



Dinner, Decided

weekly meal plans

kroll's korner®

Week
2





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kroll's korner

WEEK # 2

Meal Plan

monday



**Chili Crisp
Beef Ramen
Noodles**

tuesday



**Pesto Chicken
Meatballs &
Orzo**

wednesday



**Sesame Chicken
Coconut Rice
Bowls**

thursday



**Sheet Pan
Pesto Salmon**

friday



**Chopped
Sesame
Chicken Salad**

sweet treat



**Monster
Cookie Protein
Energy Bites**



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Meal Details

MONDAY

Chili Crisp Beef Ramen Noodles

Serve with a veggie of your choice or just enjoy it as is! I usually like broccoli or edamame for my veggie.

Macros for 1 serving (no side): ~570 calories • ~25g protein • ~40g carbs • ~40g fat



Pesto Chicken Meatballs & Orzo

Serve with a roasted veggie of your choice (I like broccoli or asparagus with this recipe).

Macros for 1 serving (no side): ~560 calories • ~27 protein • ~33g carbs • ~35g fat

TUESDAY

WEDNESDAY

Sesame Chicken Coconut Rice Bowls

Sesame chicken cutlets + crunchy Asian slaw + coconut rice = perfectly balanced bowls!

Macros for 1 serving: ~780 calories • ~48g protein • ~53g carbs • ~43g fat



Sheet Pan Pesto Salmon

Use the rest of the pesto in this 30 min. weeknight wonder. Potatoes and veggies all cook with the salmon!

Macros for 1 serving: ~680 cals • ~44g protein • ~25g carbs • ~51g fat

THURSDAY

FRIDAY

Chopped Sesame Chicken Salad

Use leftover sesame chicken cutlets from Wednesday + leftover cabbage. Leftover coconut rice also pairs well with this salad.

Macros for 1 serving: ~475 calories • ~33g protein • ~20g carbs • ~21g fat



Monster Cookie Protein Energy Bites

A sweet treat that you can also feel good about with a little protein in each bite!

Macros for 1 bite: ~126 calories • ~5g protein • ~16g carbs • ~5g fat

SWEET TREAT

WEEK # 2

Shopping List

 Dinner, Decided

kröll's korner®

produce

- 11 cloves garlic ^(A, B, C, E)
- 2 bunches green onions ^(A, C, E)
- 5-6 limes ^(A, C)
- 2 lemons ^(B, D)
- 1 small shallot ^(B)
- 6 cups green cabbage ^(C)
- 4 cups red cabbage ^(C, E)
- 3 cups shredded / julienned carrots ^(C, E)
- 1 head Napa cabbage ^(E)
- 1 bunch cilantro ^(C)
- 2 tsp. fresh ginger ^(C, E)
- 1 ½ lbs baby Yukon gold potatoes or sweet potatoes ^(D)
- 1 bunch asparagus ^(D)
- 1 pint cherry tomatoes ^(D)
- 2 cups shredded romaine lettuce ^(E)
- 1 cup edamame, shelled ^(E)
- fresh basil (optional garnish) ^(B, D)

protein

- 1 lb ground beef ^(A)
- 1 lb ground chicken ^(B)
- 3 ½ lbs chicken breasts ^(C, E)
- 4 salmon fillets ^(D)
- 3 large eggs ^(B, C)

dairy/cheese

- 2 Tbsp. butter ^(B, C)
- ½ cup heavy cream ^(B)
- 1 ⅓ cup parmesan cheese ^(B, D)

