and follow your household allergy plan.

Lemon Oregano Salmon with Zucchini and Peppers

35 min · Serves 4 · Fish

Contains: fish



INGREDIENTS · 4 SERVINGS

680 g salmon fillets ≈ 1½ lb
500 g zucchini ≈ 1 lb
300 g sweet bell peppers ≈ 2/3 lb
35 ml extra-virgin olive oil ≈ 2 tbsp + 1 tsp
4 g fine salt ≈ 2/3 tsp
12 g garlic ≈ 3 cloves
3 g dried oregano ≈ 1 tbsp
3 g lemon zest ≈ from 1 lemon
1 g ground black pepper ≈ ½ tsp
30 ml lemon juice ≈ 2 tbsp

METHOD

- 01** Heat the oven to 425°F / 220°C. Cut the zucchini and peppers into bite-size pieces. Mince the garlic and mix it with the salt, oregano, lemon zest and pepper. Set the lemon juice aside for the finish.
- 02** Toss the zucchini and peppers with 20 ml of the oil and half the seasoning. Roast on a large tray for 12 minutes.
- 03** Rub the four salmon portions with the remaining 15 ml oil and seasoning. Lower the oven to 400°F / 200°C and roast the salmon on a separate tray for about 10–16 minutes, until the thickest part reaches 145°F / 63°C. Keep roasting the vegetables until tender.
- 04** Drizzle with the lemon juice and divide into four portions. Adults may add extra black pepper.

Finish. Add lemon juice after cooking for brightness; adults may add extra black pepper.

Leftovers. Refrigerate within 2 hours in shallow containers and eat within 3–4 days, or freeze. Reheat to 165°F / 74°C.

Chickpea Spinach Tomato Stew

40 min · Serves 4 · Plant-based

Contains: none listed



INGREDIENTS · 4 SERVINGS

800 g cooked chickpeas, drained ≈ about 3 cans

500 g no-salt-added crushed tomatoes ≈ 2 cups

300 g spinach ≈ 2/3 lb

150 g yellow onion ≈ 1/3 lb

16 g garlic ≈ 4 cloves

10 g fresh ginger ≈ 1-inch piece

4 g ground cumin ≈ 2 tsp

4 g smoked paprika ≈ 1¾ tsp

2 g dried oregano ≈ 2 tsp

30 ml extra-virgin olive oil ≈ 2 tbsp

4 g fine salt ≈ 2/3 tsp

250 ml water ≈ 1 cup

25 ml lemon juice ≈ 1 tbsp + 2 tsp

15 g fresh parsley ≈ ½ bunch

METHOD

- 01** Rinse and drain the cooked chickpeas. Dice the onion, mince the garlic and ginger, chop the parsley and roughly chop any large spinach leaves.
- 02** Heat the 30 ml olive oil in a heavy pot over medium heat. Cook the onion 6–8 minutes until softened. Add the garlic, ginger, cumin, smoked paprika and oregano and stir for 30 seconds.
- 03** Add the tomatoes, chickpeas, salt and 250 ml water. Simmer gently, uncovered, for 15–18 minutes, stirring now and then. Mash a spoonful of chickpeas against the pot and stir it back in for a thicker stew.
- 04** Fold in the spinach and simmer 2–3 minutes until wilted and hot throughout. Off the heat, stir in the lemon juice and parsley. Taste before adding extra salt; canned-bean sodium varies.

Finish. Finish with all measured lemon juice and parsley. Taste before adding any extra salt; canned-bean sodium varies by product.

Leftovers. Refrigerate within 2 hours in shallow containers and eat within 3–4 days, or freeze. Reheat to 165°F / 74°C.

