

Thai meal ideas for a simpler week

Five dinners. One pantry check.

Thai Meal Ideas Weekly

FREE PREVIEW / 3 MEALS / ISSUE-001 / REVISION 3

Three dinner ideas. A taste of a simpler week.

Garlic, rice and a small sauce shelf

Choose your dinners. Open the original recipes. Check your pantry. Make the week your own.

Original planning commentary and source links. Recipe instructions remain with their creators.

We looked so you don't have to.

Source facts last checked 2026-09-20. This is a revised existing issue, not a new weekly delivery.

Our difficulty and weeknight notes are editorial estimates, not cook-tested results. Source timings may exclude sides and extra preparation. Check the original recipes for servings, quantities, instructions and ingredient suitability; nutrition and allergy safety are not verified.

01 / Thai basil chicken

A basil-led chicken dinner with garlic and a compact sauce line-up. An inviting starting point for a Thai dinner at home.

Plan this dinner

Look for Thai holy basil and check your sauce bottles before shopping. Rice is a suggested side; open the recipe to choose quantities for your servings.

Difficulty estimate

Moderate - quick pan work; organize ingredients first

Weeknight fit

Good once ingredients and rice are ready; source batch is one serving

Equipment

Wok or frying pan, Spatula, Knife and board, Rice cooker or saucepan for the suggested rice side

Original recipe: [Mark Wiens / Eating Thai Food](#)

<https://www.eatingthaifood.com/thai-basil-chicken-recipe-pad-kra-pao-gai/>

Use the source for quantities, servings and cooking instructions.

02 / Shrimp fried rice

Shrimp, egg and Chinese broccoli turn rice into the main event. Choose the optional lime-and-fish-sauce condiment if you enjoy an extra finishing touch.

Plan this dinner

Check the source's rice preparation before scheduling dinner. The chilies, fish sauce and lime are for the optional condiment; skip those purchases if you are not making it.

Difficulty estimate

Moderate - ingredient preparation and pan timing

Weeknight fit

Good with the recipe's rice preparation accounted for; not a promise of using Monday's leftovers

Equipment

Wok or large frying pan, Spatula, Knife and board, Rice-cooking equipment if needed

Original recipe: [Mark Wiens / Eating Thai Food](#)

<https://www.eatingthaifood.com/thai-fried-rice-recipe-shrimp/>

Use the source for quantities, servings and cooking instructions.

03 / Pork larb with an optional rice side

A herb-and-lime pork dinner with mint, cilantro and a toasted-rice component. It is a bright change of pace when you want something beyond a stir-fry.

Plan this dinner

Check mint and cilantro availability and whether you have a grinder or mortar for the rice component. The source allows jasmine rice for that component; choose any extra side separately.

Difficulty estimate

Moderate - one extra toasted-rice component

Weeknight fit

A flexible midweek option; allow time for the rice component and any side

Equipment

Small or medium pot, Dry sauté pan, Coffee grinder or mortar and pestle, Knife and board, Rice-cooking equipment if adding a side

Original recipe: Pailin Chongchitnant / Hot Thai Kitchen

<https://hot-thai-kitchen.com/laab-moo/>

Use the source for quantities, servings and cooking instructions.

Make it your week.

Before shopping, choose your serving count and open each recipe's ingredient list. Check what you already have, then buy for the dinners you will actually cook.

The full Thai Meal Ideas Weekly adds the complete five-meal selection, dinner rotation, ingredient overlap and editable worksheet. \$7/month or \$60/year through Whop or Gumroad. Substack subscriptions do not include this product.