



Dinner, Decided

weekly meal plans

kroll's korner®

Week
6





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kroll's korner

WEEK # 6 Meal Plan

monday



**Cheesy Ground
Beef Tortellini
Bake (No Boil!)**

tuesday



**Healthy Orange
Chicken Bowls**

wednesday



**Slow Cooker
Pork Chops**

thursday



**Sheet Pan
Quesadillas**

friday



**One Pot
Chicken Mac &
Cheese**

sweet treat



**Healthy Banana
Bread**

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WEEK # 6 Meal Details

MONDAY

Cheesy Ground Beef Tortellini Bake (No Boil!)

No boiling required makes this a weeknight win! Serve as is or with a side salad or roasted veggies.

Macros: ~600 calories • ~33g protein • ~42g carbs • ~41g fat



Healthy Orange Chicken Bowls

Packed with flavor and protein, and you can customize your plate (rice or ramen and switch up different veggies!)

Macros (no rice): ~345 calories • ~37g protein • ~21g carbs • ~8g fat



TUESDAY

WEDNESDAY

The Best Slow Cooker Pork Chops

Cue the cozy and get ready for the house to smell so good with the most tender pork chops! Serve with instant mashed potatoes (because you can!)

Macros (no sides): ~390 calories • ~39g protein • ~9g carbs • ~21g fat



Sheet Pan Quesadillas (so fun!)

You can add shredded rotisserie chicken, or any leftover pork chops in these! No need to flip quesadillas all night when you can make this!

Macros (no meat): ~405 calories • ~13g protein • ~33g carbs • ~25g fat



THURSDAY

FRIDAY

One Pot Chicken Mac & Cheese

One pot, filled with flavorful, juicy chicken. Kids and adults love this one. Serve with broccoli, so the meal feels balanced...if you want! ;)

Macros: ~480 calories • ~41g protein • ~32g carbs • ~22g fat



Healthy Banana Bread (or muffins!)

Because we all have spotty bananas on our counters! If you want the "real deal" make my [Classic Banana Bread](#) recipe instead!

Macros per slice (no mix-ins): ~260 calories • ~4g protein • ~37g carbs • ~11g 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 # 6 Shopping List

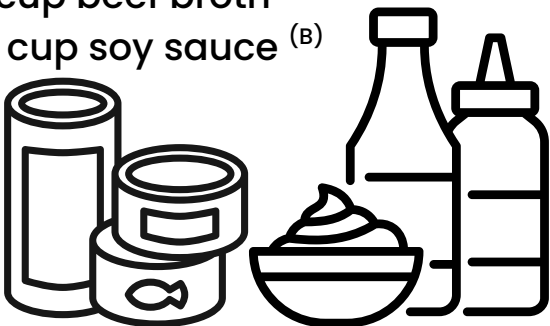


produce

- ~14 cloves of garlic ^(A, B, C, D, E)
- 1 sm. yellow onion ^(A)
- 1 lg. onion ^(C)
- 1 small red bell pepper ^(D)
- 1 bunch green onions ^(D)
- 1 shallot ^(E)
- 5-6 large oranges ^(B)
- 1 tsp. fresh ginger ^(B)
- 1 tsp. fresh thyme ^(C)
- 2 sprigs fresh rosemary ^(C)
- 2 Tbsp. chopped fresh parsley ^(A)
- 3 overripe bananas, mashed ^(F)

pantry/dry goods

- 12 oz. small pasta shape ^(E)
- 8 large flour tortillas, 10-inch burrito size ^(D)
- 2 Tbsp. all-purpose flour ^(C)
- 1¾ cups flour ^(F)
- 1, 15-oz. can black beans ^(D)
- 1 cup corn, canned or fresh ^(D)
- 2, 24. oz jars marinara sauce ^(A)
- 4 cups chicken broth ^(C, E)
- 1 cup beef broth ^(C)
- ¼ cup soy sauce ^(B)



protein

- 3 lbs. boneless, skinless chicken breasts ^(B, E)
- 6 boneless pork chops, about 1-1¼ inches thick ^(C)
- 1 lb. ground beef ^(A)
- 2 large eggs ^(F)

dairy/cheese

- ½ cup unsalted butter ^(C, D, E)
- 8 oz. full-fat cream cheese ^(A)
- 1 cup Parmesan cheese ^(A, E)
- 2 cups mozzarella cheese ^(A)
- 3 cups sharp cheddar cheese ^(D, E)
- 1½ cups pepper jack cheese ^(D)
- 1½ cups Monterey Jack cheese ^(E)
- 2 slices American cheese ^(E)
- ½ cup sour cream ^(D)
- 1, 12-oz. can evaporated milk ^(E)
- 4-6 Tbsp. whole milk ^(E, F)

recipe key

- A – Cheesy Ground Beef Tortellini Bake
- B – Healthy Orange Chicken Bowls
- C – Slow Cooker Pork Chops
- D – Sheet Pan Quesadillas
- E – One Pot Chicken Mac & Cheese
- F – Healthy Banana Bread

