





# Dinner, Decided

*weekly meal plans*

**kroll's korner®**

Week  
**5**





**Dinner, Decided**

*kroll's korner*

# WEEK # 5 Meal Plan

*monday*



Ground Turkey  
Sweet Potato  
Bowls

*tuesday*



Chicken  
Piccata  
Meatballs

*wednesday*



Ground Pork  
Stir Fry

*thursday*



Slow Cooker  
Ranch Chicken  
& Potatoes

*friday*



Steak Cobb  
Salad

*sweet treat*



Black Bean  
Brownies

  
**Dinner, Decided**

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# WEEK # 5 Meal Details

MONDAY

## Ground Turkey Sweet Potato Bowls

It's all about the toppings with bowls! Serve with my [pickled onions](#), cilantro, cheese, avocado, sour cream, or green onions.

Macros (no toppings): ~495 calories • ~31g protein • ~31g carbs • ~27g fat



## Chicken Piccata Meatballs

Everything you love about piccata but built for weeknights! Serve with angel hair pasta & any veggie you enjoy (ideas: garlic butter mushrooms, asparagus, side salad, etc.)

Macros (no sides): ~350 calories • ~33g protein • ~8g carbs • ~21g fat



TUESDAY

WEDNESDAY

## 20 Minute Ground Pork Stir Fry

Ground pork is such a great, affordable protein and is delicious in this speedy meal. Serve with ramen, rice, or fried rice.

Macros (no rice/ramen): ~318 calories • ~27g protein • ~16g carbs • ~12g fat



## Slow Cooker Ranch Chicken & Potatoes

Nothing is better than a set-it-and-forget-it recipe... AND a meal that has protein, veggies, & carbs cooked all together! You'll love this one.

Macros: ~525 calories • ~35g protein • ~29g carbs • ~31g fat



THURSDAY

FRIDAY

## Steak Cobb Salad w/ BBQ Vinaigrette

You won't believe how delicious this dressing is. It's a dupe from a salad here in Fresno! Pair it with a cocktail/mocktail because you deserve it!

Macros: ~667 calories • ~35g protein • ~9g carbs • ~55g fat



## Black Bean Brownies (Gluten-Free!)

All ingredients get blended, baked for just 30 mins, & your sweet treat of the week is done! So fudgy & no one will detect the beans!

Macros (1 small brownie): ~180 calories • ~3g protein • ~23g 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 #5 Shopping List



## produce

- 10–13 cloves garlic <sup>(A, B, C, D, E)</sup>
- 1 small white onion <sup>(A)</sup>
- 1 small red bell pepper <sup>(A)</sup>
- 4 medium sweet potatoes <sup>(A)</sup>
- 2 avocados <sup>(A, E)</sup>
- 1 large shallot <sup>(B, C, E)</sup>
- 1 bunch fresh parsley <sup>(B, D, E)</sup>
- 3 lemons <sup>(B, E)</sup>
- 1 small knob fresh ginger <sup>(C)</sup>
- 1 large head broccoli <sup>(C)</sup>
- 1 ½ lbs baby Yukon Gold potatoes <sup>(D)</sup>
- 12 oz bag fresh green beans <sup>(D)</sup>
- 1 head romaine or 1 package mixed greens <sup>(E)</sup>
- 1 pint cherry tomatoes <sup>(E)</sup>

## pantry/dry goods

- 1 (14 oz) can petite diced tomatoes <sup>(A)</sup>
- 1 (15 oz) can black beans <sup>(F)</sup>
- ½ cup panko breadcrumbs <sup>(B)</sup>
- 1 ¼ cups chicken broth <sup>(B, D)</sup>
- ½ cup dry white wine <sup>(B)</sup>
- 1 package angel hair pasta <sup>(B)</sup>
- sushi rice, ramen, or chow mein noodles (for serving) <sup>(C)</sup>
- 4 oz semisweet chocolate <sup>(F)</sup>
- ¾ cup mini chocolate chips <sup>(F)</sup>
- baking powder <sup>(F)</sup>
- Dutch-process cocoa powder <sup>(F)</sup>