Lemongrass Turkey Patties with Lime Cabbage

50 min · Serves 4 · Poultry

Contains: egg, tree nuts



INGREDIENTS · 4 SERVINGS

700 g ground turkey ≈ 1½ lb
700 g green cabbage ≈ 1½ lb
150 g carrots ≈ 1/3 lb
1 large egg
25 g almond flour ≈ ¼ cup
25 g tender lemongrass stalk ≈ 2 stalks
20 g fresh ginger ≈ 2-inch piece
16 g garlic ≈ 4 cloves
35 ml lime juice ≈ 2 tbsp + 1 tsp
100 ml water ≈ ½ cup
20 g fresh cilantro ≈ 1 small bunch
30 ml extra-virgin olive oil ≈ 2 tbsp
4 g fine salt ≈ 2/3 tsp

METHOD

- 01 Heat the oven to 425°F / 220°C. Shred the cabbage and slice the carrots. Mince the garlic, ginger and the tender inner part of the lemongrass. Chop the cilantro; set it aside with the lime juice.
- 02 Mix the turkey with the egg, almond flour, half the minced aromatics, half the salt and 10 ml of the oil. Form 8 patties. Toss the cabbage and carrots with the remaining 20 ml oil and salt on a separate tray.
- 03 Roast the patties about 18–25 minutes, until several centers reach 165°F / 74°C. Roast the vegetables until tender, turning once; use uncrowded trays.
- 04 Meanwhile, simmer the remaining aromatics with the 100 ml water in a small saucepan for 5–8 minutes.
- 05 Off the heat, stir the lime juice and cilantro into the sauce. Spoon it over the patties and vegetables and divide into four portions.

Finish. Use every listed finishing herb and acidic liquid off the heat. Keep heat mild; optional adult chili is separate from this shopping list.

Leftovers. Refrigerate within 2 hours in shallow containers and eat within 3–4 days, or freeze. Reheat to 165°F / 74°C.

Ginger Lime Crispy Tofu with Roasted Vegetables

50 min · Serves 4 · Plant-based

Contains: soy



INGREDIENTS · 4 SERVINGS

800 g plain extra-firm tofu, drained ≈ 2 blocks

600 g broccoli florets ≈ 1 1/3 lb

300 g sweet bell peppers ≈ 2/3 lb

16 g garlic ≈ 4 cloves

20 g fresh ginger ≈ 2-inch piece

30 ml reduced-sodium tamari ≈ 2 tbsp

20 ml rice vinegar ≈ 1 tbsp + 1 tsp

30 ml lime juice ≈ 2 tbsp

60 ml water ≈ 4 tbsp

30 g green onion ≈ 3 green onions

30 ml extra-virgin olive oil ≈ 2 tbsp

2 g fine salt ≈ 1/3 tsp

METHOD

- 01** Drain the tofu, pat it dry and press it between clean towels under a moderate weight for 15 minutes. Cut into 3 cm cubes. Heat the oven to 425°F / 220°C. Cut the broccoli and peppers into bite-size pieces, mince the garlic and ginger, and slice the green onion.
- 02** Toss the tofu with 20 ml of the oil and half the salt. Toss the vegetables with the remaining 10 ml oil and salt. Spread on separate, uncrowded trays.
- 03** Roast the tofu 25–35 minutes, turning once, until the edges are firm and browned. Roast the vegetables about 18–25 minutes until tender.
- 04** In a small saucepan, simmer the tamari, rice vinegar, 60 ml water, garlic and ginger for 3–4 minutes. Off the heat, stir in the lime juice.
- 05** Divide into four portions, spoon the sauce over and top with green onion. Oven-roasted tofu has firm edges, not a deep-fried crust.

Finish. Use the full measured sauce and green onion across the four portions; add sauce just before eating. Freezing softens the crisp edges.

Leftovers. Refrigerate within 2 hours in shallow containers and eat within 3–4 days, or freeze. Reheat to 165°F / 74°C.

Lemon Oregano Bison Meatballs with Roasted Broccoli

45 min · Serves 4 · Red meat

Contains: egg, tree nuts



INGREDIENTS · 4 SERVINGS

700 g ground bison ≈ 1½ lb
700 g broccoli florets ≈ 1½ lb
100 g yellow onion ≈ ¼ lb
1 large egg
25 g almond flour ≈ ¼ cup
35 ml extra-virgin olive oil ≈ 2 tbsp + 1 tsp
4 g fine salt ≈ 2/3 tsp
12 g garlic ≈ 3 cloves
3 g dried oregano ≈ 1 tbsp
3 g lemon zest ≈ from 1 lemon
1 g ground black pepper ≈ ½ tsp
30 ml lemon juice ≈ 2 tbsp

METHOD

- 01** Heat the oven to 425°F / 220°C. Mince the garlic and mix it with the salt, oregano, lemon zest and pepper. Set the lemon juice aside for the finish.
- 02** Toss the broccoli and chopped onion with 20 ml of the oil and one-third of the seasoning. Spread on a large tray.
- 03** Gently mix the bison, egg, almond flour, remaining seasoning and remaining 15 ml oil. Form 16 meatballs on a separate tray.
- 04** Roast both trays about 18–25 minutes, turning the broccoli once, until the center of several meatballs reaches 160°F / 71°C.
- 05** Finish with the lemon juice and divide into four portions. Adults may add extra black pepper.

