



Dinner, Decided

weekly meal plans

kroll's korner®

Week

8



Dinner, Decided

kroll's korner

WEEK # 8 Meal Plan

monday



Honey Garlic
Black Pepper
Beef Bowls

tuesday



Chicken
Parmesan
Meatloaf

wednesday



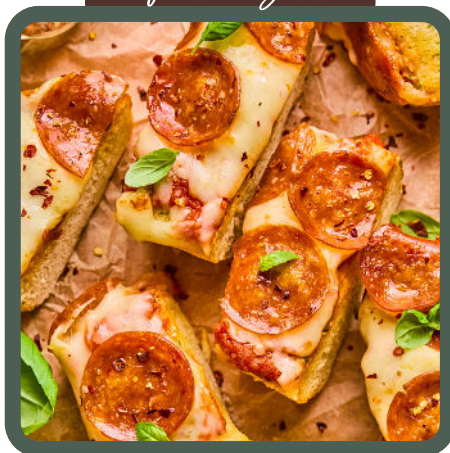
Slow Cooker
Stuffed Bell
Pepper Soup

thursday



Cranberry
Apricot
Chicken

friday



Garlic Bread
Pizza

sweet treat



Blender Banana
Muffins


Dinner, Decided

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WEEK # 8 Meal Details

MONDAY

Honey Garlic Black Pepper Beef Bowls

Serve over fluffy rice for an easy weeknight meal! I love this one for lunch the next day, too!

Macros: ~450 calories • ~23g protein • ~24g carbs • ~29g fat



Chicken Parmesan Meatloaf

Serve it with a simple side salad, garlic bread and pasta for a cozy dinner the whole family will love.

Macros: ~440 calories • ~42g protein • ~15g carbs • ~24g fat



TUESDAY

WEDNESDAY

Slow Cooker Stuffed Bell Pepper Soup

Let the slow cooker do the work! Serve with crusty bread for an easy, comforting dinner. SO much easier than stuffed bell peppers!

Macros: ~574 calories • ~24g protein • ~52g carbs • ~30g fat



Cranberry Apricot Chicken & Couscous

It's all made in one pan and feels a little special while still being easy enough for a weeknight!

Macros: ~592 calories • ~42g protein • ~74g carbs • ~12g fat



THURSDAY

Garlic Bread Pizza (easily customizable!)

Garlic bread + pizza = the ultimate Friday night dinner! Cheesy, crispy, ridiculously easy to make, and perfect served with a Caesar salad.

Macros: ~492 calories • ~22g protein • ~50g carbs • ~28g fat



FRIDAY

Blender Banana Muffins (grab & go!)

Made right in the blender – so easy! They're perfect for breakfast, an after-school snack, or a little something sweet!

Macros: ~203 calories • ~5g protein • ~28g carbs • ~9g 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 # 8 Shopping List

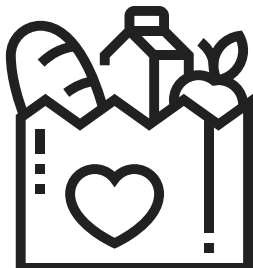


produce

- 2 yellow onions ^(A, B)
- 1 large white onion ^(C)
- 3 red bell peppers ^(A, C)
- 1 green bell pepper or poblano pepper ^(C)
- 1 small shallot ^(D)
- 2–3 heads garlic ^(A, B, C, D, E)
- 1 bunch green onions ^(A)
- 1 small knob fresh ginger ^(A)
- 2–3 medium oranges ^(D)
- 1 lemon ^(D)
- 1 bunch fresh parsley ^(B, C, D, E)
- 1 bunch/package fresh basil ^(B, E)
- 1 small package fresh thyme ^(D)
- 1 small package fresh rosemary ^(D)
- 3 small-medium ripe bananas ^(F)

protein

- 2 lbs ground beef ^(A, C)
- 2 lbs ground chicken ^(B)
- 1 lb ground Italian sausage (mild or hot) ^(C)
- 2 large boneless, skinless chicken breasts ^(D)
- ½ cup pepperoni ^(E)
- 4 large eggs ^(B, F)



dairy/cheese

- 9 Tbsp. unsalted butter ^(D, E)
- ¾ cup milk ^(B, F)
- ~1 ¼ cups freshly grated Parmesan cheese (+ more for garnish) ^(B, E)
- 3–3 ½ cups low-moisture shredded mozzarella cheese ^(B, E) + more for garnish ^(C)

pantry/dry goods

- 1 loaf French or Italian bread ^(E)
- 1 cup panko breadcrumbs ^(B)
- 1½ cups pearl couscous ^(D)
- white / jasmine rice (enough for serving ^(A) and 2 cups cooked) ^(C)
- 1 cup quick oats ^(F)
- 1 cup all-purpose flour ^(F)
- 1 (24.5 oz) jar passata ^(C)
- 1 (14.5 oz) can diced tomatoes ^(C)
- 1 (32 oz) carton beef broth ^(A, C)
- 1 (32 oz) carton low-sodium chicken broth ^(D)
- ~⅓ cup dark or mini chocolate chips (+ more for topping) ^(F)

recipe key

- A – Honey Garlic Black Pepper Beef Bowls
- B – Chicken Parmesan Meatloaf
- C – Slow Cooker Stuffed Bell Pepper Soup
- D – Cranberry Apricot Chicken
- E – Garlic Bread Pizza
- F – Blender Banana Muffins