## protein

- 1 lb ground turkey <sup>(A)</sup>
- 1 lb ground chicken <sup>(B)</sup>
- 1 lb ground pork <sup>(C)</sup>
- 2 lbs boneless skinless chicken thighs or breasts <sup>(D)</sup>
- 1 ½ lbs steak (ribeye, NY strip, or sirloin) <sup>(E)</sup>
- 1 package cooked bacon <sup>(E)</sup>
- 3 large eggs <sup>(B, F)</sup> + more (as desired) to make hard-boiled <sup>(E)</sup>

## dairy/cheese

- 3–4 Tbsp unsalted butter <sup>(A, B, D)</sup>
- ⅓ cup parmesan cheese <sup>(B)</sup>
- ¼ cup heavy cream <sup>(B)</sup>
- 4 oz cream cheese <sup>(D)</sup>
- ¼ cup shredded cheddar or white cheddar cheese <sup>(A)</sup>
- blue cheese or feta crumbles (as desired) <sup>(E)</sup>

## recipe key

- A – Ground Turkey Sweet Potato Bowls
- B – Chicken Piccata Meatballs
- C – Ground Pork Stir Fry
- D – Slow Cooker Ranch Chicken
- E – Steak Cobb Salad
- F – Black Bean Brownies

# WEEK # 5

# Pantry + Fridge Staples

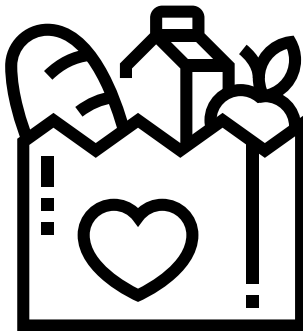


## oils / vinegars

- olive oil <sup>(A, B, E)</sup>
- neutral oil <sup>(E, F)</sup>
- vegetable oil <sup>(C)</sup>
- sesame oil <sup>(C)</sup>
- rice vinegar <sup>(C)</sup>
- apple cider vinegar <sup>(E)</sup>
- red wine vinegar <sup>(E)</sup>

## condiments + specialty items

- tomato paste <sup>(A)</sup>
- Worcestershire sauce <sup>(A, D)</sup>
- capers <sup>(B)</sup>
- soy sauce <sup>(C)</sup>
- shaoxing wine <sup>(C)</sup>
- cornstarch <sup>(C)</sup>
- Dijon mustard <sup>(D, E)</sup>
- honey <sup>(C, E, F)</sup>
- brown sugar <sup>(E)</sup>
- BBQ sauce <sup>(E)</sup>
- ketchup <sup>(E)</sup>
- vanilla extract <sup>(F)</sup>



## recipe key

A – Ground Turkey Sweet Potato Bowls  
B – Chicken Piccata Meatballs  
C – Ground Pork Stir Fry  
D – Slow Cooker Ranch Chicken  
E – Steak Cobb Salad  
F – Black Bean Brownies

## seasonings + spices

- kosher salt <sup>(A, B, C, D, E, F)</sup>
- black pepper <sup>(A, B, C, D, E)</sup>
- white pepper <sup>(C)</sup>
- garlic powder <sup>(A)</sup>
- smoked paprika <sup>(A, E)</sup>
- paprika <sup>(D)</sup>
- ground cumin <sup>(A)</sup>
- dried oregano <sup>(A)</sup>
- dried parsley <sup>(D)</sup>
- onion powder <sup>(D)</sup>
- ranch seasoning <sup>(D)</sup>
- red pepper flakes <sup>(A)</sup>
- chili flakes <sup>(A, C, D)</sup>
- flaky sea salt <sup>(F)</sup>

## spruce it up optional ingredients

- green onions <sup>(A, C)</sup>
- cilantro <sup>(A)</sup>
- pickled red onions <sup>(A)</sup>
- lime wedges <sup>(A)</sup>
- Greek yogurt/sour cream <sup>(A)</sup>
- hot sauce <sup>(A)</sup>
- chili crisp <sup>(A)</sup>
- lemon zest <sup>(B)</sup>
- sesame seeds <sup>(C)</sup>
- grilled corn <sup>(E)</sup>
- red onion <sup>(E)</sup>
- fresh basil <sup>(E)</sup>

