



# Dinner, Decided

*weekly meal plans*

**kroll's korner**

Week  
**3**



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*kroll's korner*

**WEEK # 3**

# Meal Plan

*monday*



**Mediterranean Meatballs & Orzo**

*tuesday*



**Salsa Verde Chicken Bowls**

*wednesday*



**High-Protein Mediterranean Beef Bowls**

*thursday*



**Sheet Pan Fajitas**

*friday*



**Slow Cooker Pulled Pork**

*sweet treat*



**Salted Pretzel Cookie Dough Date Bark**



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## WEEK # 3

# Meal Details

MONDAY

## Mediterranean Meatballs & Orzo

An easy weeknight meal that comes together in one pan & is perfect served with tzatziki or my crisp cucumber tomato salad.

Macros for ¼ of recipe (meat + orzo): ~560 calories • ~34g protein • ~59g carbs • ~21g fat



## Slow Cooker Salsa Verde Chicken Bowls

Serve this salsa verde chicken in burrito bowls with rice, beans, avocado, & your favorite toppings.

Macros for ~6 oz chicken: ~330 calories • ~34g protein • ~4g carbs • ~19g fat

TUESDAY

WEDNESDAY

## High-Protein Mediterranean Beef Bowls

These bowls are my fresh twist on the viral recipe. They are high-protein, flavorful, & perfect for an easy weeknight meal.

Macros for 1 bowl + toppings: ~560 calories • ~36g protein • ~35g carbs • ~32g fat



## Sheet Pan Flank Steak Fajitas

Everyone can build their own fajitas with fresh toppings like guacamole, salsa, cilantro, and sour cream

Macros without toppings: ~355 cal • ~33g protein • ~10g carbs • ~20g fat

THURSDAY

FRIDAY

## Slow Cooker Pulled Pork

Serve it in sandwiches, tacos, burritos, on baked potatoes, salads, or with various sides like coleslaw, baked beans, & cornbread.

Macros for ~6oz pork: ~460 calories • ~35g protein • ~15g carbs • ~28g fat



## Salted Pretzel Cookie Dough Date Bark

This is an easy no-bake, high-protein treat that tastes indulgent but is made with simple ingredients.

Macros: ~280calories • ~7g protein • ~34g carbs • ~10g fat

SWEET TREAT

Disclaimer: Nutritional information is provided as a courtesy and is automatically calculated. It should only be construed as an estimate rather than a guarantee. Ingredients can vary and Kroll's Korner can't make any guarantees to the accuracy of this information.

# WEEK # 3

# Shopping List

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## produce

- 18-20 cloves garlic <sup>(A, B, C)</sup>
- 2 small lemons <sup>(A)</sup>
- 3 limes <sup>(B, C, D)</sup>
- 1 small bunch fresh parsley <sup>(A)</sup>
- fresh dill <sup>(A, C)</sup>
- 1 bunch fresh cilantro <sup>(B, C, D)</sup>
- 1 shallot <sup>(A)</sup>
- 2 small yellow onions <sup>(B, D, E)</sup>
- 1 small red onion <sup>(C)</sup>
- 1-2 English cucumbers <sup>(C)</sup>
- 1 medium tomato <sup>(C)</sup>
- 2-3 medium sweet potatoes <sup>(C)</sup>
- 3 large bell peppers <sup>(D)</sup>
- ¼ cup Kalamata olives <sup>(C)</sup>

## protein

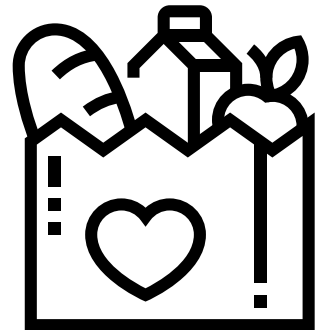
- 1 lb ground chicken <sup>(A)</sup>
- 2 ½ lbs chicken thighs <sup>(B)</sup>
- 1 lb ground beef <sup>(C)</sup>
- 2 lbs flank steak <sup>(D)</sup>
- 4 lbs boneless pork shoulder <sup>(E)</sup>

## dairy/cheese

- ⅔ cup crumbled feta cheese <sup>(A, C)</sup>
- 4 Tbsp cream cheese or ½ cup sour cream <sup>(B)</sup>
- 1 (16oz) container cottage cheese <sup>(C)</sup>