WEEK # 6

Pantry + Fridge Staples



oils / vinegars

- olive oil (A, B, D, E, F)
- avocado oil (C)
- rice vinegar (B)

condiments + specialty items

- 1, 20-oz package refrigerated cheese tortellini (A)
- tomato paste (A)
- Worcestershire sauce (A, C, E)
- Dijon mustard (C, E)
- honey (B)
- pure maple syrup (F)
- brown sugar (F)
- hot sauce (E)
- mayonnaise (D)
- pickled jalapeños (D)
- white sugar (D)
- cornstarch (B, E)
- vanilla extract (F)

recipe key

A – Cheesy Ground Beef Tortellini Bake
B – Healthy Orange Chicken Bowls
C – Slow Cooker Pork Chops
D – Sheet Pan Quesadillas
E – One Pot Chicken Mac & Cheese
F – Healthy Banana Bread

seasonings + spices

- kosher salt (A, C, D, E, F)
- black pepper (A, C, D, E)
- Italian seasoning (A)
- garlic powder (A, C, D, E)
- onion powder (C, E)
- paprika (C, D, E)
- ground cumin (D)
- chili powder (D)
- dry mustard powder (E)
- poultry seasoning (E)
- chili flakes (A, B)
- baking soda (F)
- ground cinnamon (F)
- nutmeg (F)
- cardamom (F)

spruce it up optional ingredients

- sesame seeds (B)
- fresh parsley (C, E)
- pico de gallo (D)
- fresh avocado slices (D)
- sour cream (D)
- fresh jalapeños (D)
- cilantro (D)
- red onion (D)
- chopped walnuts, chocolate chips, or favorite mix-ins (F)

WEEK # 6

Swaps + Tips



swaps

- ground beef ^(A)
 ground turkey, ground chicken, ground Italian sausage
- chicken breasts ^(B)
 boneless skinless chicken thighs
- Soy sauce ^(B)
 Tamari or coconut aminos
- Black beans ^(D)
 Pinto beans are an easy swap.
- Cavatappi ^(E)
 Elbows, small shells, cellentani, or another short pasta shape works.

leftovers

- Healthy Orange Chicken ^(B): Leftover chicken would also be great chopped up and tucked into lettuce cups for a lighter lunch.
- Slow Cooker Pork Chops ^(C): Slice leftover pork and serve it over mashed potatoes, rice, egg noodles, or into the quesadillas on Thursday!
- One Pot Chicken Mac & Cheese ^(E): Add a splash of milk or chicken broth when reheating to loosen the cheese sauce.

shopping tips

- Pepper Jack + Monterey Jack ^(D, E): You can buy Monterey Jack for both recipes if you don't want multiple blocks of cheese, or Pepper Jack for both if your family likes a little heat.
- Pork chops ^(C): Look specifically for chops around 1–1¼ inches thick. I get mine at Costco! Thin pork chops are much easier to overcook in the slow cooker.
- Bananas ^(F): Buy these ahead of time if possible so they're very ripe by baking day.
- American cheese ^(E): The deli counter is perfect if you only need two slices and don't want to buy an entire package.

prep work

- Garlic ^(A, B, C, D, E): Mince a big batch of garlic at the beginning of the week and refrigerate it in an airtight container.
- Cheese ^(A, D, E): Shred the mozzarella, cheddar, Pepper Jack/Monterey Jack, and Parmesan ahead of time and store each separately.
- Healthy Orange Chicken ^(B): Make the orange sauce ahead of time and refrigerate it separately.
- Sheet Pan Quesadillas ^(D): Make the quesadilla sauce a day or two ahead!

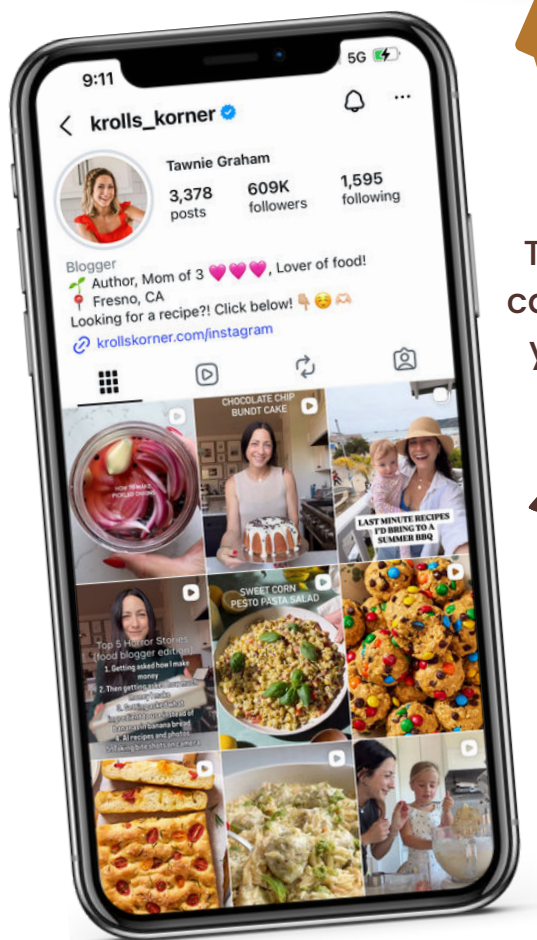
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Thanks for cooking with me this week!

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



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Tag me so I can see what you made!



BEFORE YOU GO



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