



Dinner, Decided

weekly meal plans

kroll's korner®

Week
7





Dinner, Decided

kroll's korner

WEEK # 7 Meal Plan

monday



Saucy Ground Beef & Noodles

tuesday



High-Protein Potato Taco Bowls

wednesday



Slow Cooker Chili Crisp Chicken Bowls

thursday



Shrimp Scampi Alfredo

friday



Cheeseburger Soup

sweet treat



No-Bake Date Brownie Bars


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WEEK # 7 Meal Details

MONDAY

Saucy Ground Beef & Noodles

If you love my chili crisp ramen, you'll equally love this one!
Sweet/spicy/umami flavor and really great with broccoli!

Macros: ~500 calories • ~31g protein • ~50g carbs • ~20g fat



High-Protein Potato Taco Bowls

These bowls are so fun to build with your favorite colorful toppings and you can't skip the high protein sauce on top!

Macros: ~565 calories • ~38g protein • ~56g carbs • ~24g fat



TUESDAY

WEDNESDAY

Slow Cooker Chili Crisp Chicken Bowls

Serve it in rice bowls, wrap up it up in tacos, pair it with fried rice...
the options are endless with the flavorful chicken!

Macros (no rice): ~345 calories • ~48g protein • ~23g carbs • ~7g fat



Creamy Shrimp Scampi Alfredo

Creamy, comforting and soooo simple to make. Serve with a side salad or your favorite roasted veggie.

Macros: ~565 calories • ~28g protein • ~63g carbs • ~21g fat



THURSDAY

FRIDAY

Your New Favorite Cheeseburger Soup

Lean into soup season with this one! Load up your soup bowls with all of your favorite toppings.

Macros: ~545 calories • ~30g protein • ~24g carbs • ~36g fat



No-Bake Date Brownie Bars (GF & DF!)

A healthy dessert option to have on hand for the busiest of weeks
- especially when you don't want to turn the oven on!

Macros (1 bar): ~300 calories • ~6g protein • ~31g carbs • ~20g 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 cannot guarantee the accuracy of this information.

WEEK # 7 Shopping List



produce

- 17 cloves garlic ^(A, C, D, E)
- 2 small white or yellow onion ^(A, B)
- 1 small yellow onion ^(E)
- 1 bunch green onions ^(A, C, E)
- 4 tsp fresh ginger ^(A, C)
- 2-3 limes ^(A, B, C)
- 3 ½ lbs Yukon Gold potatoes ^(B)
- 1 shallot ^(D)
- 2 lemons ^(D)
- ¼ cup fresh parsley ^(D)
- 2 large carrots ^(E)
- 2-3 ribs celery ^(E)

pantry/dry goods

- 8-10 oz ramen, rice noodles, or egg noodles ^(A)
- 3-4 Tbsp cornstarch ^(A, C)
- 1 packet taco seasoning, 1 oz ^(B)
- ¾ cup beef bone broth ^(B)
- ½ cup chicken broth ^(C)
- 1 lb linguine ^(D)
- ½ cup dry white wine ^(D)
- 3-4 cups beef broth ^(E)
- 2 cups chicken broth ^(E)
- ¼ cup all-purpose flour ^(E)
- 16 oz soft Medjool dates, about 25 dates ^(F)
- 2 ½ cups raw walnuts ^(F)
- 1 ¼ cups unsweetened cocoa powder ^(F)

protein

- 4 lb ground beef ^(A, B, E)
- 2 ½ lb boneless skinless chicken thighs or chicken breasts ^(C)
- 16 oz shrimp, 31-40 size ^(D)

dairy/cheese

- ½ cup cottage cheese ^(B)
- 3 Tbsp sour cream / Greek yogurt ^(B)
- 8 Tbsp unsalted butter ^(D, E)
- ½ cup freshly grated Parmesan cheese ^(D)
- 1 cup heavy cream ^(E)
- 8 oz full-fat cream cheese ^(E)
- 3 cups freshly shredded sharp cheddar cheese ^(E)



recipe key

- A – Saucy Ground Beef & Noodles
- B – High-Protein Potato Taco Bowls
- C – Slow Cooker Chili Crisp Chicken
- D – Shrimp Scampi Alfredo
- E – Cheeseburger Soup
- F – No-Bake Date Brownie Bars

WEEK # 7

Pantry + Fridge Staples



oils / vinegars

- vegetable oil ^(A)
- sesame oil ^(A, C)
- olive oil ^(B, D, E)
- rice vinegar ^(A, C)
- coconut oil ^(F)

spruce it up optional ingredients

- chili crisp ^(A, C)
- guacamole ^(B)
- pico de gallo ^(B)
- sour cream ^(B)
- shredded cheddar or Mexican cheese blend ^(B)
- cooked jasmine rice ^(C)
- shelled edamame ^(C)
- shredded carrots ^(C)
- crispy bacon ^(E)
- diced tomatoes ^(E)
- chopped chives ^(E)

recipe key

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seasonings + spices

- brown sugar ^(A, C)
- honey ^(A, B, C, F)
- garlic powder ^(B, C)
- paprika ^(B)
- salt ^(B, C, D)
- black pepper ^(B, C, D, E)
- kosher salt ^(C, E, F)
- taco seasoning ^(B)
- red pepper flakes ^(A, D)
- smoked paprika ^(E)
- espresso powder ^(F)

condiments + specialty items

- soy sauce ^(A, C)
- dark soy sauce ^(A)
- sweet chili sauce ^(A)
- hoisin ^(A)
- fish sauce ^(A, C)
- gochujang ^(A)
- tomato paste ^(B)
- Rotel tomatoes w/ green chiles ^(B)
- chili crisp ^(C)
- mayonnaise ^(C)
- sriracha ^(C)
- ketchup ^(C)
- Alfredo sauce ^(D)
- Worcestershire sauce ^(E)
- Dijon mustard ^(E)
- peanut butter ^(F)
- vanilla extract ^(F)
- pure maple syrup ^(F)

