



Dinner, Decided

weekly meal plans

kroll's korner®

Week
4



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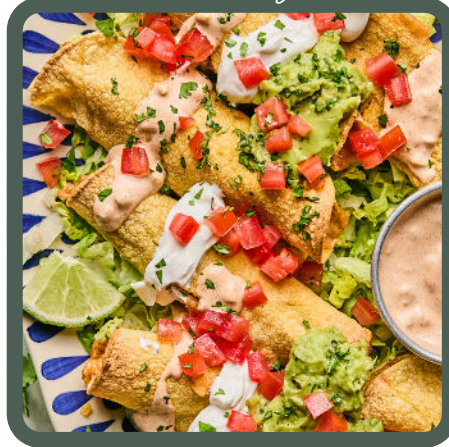
WEEK # 4 Meal Plan

monday



**Creamy Tuscan
Chicken & Rice**

tuesday



**Baked Bean &
Cheese Taquitos**

wednesday



**Brown Sugar
Miso Glazed
Salmon**

thursday



**30 Minute Taco
Skillet**

friday



**Korean Beef
Bowls**

sweet treat



**Protein Peanut
Butter Cups**

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WEEK # 4 Meal Details

MONDAY

Creamy Tuscan Chicken & Rice

This 30-minute weeknight meal is an all-in-one dinner! You can serve with my [Favorite Everyday Salad](#) if you'd like, too!

Macros (no side salad): ~545 calories • ~35g protein • ~31g carbs • ~31g fat



Baked Bean & Cheese Taquitos

Serve these delicious baked taquitos with your favorite toppings or I love to brighten up with meal with this [Avocado Corn Salad](#).

Macros for 2 corn tortilla taquitos (no toppings/side): ~270 calories • ~10g protein • ~30g carbs • ~12g fat



TUESDAY

WEDNESDAY

Brown Sugar Miso Glazed Salmon

This salmon is restaurant-worthy but SO easy to make at home. Serve in bowls with your favorite noodles, edamame, & avocado.

Macros for salmon (no sides): ~400 calories • ~34g protein • ~6g carbs • ~25g fat



30 Minute One Pan Taco Skillet

Another 30-minute weeknight win! Kid and adult approved, serve it with leftover tortillas, your favorite toppings, and crunchy chips!

Macros w/ 5 corn tortillas: ~325 calories • ~23g protein • ~23g carbs • ~17g fat



THURSDAY

FRIDAY

Slow Cooker Korean Beef Bowls

Packed with flavor & unbelievably easy! Serve in rice bowls, tacos, sandwiches, quesadillas, or even on a loaded baked potato!

Macros for ~4 oz beef: ~414 calories • ~28g protein • ~12g carbs • ~25g fat



Protein Peanut Butter Cups

Because your freezer deserves a healthy sweet treat like this! Don't forget the flaky sea salt - so good!

Macros: ~200 calories • ~9g protein • ~23g carbs • ~12g 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 # 4 Shopping List



produce

- 13 cloves garlic ^(A, C, D, E)
- 1 medium white onion ^(A, D)
- 1 knob fresh ginger ^(C, E)
- fresh parsley, for garnish ^(A)
- 3 cups fresh spinach ^(A)
- ½ cup sun-dried tomatoes ^(A)
- 1–2 lemons ^(A)
- 2–3 limes ^(B, D)
- 2 bunches green onions ^(C, D, E)
- 1 bunch fresh cilantro ^(B, D)
- 2–3 avocados (or guacamole) ^(B, D, E)
- 2 cups shredded carrots ^(E)
- 2 english cucumbers ^(E)
- 1 bag frozen edamame ^(E)

protein

- 1 ½ – 2 lbs chicken thighs ^(A)
- 4 salmon fillets (5–6 oz each) ^(C)
- 1 lb lean ground turkey ^(D)
- 3 lbs boneless chuck roast ^(E)

dairy/cheese

- 2 Tbsp unsalted butter ^(A)
- ½ cup heavy cream ^(A)
- ¼ cup parmesan cheese + more for serving ^(A)
- 2 ½ – 3 cups shredded cheese ^(B, D)
- 2 Tbsp sour cream + more for serving ^(B, D)
- 3–4 Tbsp milk ^(F)

pantry/dry goods

- 2 cups dry long grain white rice (jasmine or basmati) ^(A, E)
- 1 package (10 oz) ramen noodles ^(C)
- 19–24 tortillas (flour or corn) ^(B, D)
- 1 (15 oz) can refried beans ^(B)
- 1 (15 oz) can kidney beans ^(D)
- 1 (15 oz) can black beans ^(D)
- 2 cups chicken broth ^(A)
- ½ cup beef broth ^(E)
- 1 (10 ¾ oz) can tomato soup ^(D)
- 1 cup oat flour ^(F)
- ½ cup vanilla protein powder ^(F)
- ½ cup Rice Krispies cereal ^(F)
- 1 cup dark chocolate chips ^(F)



recipe key

- A – Creamy Tuscan Chicken & Rice
- B – Baked Bean & Cheese Taquitos
- C – Miso Glazed Salmon
- D – 30 Minute Taco Skillet
- E – Korean Beef Bowls
- F – Protein Peanut Butter Cups

