



Dinner, Decided

weekly meal plans

kroll's korner®





Dinner, Decided

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WEEK # 1

Meal Plan

monday



Greek Yogurt
Lemon Baked
Chicken

tuesday



Mexican
Street Corn
Chicken
Bowls

wednesday



Cheeseburger
Salad

thursday



Crispy Baked
Ground Beef
Tacos

friday



One Pot
Ditalini Pasta

sweet treat



Protein
Chocolate
Mousse



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Meal Details

MONDAY

Greek Yogurt Lemon Baked Chicken

Serve with roasted Yukon potatoes & arugala/mixed green salad (with lemon, olive oil, parmesan shavings)

Macros for 1 serving: ~565 calories • ~45g protein • ~33g carbs • ~20g fat



Mexican Street Corn Chicken Bowls

Use leftover Greek yogurt chicken from Monday & serve with cilantro lime rice

Macros for 1 serving: ~600 calories • ~38g protein • ~45g carbs • ~28 g fat

TUESDAY

WEDNESDAY

Cheeseburger Salad w/ Burger Sauce

Use up the rest of the potatoes & serve with air fryer potatoes & special sauce

Macros for 1 serving + potatoes: ~580 calories • ~46g protein ~35g carbs • ~27g fat



Crispy Baked Ground Beef Tacos

With leftover cilantro lime rice and leftover chipotle crema from street corn bowls and leftover cotija if desired

Macros for 1 serving + serving of rice : ~740 cals • ~42g protein • ~58g carbs • ~36-39g fat

THURSDAY

FRIDAY

One Pot Ditalini Boursin Pasta

Serve with your favorite chicken sausage and a vegetable of your choice (I like roasted broccoli!)

Macros for 1 serving: ~725 calories • ~31g protein • ~60g carbs • ~41g fat



Protein Chocolate Mousse

Add a scoop of your favorite protein powder (I love this one!) and serve with fresh berries

Macros for 1 serving: ~210 calories • ~10g protein • ~30g carbs • ~9g fat

SWEET TREAT

WEEK #1 Shopping List

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protein

- 2-2½ lbs boneless, skinless chicken thighs^(A)
- 2 lbs ground beef^(C, D)
- 12oz. chicken sausage^(E)

produce

- 15-21 cloves garlic^(A, B, D, E)
- 2-4 lemons^(A, E)
- 6 limes^(B, D)
- 1 bunch cilantro^(B, D)
- 1 small white onion or shallot^(B)
- 1 small red onion^(C)
- 5 lb. Yukon gold potatoes^(A, C)
- 2-3 avocados^(B, C)
- 2 cups (~2-3 ears) yellow corn^(B)
- 1 pint cherry tomatoes^(C)
- fresh basil, for garnish^(E)
- 5 oz. container arugula^(A)
- mixed greens or romaine^(C)
- Veggie of choice for pasta night^(E)

recipe key

- A - Greek Yogurt Chicken
- B - Mexican Street Corn Bowls
- C - Cheeseburger Salad
- D - Ground Beef Tacos
- E - One Pot Ditalini Pasta
- F - Protein Chocolate Mousse

dairy/cheese

- unsalted butter^(B, E)
- 32 oz. container full-fat Greek yogurt^(A, B)
- ¾ cup sour cream^(B)
- 1 cup mayonnaise^(B, C)
- ½ cup cotija cheese^(B)
- 8 oz. cheddar cheese, shredded^(C)
- 8 oz. Colby Jack cheese, shredded^(D)
- ⅓ cup heavy cream^(E)
- 1 (5.3 oz.) Boursin Garlic & Fine Herbs cheese^(E)
- 1 block Parmesan cheese^(A, E)

pantry/dry goods

- 2 cups (dry) jasmine rice^(B)
- 1½ cups (dry) ditalini pasta^(E)
- 5½ cups chicken broth^(B, E)
- 8-10 corn tortillas (6-inch)^(D)
- 1 can (4 oz.) diced green chiles^(D)
- 1 can (13.5 oz.) coconut milk or coconut cream, unsweetened^(F)
- 12 oz. Medjool dates^(F)
- cocoa powder^(F)
- chocolate chips^(F)
- coconut oil^(F)



WEEK # 1

Pantry + Fridge Staples

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seasonings & spices

- kosher salt ^(A)
- salt ^(B, C, D, E)
- black pepper ^(A, B, C, D, E)
- garlic powder ^(B, C)
- onion powder ^(A)
- cumin ^(A, B)
- paprika ^(A, C)
- smoked paprika ^(B)
- chili powder ^(B)
- dried oregano ^(A)
- dried parsley ^(A)
- sumac ^(A)
- 1 packet taco seasoning ^(D)
- chili flakes ^(B, E)
- sesame seeds, garnish ^(C)

oils / vinegars

- extra virgin olive oil ^(A, D)
- red wine vinegar ^(A)
- white vinegar ^(C)



condiments + specialty items

- Dijon mustard ^(C)
- 1 cup mayonnaise ^(B, C)
- ketchup ^(C)
- sugar ^(C)
- chipotle peppers in adobo ^(B)
- dill pickle slices or spears ^(C)
- Worcestershire sauce ^(C)
- pickle relish ^(C)

spruce it up optional ingredients

- tzatziki ^(B)
- hot sauce ^(B)
- chili crisp ^(B)
- black beans ^(B)
- crushed tortilla chips ^(B)
- sour cream ^(D)
- pico de gallo ^(D)
- guacamole ^(D)

recipe key







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- F – Protein Chocolate Mousse

WEEK #1






Swaps + Tips



swaps

- Ground Beef
 -  Ground Chicken or Turkey
- Cotija Cheese
 -  Feta Cheese
- Corn Tortillas
 -  Flour Tortillas
- Fresh or Dried Parsley
 -  Lightly Dried Parsley (stays fresh in the fridge for 4 weeks!)
- Chicken Broth
 -  Chicken Bone Broth
- Sour Cream
 -  Greek yogurt in chipotle crema

leftovers

- Leftover Chicken Broth  Make my One Pot Sausage and Rice Skillet for the weekend to use up the rest of the broth - it calls for 3 cups but you can just use ½ cup water to fill in the gap!
- Leftover Street Corn  Serve with the tacos on Thursday.
- Leftover Chipotle Chili Peppers  Make my Slow Cooker Chipotle Honey Chicken + Leftover Corn Tortillas  Chipotle Chicken Baked Tacos
- Leftover potatoes  enjoy with scrambled eggs for breakfast!

shopping tips

- Garlic: Buy pre-peeled garlic for the week
- Cheese ^(C,D): if you don't want to buy cheddar and Colby Jack, purchase 1 block to use for both meals.

prep work

- Sunday: Make the Chipotle Crema ^(B,D) and the burger salad sauce ^(C)
- Monday: Plan when you're making the chicken so it has time to marinate ^(A)
- Rice: Make cilantro lime rice ^(B,D) on Monday so Tuesday is a breeze.
- Chop: chop any veggies in advance for salad ^(C), so dinner is streamlined. These containers come in handy!

scaling recipes

- Each recipe on the website has an option to scale it up or down in the recipe card. It looks like this ↓



- If you have a larger family, I would recommend doubling the Greek Yogurt Chicken recipe to ensure you have enough chicken for Tuesday's meal.