[**Stop WordPress asking FTP credentials**](http://bornvirtual.com/wordpress/stop-wordpress-asking-ftp-details/713/)

Adicione:

define( 'FTP\_USER', 'username' );  
define( 'FTP\_PASS', 'password' );  
define( 'FTP\_HOST', 'ftp.example.org:21' );

Em wp-config.php e salve

Fonte: <https://wordpress.org/support/topic/plugin-install-asks-for-ftp-details>