## pantry/dry goods

- 1 ½ cups (dry) orzo <sup>(A)</sup>
- 1 cup (dry) long grain white rice <sup>(B)</sup>
- ⅔ cup panko breadcrumbs <sup>(A)</sup>
- 1 package slider buns <sup>(E)</sup>
- 1 package fajita size tortillas <sup>(D)</sup>
- 1 (15 oz) can black beans <sup>(B)</sup>
- 1 (4 oz) can diced green chilies <sup>(B)</sup>
- 16 oz salsa verde <sup>(B)</sup>
- 3 ½ cups chicken broth <sup>(A, B)</sup>
- 1 Tbsp. sun-dried tomato paste or ¼ cup chopped sun-dried tomatoes <sup>(A)</sup>
- 12 oz (~15 pieces) Medjool dates <sup>(F)</sup>
- ⅓ cup vanilla protein powder <sup>(F)</sup>
- almond flour <sup>(F)</sup>
- 2-3 tbsp mini chocolate chips <sup>(F)</sup>
- 1 cup dark chocolate chips <sup>(F)</sup>
- 1 cup mini pretzels <sup>(F)</sup>



## recipe key

- A - Mediterranean Meatballs & Orzo
- B - Salsa Verde Chicken Bowls
- C - Mediterranean Beef Bowls
- D - Sheet Pan Fajitas
- E - Slow Cooker Pulled Pork
- F - Salted Pretzel Cookie Dough Bark

# WEEK # 3

# Pantry + Fridge Staples

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## seasonings + spices

- kosher salt <sup>(A, B, C, E)</sup>
- black pepper <sup>(A, B, C, E)</sup>
- dried oregano <sup>(A, B, C)</sup>
- ground cumin <sup>(B, C)</sup>
- chili powder <sup>(B, E)</sup>
- paprika <sup>(C, E)</sup>
- garlic powder <sup>(B, E)</sup>
- onion powder <sup>(B)</sup>
- cayenne pepper <sup>(E)</sup>
- fajita seasoning <sup>(D)</sup>
- flaky sea salt <sup>(F)</sup>

## oils / vinegars

- olive oil <sup>(A, B, C, D)</sup>
- red wine vinegar <sup>(C)</sup>
- apple cider vinegar <sup>(E)</sup>

## recipe key

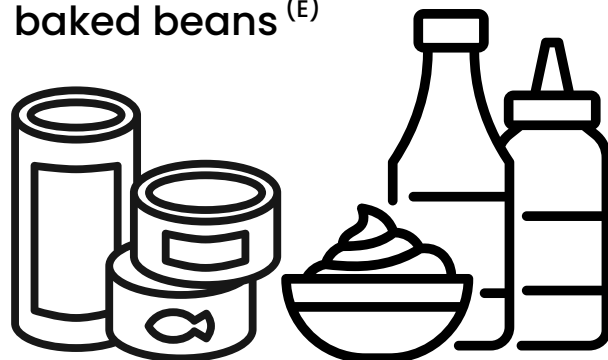
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## condiments + specialty items

- ketchup <sup>(E)</sup>
- dark brown sugar <sup>(E)</sup>
- yellow mustard <sup>(E)</sup>
- Worcestershire sauce <sup>(E)</sup>
- BBQ sauce <sup>(E)</sup>
- peanut butter <sup>(F)</sup>
- honey <sup>(C, F)</sup>
- vanilla extract <sup>(F)</sup>

## spruce it up optional ingredients

- tzatziki <sup>(A)</sup>
- cucumber tomato salad <sup>(A)</sup>
- baby spinach <sup>(A)</sup>
- avocado slices <sup>(B)</sup>
- pickled onions <sup>(E)</sup>
- sour cream or Greek yogurt <sup>(B, D)</sup>
- salsa <sup>(B, D)</sup>
- guacamole <sup>(B, D)</sup>
- hot honey <sup>(C)</sup>
- lime wedges <sup>(C, D)</sup>
- coleslaw <sup>(E)</sup>
- baked beans <sup>(E)</sup>









# WEEK # 3

# Swaps + Tips



## swaps

- ground beef <sup>(C)</sup>  
 ground chicken or turkey
- chicken thighs <sup>(B)</sup>  
 chicken breasts
- flank steak <sup>(D)</sup>  
 chicken breasts/thighs, skirt steak, sirloin steak
- ground chicken <sup>(A)</sup>  
 ground turkey
- fresh parsley <sup>(A)</sup>  
 Gourmet Garden lightly dried chopped parsley
- slider buns <sup>(E)</sup>  
 Hawaiian rolls, brioche buns, baked potatoes

## leftovers

- Broth <sup>(A, B)</sup> ➔ Cook rice or quinoa
- Panko <sup>(A)</sup> ➔ Leftover panko will last a while, but you can also use it in Salmon Nuggets, Baked Spinach Artichoke Dip, or Juicy Chicken Meatballs
- Salsa Verde <sup>(B)</sup> ➔ Make my Green Chicken Chili Soup
- Sweet potatoes <sup>(C)</sup> ➔ Make Air Fryer Sweet Potatoes & serve with scrambled eggs for breakfast
- Slow Cooker Pulled Pork <sup>(E)</sup> ➔ enjoy it over the weekend in tacos, burritos, over salad, over baked potatoes or freeze leftovers for future weeks