Finish. Add lemon juice after cooking for brightness; adults may add extra black pepper.

Leftovers. Refrigerate within 2 hours in shallow containers and eat within 3–4 days, or freeze. Reheat to 165°F / 74°C.

Lime Basil Shrimp Coconut Stew

50 min · Serves 4 · Seafood

Contains: fish, shellfish



INGREDIENTS · 4 SERVINGS

700 g peeled raw shrimp ≈ 1½ lb

500 g zucchini ≈ 1 lb

300 g sweet bell peppers ≈ 2/3 lb

25 g fresh basil ≈ 1 bunch

16 g garlic ≈ 4 cloves

20 g fresh ginger ≈ 2-inch piece

160 ml unsweetened coconut milk ≈ 2/3 cup

400 ml water ≈ 1 2/3 cups

20 ml no-added-sugar fish sauce ≈ 1 tbsp + 1 tsp

35 ml lime juice ≈ 2 tbsp + 1 tsp

30 ml extra-virgin olive oil ≈ 2 tbsp

2 g fine salt ≈ 1/3 tsp

METHOD

- 01** Keep the shrimp chilled. Cut the zucchini and peppers into bite-size pieces, mince the garlic and ginger, and tear the basil. Set the basil and lime juice aside for the finish.
- 02** Whisk the coconut milk, 400 ml water and fish sauce until smooth.
- 03** Heat the 30 ml olive oil in a heavy pot over medium heat. Add the garlic and ginger and stir for 30 seconds without browning.
- 04** Add the coconut mixture, salt and vegetables. Simmer 8–12 minutes, then add the shrimp and poach gently 4–10 minutes until it reaches 145°F / 63°C. Don't let it boil hard.
- 05** Off the heat, stir in the lime juice and basil. Divide into four portions.

Finish. Use every listed finishing herb and acidic liquid off the heat. Keep heat mild; optional adult chili is separate from this shopping list.

Leftovers. Refrigerate within 2 hours in shallow containers and eat within 3–4 days, or freeze. Reheat to 165°F / 74°C.

Ethiopian-Inspired Red Lentil and Tomato Stew

50 min · Serves 4 · Plant-based

Contains: none listed



INGREDIENTS · 4 SERVINGS

300 g dry split red lentils ≈ 1½ cups
200 g yellow onion ≈ ½ lb
16 g garlic ≈ 4 cloves
20 g fresh ginger ≈ 2-inch piece
400 g no-salt-added crushed tomatoes ≈ 1 2/3 cups
250 g carrots ≈ ½ lb
200 g spinach ≈ ½ lb
1000 ml water ≈ 4¼ cups
30 ml extra-virgin olive oil ≈ 2 tbsp
5 g fine salt ≈ 1 tsp
6 g sweet paprika ≈ 2 2/3 tsp
3 g ground cumin ≈ 1½ tsp
3 g ground coriander ≈ 1 2/3 tsp
2 g ground turmeric ≈ 2/3 tsp
0.5 g ground cinnamon ≈ a pinch
1 g pure ground mild ancho chili ≈ 1/3 tsp
30 ml lemon juice ≈ 2 tbsp
15 g fresh parsley ≈ ½ bunch

METHOD

- 01** Rinse the red lentils in a fine sieve and drain. Finely chop the onion, dice the carrots, mince the garlic and ginger, and chop the parsley.
- 02** Heat the 30 ml olive oil in a heavy pot over medium heat. Cook the onion and carrots 8–10 minutes until softened. Add the garlic, ginger and all the spices; stir for 30 seconds without scorching.
- 03** Add the tomatoes, lentils, salt and 1000 ml water. Bring to a gentle boil, then simmer, partly covered, for about 22–30 minutes until the lentils and carrots are tender. Stir often near the end.
- 04** Stir in the spinach for 2–3 minutes until wilted. Off the heat, mix in the lemon juice and parsley. Divide into four portions.