WEEK # 7

Swaps + Tips



swaps



- Ground beef ^(A, B, E)  Ground turkey, ground chicken, ground pork
- Noodles ^(A)  Ramen, rice noodles, egg noodles, udon, or even spaghetti
- Gochujang ^(A)  Leave it out or add extra chili crisp/red pepper flakes instead.
- Beef bone broth ^(B)  Regular beef broth works! (you just won't get the additional protein from bone broth)
- Cottage cheese ^(B)  Greek yogurt makes an easy substitute in the dressing (the texture/flavor will be slightly different)
- Chicken thighs ^(C)  Boneless skinless chicken breasts (just watch cook times)
- White wine ^(D)  Additional chicken broth
- Shrimp ^(D)  Chicken would be an easy protein swap if someone in the family doesn't eat seafood.
- Peanut butter ^(F)  Almond/cashew butter

leftovers

- Fresh ginger ^(A, C) – Freeze leftover ginger whole & grate it straight from frozen into stir-fries, marinades, soups, or smoothies.
- Potatoes ^(B, E) – Roast extras for breakfast potatoes, make a quick hash with eggs, turn them into baked potato wedges, or use in another soup.
- Onions ^(A, B, E) – Dice & freeze extras for future soups, sauces, or casseroles.
- Rotel ^(B) – Stir leftovers into scrambled eggs, taco meat, queso, chili, black beans.
- Pickled red onions ^(B) – Great on sandwiches, salads, eggs, avocado toast, tacos, burgers, or grain bowls.

shopping tips

- Garlic ^(A, C, D, E) – Need 17 cloves, so grab at least 2 whole heads of garlic. Pre-peeled garlic = great shortcut!
- Potatoes ^(B, E) – Yukon Golds can be used for both recipes, so buy ~3 ½ lbs total so you only need one variety.
- Chicken broth ^(C, E) – Need 2 ½ cups total (not including any you use for cooking the rice). One 32-oz carton is plenty for the recipes themselves.
- Fresh ginger ^(A, C) – One medium knob should easily cover both recipes. Store leftover ginger in the freezer & grate it straight from frozen next time!
- Limes ^(A, B, C) – Buy a few to use across the week for bowls & garnishes. Bottled lime juice works in a pinch for dressings, but fresh is best for squeezing over finished dishes.

prep work

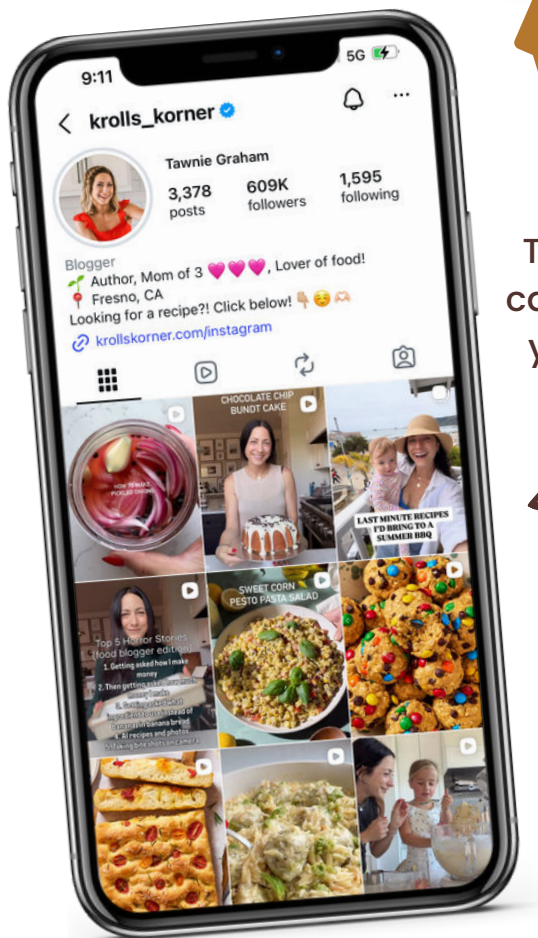
- Onions ^(A, B, E) – Chop all at the beginning of the week & store each recipe's portion in separate airtight containers.
- Garlic ^(A, C, D, E) – Mince all needed at once & refrigerate in separate containers.
- Green onions ^(A, C, E) – Wash & slice a bunch at once. Keep them dry & refrigerated for garnishing all week.
- Chili Crisp Chicken ^(C) – Measure the sauce ingredients the night before. In the morning, you can quickly get everything into the slow cooker.
- Spicy Yum Yum Sauce ^(C) – Make it 1-2 days ahead so the flavors can meld.
- Cheeseburger Soup ^(E) – Chop the veggies 1-2 days ahead.

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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