# WEEK #5

# Swaps + Tips



## swaps



- ground turkey <sup>(A)</sup>
  - ↻ ground chicken, ground beef, ground pork
- angel hair pasta <sup>(B)</sup>
  - ↻ linguine, spaghetti, fettuccine, mashed potatoes, rice
- dry white wine <sup>(B)</sup>
  - ↻ additional chicken broth
- broccoli <sup>(C)</sup>
  - ↻ snap peas, mushrooms, carrots, bok choy, zucchini, cabbage, bell peppers, green beans, asparagus
- Shaoxing wine <sup>(C)</sup>
  - ↻ dry sherry or chicken broth
- steak <sup>(E)</sup>
  - ↻ grilled chicken, shrimp, salmon
- blue cheese <sup>(E)</sup>
  - ↻ feta, goat cheese, cheddar cheese

## leftovers



- Use leftover turkey filling <sup>(A)</sup> for tacos or spoon over rice or salad
- Leftover Ground Pork Stir Fry <sup>(C)</sup> ➔ lettuce wraps, fried rice, egg roll in a bowl, stuffed baked potatoes
- Leftover Garlic Ranch Chicken <sup>(D)</sup> ➔ shred for wraps or salads, stuff in baked potatoes, or use for chicken pot pie filling!
- Heavy Cream <sup>(B)</sup> ➔ use in scrambled eggs, mashed potatoes, pasta, coffee!

## shopping tips



- garlic <sup>(A, B, C, D, E)</sup> – one large bulb should cover the whole week!
- fresh parsley <sup>(B, D, E)</sup> – one bunch is enough for all 3 recipes
- parmesan <sup>(B)</sup> – buy a wedge & grate it yourself for best flavor
- sweet potatoes <sup>(A)</sup> – choose similar sizes so they roast evenly
- green beans <sup>(D)</sup> – buy pre-trimmed to save prep time
- steak <sup>(E)</sup> – sirloin is usually best value; ribeye is richer, NY strip falls somewhere in the middle
- bacon <sup>(E)</sup> – cook the whole package & use leftovers for breakfast
- semisweet chocolate <sup>(F)</sup> – use baking bars if possible (they melt smoother than chips)

## prep work



Prep you can do earlier in the week to save time:

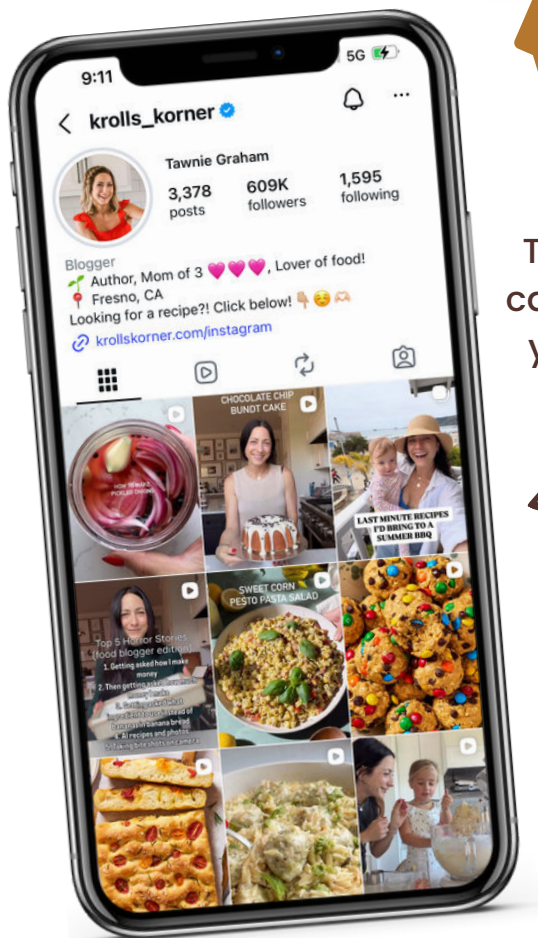
- Mince all the garlic <sup>(A, B, C, D, E)</sup>, chop parsley <sup>(B, D, E)</sup>, dice onion <sup>(A)</sup>, chop veggies <sup>(C)</sup>
- Mix meatballs <sup>(B)</sup> & refrigerate
- Whisk stir fry sauce <sup>(C)</sup> & mix BBQ vinaigrette <sup>(E)</sup>. Store in mason jars
- Cook bacon <sup>(E)</sup> & make hard boiled eggs <sup>(E)</sup> on Wednesday or Thursday
- Bake brownies <sup>(F)</sup> early in the week to enjoy all week long

# 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](https://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



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PIN your favorite recipes for later



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



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

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