## shopping tips

- Limes <sup>(B, C, D)</sup> – Bottled lime juice works in a pinch!
- Long grain white rice <sup>(B)</sup> – Microwave packs of rice are a good shortcut if you don't have time to cook the rice
- Pulled pork <sup>(E)</sup> – Pick up a bag of premade coleslaw and a can of baked beans for easy sides.
- Chicken broth <sup>(A, B)</sup> – One 32 oz. carton is enough for both recipes this week

## prep work

Do this prep work earlier in the week to get ahead & save time later:

- Aromatics: mince the garlic <sup>(A, B, C)</sup>, dice the yellow onions <sup>(B, D, E)</sup> & red onion <sup>(C)</sup>, mince the shallot <sup>(A)</sup>
- Herbs: wash, dry, & chop the parsley <sup>(A)</sup>, dill <sup>(A, C)</sup>, cilantro <sup>(B, C, D)</sup>
- Whisk together the ingredients for the pulled pork sauce <sup>(F)</sup>
- Slice the bell peppers <sup>(D)</sup>

## scaling recipes

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

Servings:

1/2x

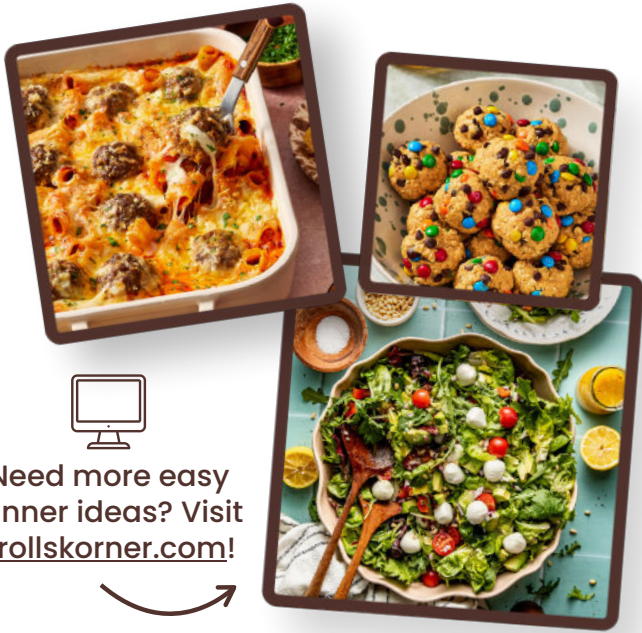
1x

2x

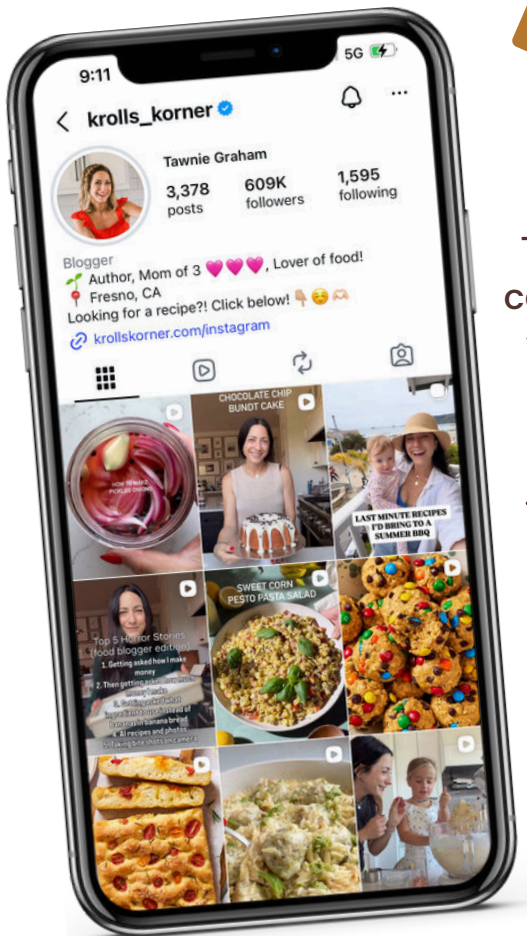
3x

# Thanks for cooking with me this week!

I hope this week's meal plan helped take some of the stress out of dinner.



Need more easy dinner ideas? Visit [krollskorner.com](http://krollskorner.com)!



Tag me so I can see what you made!



## BEFORE YOU GO



SAVE this PDF so you can reuse this meal plan in the future



PRINT this shopping list before you head to the grocery store



PIN your favorite recipes for later



LEAVE A REVIEW on each recipe on [krollskorner.com](http://krollskorner.com)



SHARE your meals and tag me [@krolls\\_korner](https://www.instagram.com/krolls_korner)

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