WEEK # 8

Pantry + Fridge Staples



condiments + specialty items

- low-sodium soy sauce ^(A)
- oyster sauce ^(A)
- worcestershire sauce ^(B, C)
- honey ^(A)
- Dijon mustard ^(D)
- 100% cranberry juice ^(D)
- marinara sauce ^(B)
- pizza sauce ^(E)
- creamy peanut butter ^(F)
- pure maple syrup ^(F)
- vanilla extract ^(F)
- cornstarch ^(A)
- baking powder ^(F)
- baking soda ^(F)
- ground flaxseed ^(F)
- dry white wine, like Chardonnay or Sauvignon Blanc ^(D)
- dried apricots ^(D)
- dried cranberries ^(D)

recipe key

A – Honey Garlic Black Pepper Beef Bowls
B – Chicken Parmesan Meatloaf
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seasonings + spices

- kosher salt/salt ^(B, C, D, E, F)
- black pepper ^(A, B, C, D, E)
- garlic powder ^(D)
- Italian seasoning ^(B, C)
- crushed red pepper flakes ^(B, E)
- bay leaves ^(C)
- ground cinnamon ^(F)

oils / vinegars

- neutral cooking oil ^(A)
- olive oil ^(D)
- avocado oil ^(F)
- rice vinegar ^(A)
- toasted sesame oil ^(A)

spruce it up optional ingredients

- sesame seeds ^(A)
- chili crisp ^(A)
- toasted sliced almonds or chopped pecans ^(D)
- ranch dressing ^(E)



WEEK # 8

Swaps + Tips



swaps

- ground beef ^(A)  ground turkey/chicken
- red bell peppers ^(A, C)  any color bell pepper (Buy a multipack since 2 recipes use them this week)
- dried apricots ^(D)  apricot jam/preserves
- dried cranberries ^(D)  dried cherries
- dry white wine ^(D)  more chicken broth
- pepperoni ^(E)  your favorite pizza toppings
- peanut butter ^(F)  almond butter
- maple syrup ^(F)  granulated sugar

leftovers

- fresh herbs ^(B, C, D, E) → chop leftovers & add them to scrambled eggs, pasta, roasted vegetables, salads, sandwiches, or homemade vinaigrettes
- green onions ^(A) → toppings for eggs, avocado toast, rice bowls, baked potatoes, tacos, soups, salads
- fresh ginger ^(A) → grate it and use in stir-fries, smoothies, marinades, tea, fried rice
- pearl couscous ^(D) → make my Lemon Chicken Soup!
- passata or marinara ^(B, C) → freeze it in small portions, use it for pasta
- dried apricots + cranberries ^(D) → add to oatmeal, yogurt, trail mix, granola, salads, or snack boards
- pepperoni ^(E) → add to quesadillas, grilled cheese, pasta salad, egg muffins

shopping tips

- onions ^(A, B, C) – you can use yellow and white onions interchangeably
- mozzarella ^(B, C, E) – buy a larger block/bag and use it across the recipes
- Parmesan ^(B, E) – use one block for both recipes, plus extra for garnish throughout the week
- pearl couscous ^(D) – found near the rice, grains, and boxed couscous (may be labeled Israeli couscous)
- passata ^(C) – found near the canned tomatoes and pasta sauces (if your store doesn't carry it, look for tomato purée with a smooth consistency)
- dried cranberries + apricots ^(D) – found in dried fruit/snack aisle or baking section

prep work

- Rice ^(A, C) – Make enough on Monday for both Monday's bowls and Wednesday's soup. Cool the extra rice promptly and refrigerate it in an airtight container.
- Garlic ^(A, B, C, D, E) – Peel & mince several cloves at once and refrigerate them in an airtight container.
- Bell peppers ^(A, C) – Dice Wednesday's peppers while you're chopping Monday's peppers & store in the fridge in an airtight container.
- Fresh herbs ^(B, C, D, E) – Wash and dry your herbs at the beginning of the week so they're ready to grab as needed.
- Meatloaf ^(B) – Assemble the meatloaf earlier in the day, cover and refrigerate, then bake at dinnertime.
- Soup ^(C) – Dice vegetables the night before so everything can go into the slow cooker quickly in the morning.

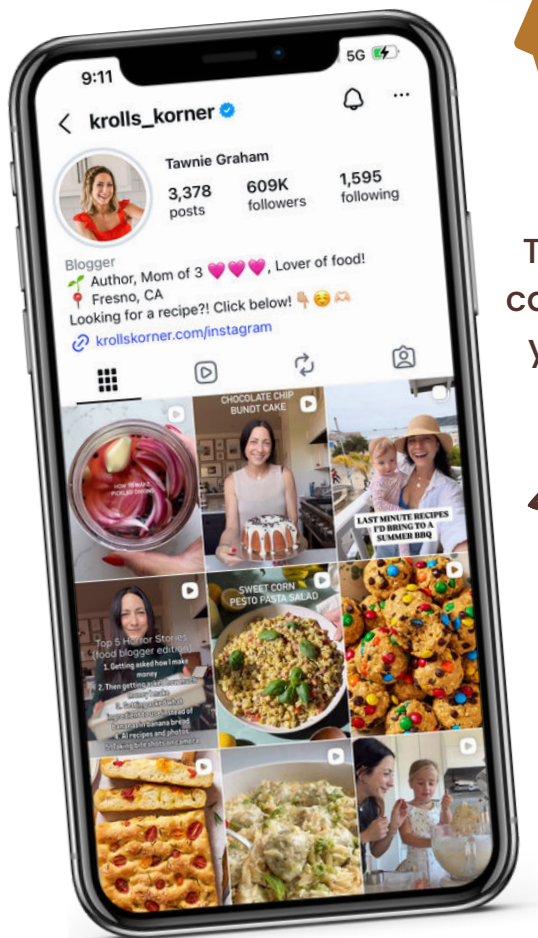
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Thanks for cooking with me this week!

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



Need more easy dinner ideas? Visit krollskorner.com!



Tag me so I can see what you made!

BEFORE YOU GO



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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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