pantry/dry goods

- 1 ½ cups (dry) orzo ^(B)
- 10 oz. ramen noodles ^(A)
- 1 ½ cups (dry) jasmine rice ^(C)
- ½ cup all-purpose flour ^(C)
- 2 ¼ cups quick oats ^(F)
- ½ cup vanilla protein powder ^(F)
- 1 ⅔ cups panko breadcrumbs ^(B, C)
- 1 Tbsp. cornstarch ^(A)
- 2 Tbsp. brown sugar ^(A, E)
- 1 Tbsp. granulated sugar ^(C)
- 1 (13.5 oz) can full-fat coconut milk ^(C)
- 3 cups chicken broth ^(B)
- 1 ½ - 2 cups beef broth ^(A)
- ½ cup + 1 Tbsp. honey ^(C, F)
- ¼ cup mini chocolate chips ^(F)
- ½ cup mini M&Ms ^(F)
- 3.5 oz bag crunchy wonton strips / chow mein noodles ^(E)
- 1 (15 oz) can Mandarin oranges ^(E)
- ⅓ cup roasted peanuts or cashews ^(C)
- ½ cup sliced almonds ^(E)

recipe key

- A - Chili Crisp Ramen
- B - Pesto Chicken Meatballs & Orzo
- C - Sesame Chicken Rice Bowls
- D - Sheet Pan Pesto Salmon
- E - Sesame Chicken Salad
- F - Monster Cookie Energy Bites

WEEK # 2

Pantry + Fridge Staples



seasonings & spices

- kosher salt ^(B, C, D)
- black pepper ^(B, C, D)
- Italian seasoning ^(B)
- garlic powder ^(C, D)
- chili flakes ^(C)

spruce it up optional ingredients

- extra pesto for drizzling ^(D)
- extra Parmesan for garnish ^(B, D)
- roasted peanuts or cashews ^(C)
- lemon squeezed over salmon before serving ^(D)

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condiments + specialty items

- pesto (+ extra for drizzling) ^(B, D)
- soy sauce ^(A, C, E)
- creamy peanut butter ^(F)
- vanilla extract ^(F)
- honey ^(F)
- hoisin sauce ^(A)
- fish sauce (optional) ^(A)
- chili crisp ^(A, C)
- chili garlic sauce ^(E)
- sesame seeds ^(C, D)

oils / vinegars

- olive oil ^(B, C, D)
- neutral oil (canola, vegetable, avocado, grapeseed, etc.) ^(A, C, E)
- sesame oil ^(A, C, E)
- rice vinegar or rice wine vinegar ^(A, C, E)





WEEK # 2

Swaps + Tips



swaps

- Ground Beef ^(A)
 Ground Chicken, Pork, or Turkey
- Chicken Breasts ^(C, E)
 Chicken Thighs
- Asparagus ^(D)
 Green Beans or Broccoli
- Heavy Cream ^(B)
 Half-and-half
- Parmesan ^(B, D)
 Pecorino Romano
- Ramen Noodles ^(A)
 Rice Noodles
- Peanut Butter ^(F)
 Almond or Cashew Butter
- Cabbage, Carrots ^(C, E)
 Bagged Broccoli Slaw
- Cilantro ^(C)
 Parsley
- Sliced Almonds ^(E)
 Skip buying & use more peanuts

leftovers

- Heavy Cream → Use in your coffee, in pasta sauce, or soup!
- Broth → Cook rice or quinoa
- Panko → Leftover panko will last a while, but you can also use it in Salmon Nuggets, Baked Spinach Artichoke Dip, or Juicy Chicken Meatballs
- Pesto → Corn Pesto Salad or Pesto Gnocchi & Chicken

shopping tips

- Chicken ^(C, E) - Plan to leave yourself leftovers of Wednesday's chicken to use in Friday's salad OR grab a rotisserie chicken to shred
- Slaw ^(C) - Buy pre-chopped slaw to save time
- Salmon ^(D) - Frozen salmon works great, just make sure to thaw
- Pesto ^(B, D) - I love Costco's pesto!

prep work

- Sunday:
 - Make the Monster Cookie Energy Bites so you can enjoy them all week long.
 - Chop the green onions ^(A, C, E)
 - Wash & prep cabbage ^(C, E)
 - Make sesame dressing(s) ^(C, E)
 - Prep slaw mix ^(C) if not using bagged
- Tuesday: Double the meatballs & serve for lunch w/ protein pasta

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 Sesame Chicken ^(C) to ensure you have enough chicken for Friday's salad.