Finish. Use all measured lemon juice and parsley after cooking. Keep the shared batch mild; any extra adult chili is a separate optional addition.

Leftovers. Refrigerate within 2 hours in shallow containers and eat within 3–4 days, or freeze. Reheat to 165°F / 74°C.

One list. One trip.

Amounts are rounded up to what stores sell. Small print shows how much the recipes use and which nights need it. Tick off anything already in your kitchen.

Produce

- ☐ 5 medium zucchini
about 1 kg; Mon, Sat
- ☐ 6 sweet bell peppers
about 900 g; Mon, Thu, Sat
- ☐ 3 heads broccoli
or about 1.3 kg / 2¾ lb florets; Thu, Fri
- ☐ 1 small head green cabbage
about 700 g; Wed
- ☐ 1 lb bag carrots
about 400 g; Wed, Sun
- ☐ 2 bags (10 oz) spinach
about 500 g; Tue, Sun
- ☐ 3 yellow onions
about 450 g; Tue, Fri, Sun
- ☐ 3 heads garlic
about 104 g; every night
- ☐ 1 large piece fresh ginger
about 90 g / 4 in; Tue, Wed, Thu, Sat, Sun
- ☐ 2 stalks lemongrass
Wed
- ☐ 5 lemons
115 ml juice + zest; Mon, Tue, Fri, Sun
- ☐ 4 limes
100 ml juice; Wed, Thu, Sat
- ☐ 1 bunch flat-leaf parsley
Tue, Sun
- ☐ 1 bunch cilantro
Wed
- ☐ 1 bunch basil
Sat
- ☐ 1 bunch green onions
Thu

Dairy & eggs

- ☐ Large eggs
you need 2; Wed, Fri

Protein

- ☐ 1½ lb salmon fillets
680 g, cut in 4 portions; Mon
- ☐ 1½ lb peeled raw shrimp
700 g; Sat
- ☐ 1½ lb ground turkey
700 g; Wed
- ☐ 1½ lb ground bison
700 g; Fri
- ☐ 2 blocks (14–16 oz) extra-firm tofu
800 g; Thu
- ☐ 3 cans (15 oz) chickpeas
about 800 g drained; Tue
- ☐ 1 bag (1 lb) split red lentils
use 300 g; Sun

Pantry

- ☐ 1 bottle (500 ml) extra-virgin olive oil
uses about 220 ml
- ☐ 2 cans (28 oz) no-salt-added crushed tomatoes
uses about 900 g; Tue, Sun
- ☐ 1 can (13.5 oz) unsweetened coconut milk
uses 160 ml; Sat
- ☐ 1 small bag almond flour
uses 50 g; Wed, Fri
- ☐ 1 bottle reduced-sodium tamari
uses 30 ml; Thu
- ☐ 1 bottle rice vinegar
uses 20 ml; Thu
- ☐ 1 bottle no-added-sugar fish sauce
uses 20 ml; Sat

Spices

- | | |
|--|--|
| ☐ Fine salt | ☐ Sweet paprika |
| ☐ Dried oregano | ☐ Ground coriander |
| ☐ Ground black pepper | ☐ Ground turmeric |
| ☐ Ground cumin | ☐ Ground cinnamon |
| ☐ Smoked paprika | ☐ Mild ground ancho chili |

ARK TABLE

YOUR NEXT WEEK

Liked this week? Let ARK plan the next one.

ARK Table is a free family dinner planner. Pick the dinners that look good, and it sizes portions for each person and merges everything into one list for any store. Each week is planned against the USDA's published family food budgets, which put the yearly gap for a family of four at up to \$4,400/yr.*

START MY FREE WEEK IN ARK TABLE



arktable.app/start · Free. No card.

*Illustrative. The USDA Food Plans put a family of four at about \$1,386.70 a month on the moderate-cost plan and \$1,018.20 on the thrifty plan (figures as reported July 2026). Over 12 months the gap is just over \$4,400, which we show as "up to \$4,400 a year" and never more. Your savings depend on what you spend now and will vary. This is a planning comparison, not measured savings or a guarantee.