WEEK # 4

Pantry + Fridge Staples



spruce it up optional ingredients

- Lemon wedges ^(A)
- Guacamole ^(B, D)
- Fresh cilantro ^(B, D)
- Shredded lettuce ^(B)
- Diced tomatoes ^(B, D)
- Sesame seeds ^(C, E)
- Kimchi ^(E)
- Flaky sea salt ^(F)
- sriracha or chili crunch ^(E)

oils / vinegars

- olive oil ^(A, D)
- cooking spray (optional) ^(B, C)
- toasted sesame oil ^(C, E)
- rice vinegar ^(C, E)
- coconut oil ^(F)

recipe key

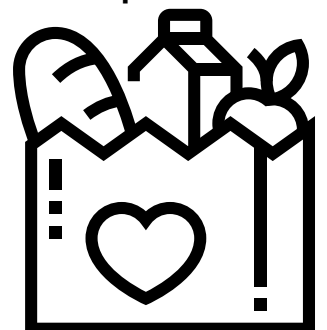
A – Creamy Tuscan Chicken & Rice
B – Baked Bean & Cheese Taquitos
C – Miso Glazed Salmon
D – 30 Minute Taco Skillet
E – Korean Beef Bowls
F – Protein Peanut Butter Cups

condiments + specialty items

- ¼ cup miso paste ^(C)
- ¾ cup soy sauce or shoyu ^(C, E)
- ½ cup brown sugar ^(C, E)
- 1 tsp honey ^(C)
- ⅓ cup maple syrup ^(F)
- ¾ cup peanut butter ^(F)
- 1 tsp vanilla extract ^(F)
- 1 ½ Tbsp mirin ^(C)
- 1 Tbsp fish sauce ^(E)
- 3 Tbsp gochujang ^(E)
- 2 Tbsp cornstarch ^(E)
- ¼ cup unsweetened applesauce ^(E)
- 2 tsp hot sauce ^(B)
- 1 (24 oz) jar southwest salsa ^(D)

seasonings + spices

- kosher salt ^(A, B, F)
- black pepper ^(A, E)
- Italian seasoning ^(A)
- garlic powder ^(A)
- paprika ^(A)
- 2 packets taco seasoning ^(B, D)
- ground cinnamon, optional ^(F)
- chili flakes,
- optional ^(C)
- flaky sea salt,
- optional ^(F)



WEEK # 4 Swaps + Tips



swaps

- tortillas ^(B, D)
 flour or corn
- salmon ^(C)
 halibut (+ adjust cook time)
- ground turkey ^(D)
 ground chicken, ground beef
- soy sauce ^(C, E)
 tamari or coconut aminos
- peanut butter ^(F)
 almond or cashew butter

leftovers

- Broth ^(A) ➔ Cook rice or quinoa or use a splash to liven up Tuscan Chicken & Rice ^(A) when reheating leftovers
- Heavy Cream ^(A) ➔ Make Cinnamon Sugar Scones for a weekend treat
- Spoon leftover Taco Skillet ^(D) into tortillas for tacos or burritos
- Add leftover Brown Sugar Glazed Salmon ^(C) to fried rice w/ green onions & edamame
- Korean Beef ^(E) ➔ use throughout the weekend in tacos, burritos, bowls on baked potatoes, or with fried rice

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

shopping tips

- Avocados ^(B, D, E) – Buy at different stages of ripeness so you don't need to use all on the same day
- White rice ^(A, E) – Microwave packs of rice are a good shortcut if you don't have time to cook the rice
- Ramen noodles ^(C) – Discard the seasoning packets, or purchase plain ramen noodles from the Asian-food section
- Salmon fillets ^(C) – Frozen individually portioned fillets are easy & often less expensive. Thaw completely before marinating
- Cooking spray ^(B, C) – I've been using this spray to spritz the taquitos ^(B) & grease the pans

prep work

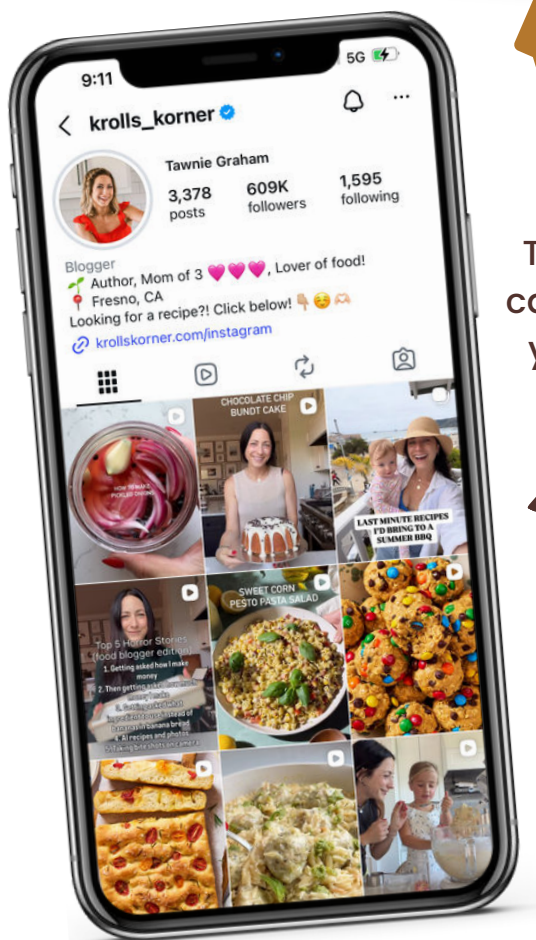
- Whisk together the miso glaze ^(C) 1-2 days ahead of time
- Mince a large batch of garlic ^(A, C, D, E) at once and store it in a tightly sealed container in the refrigerator.
- Grate all the fresh ginger ^(C, E) at once. Peel w/ a spoon, freeze it, & grate with a microplane
- Roll the taquitos ^(B) earlier in the day, cover, & refrigerate until baking.
- Make the Protein Peanut Butter Cups ^(F) on Sunday or Monday so you have them to snack on all week!

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!



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



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