

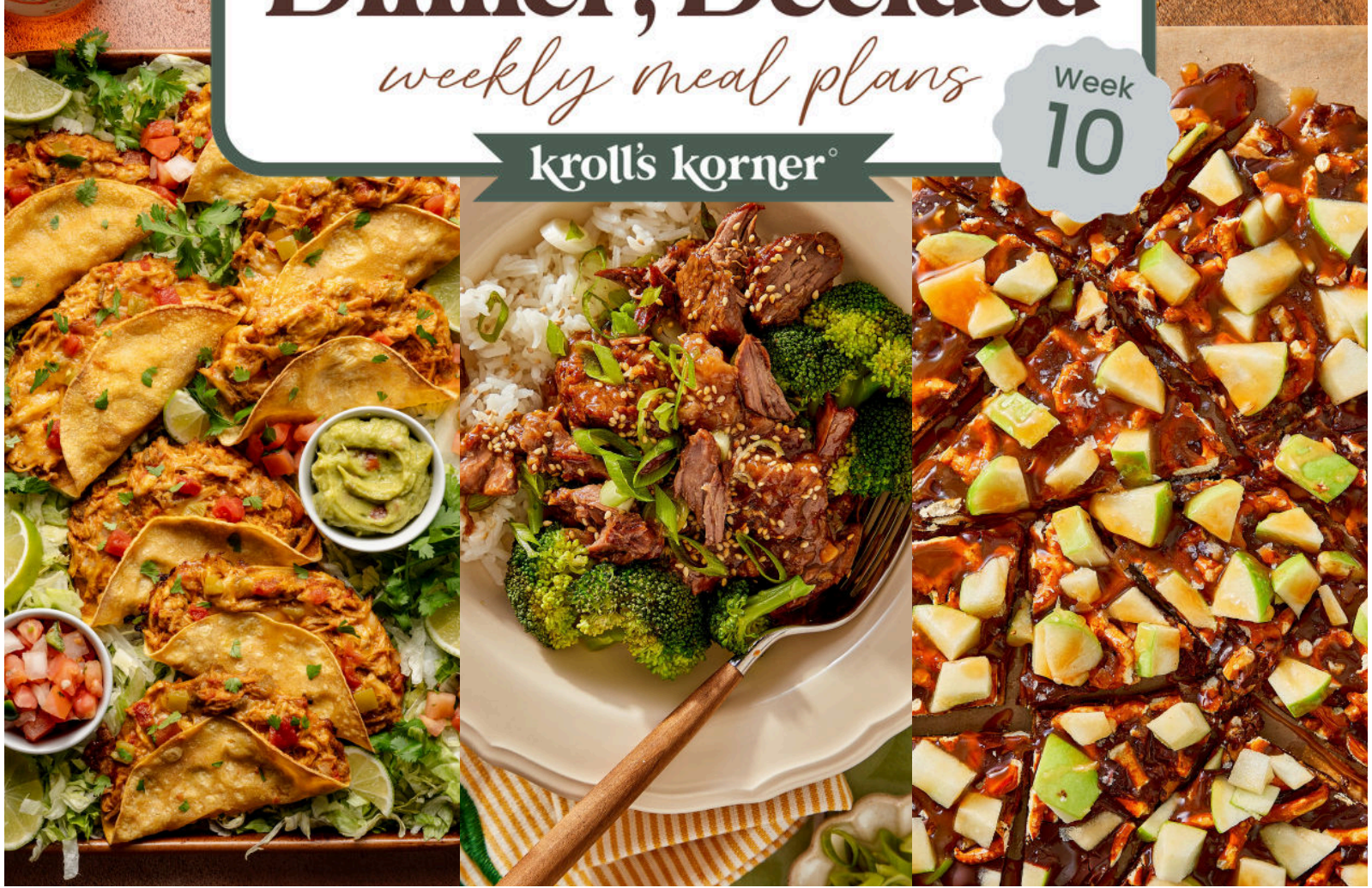


Dinner, Decided

weekly meal plans

kroll's korner®

Week
10





Dinner, Decided

kroll's korner®

WEEK # 10

Meal Plan

monday



**Sriracha
Ground Turkey
Meatballs**

tuesday



**Chicken Taco
Soup**

wednesday



**Best Weeknight
Chili**

thursday



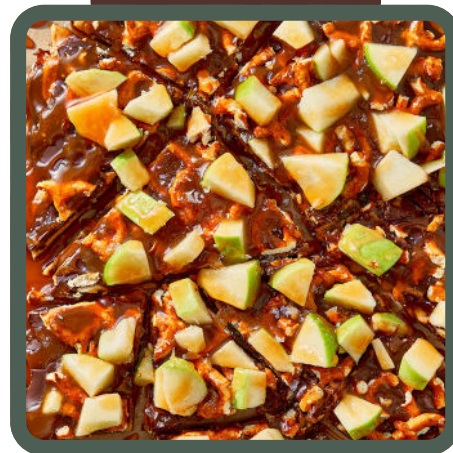
**Oven-Baked
Chicken Tacos**

friday



**Slow Cooker
Mongolian
Beef**

sweet treat



**Caramel Apple
Date Bark**

Dinner, Decided

Kroll's Korner®

WEEK # 10

Meal Details

MONDAY

Sriracha Ground Turkey Meatballs

Served with a Sriracha honey glaze (that I am obsessed with!). Pair the meatballs with rice and broccoli for a balanced meal!

Macros (~4 meatballs, no sides): ~390 calories • ~20g protein • ~26g carbs • ~23g fat



Chicken Taco Soup (family fave!)

Make this one in the slow cooker, stove top, or in the Instant Pot. Easy peasy with a rotisserie chicken!

Macros (~1 ½ cups): ~310 calories • ~28g protein • ~34g carbs • ~7g fat

TUESDAY

WEDNESDAY

Best Weeknight Chili (hearty & cozy)

I call this my weeknight chili since you can make it easily after a long day of work, but it's equally great for weekends, too!

Macros (~1 ¾ cups): ~485 calories • ~34g protein • ~39g carbs • ~22g fat



Oven-Baked Chicken Tacos (so easy!)

Ready in 30 minutes, these oven-baked tacos use rotisserie chicken and other ingredients you probably have in your pantry!

Macros (2 tacos): ~530 calories • ~43g protein • ~32g carbs • ~25g fat

THURSDAY

FRIDAY

Slow Cooker Mongolian Beef

Skip the takeout and let your slow cooker do the work! The sauce is AMAZING. Serve over rice and a veggie!

Macros (~6 oz beef): ~590 calories • ~39g protein • ~32g carbs • ~33g fat



Caramel Apple Date Bark

A healthier fall-inspired sweet treat to snack on! 10am, 3pm, or 8pm ... it's delish around the clock!

Macros (1 piece): ~215 calories • ~3g protein • ~36g carbs • ~8g 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 # 10 Shopping List



pantry/dry goods

- ½ cup panko breadcrumbs ^(A)
- 2 cans (15 oz) kidney beans ^(B, C)
- 2 cans (15 oz) pinto beans ^(B, C)
- 1 can (15.25 oz) yellow corn ^(B)
- 2 cans (14.5 oz) petite diced tomatoes ^(B)
- 1 can (10 oz) diced tomatoes with jalapeños or hatch chiles ^(B)
- 2 cans (4 oz each) diced green chiles ^(B, D)
- 1 can (28 oz) fire-roasted crushed tomatoes ^(C)
- 1 can (14.5 oz) fire-roasted diced tomatoes ^(C)
- 14 6-inch yellow corn tortillas ^(D)
- 4 cups chicken broth ^(B)
- 1 ½ cups beef broth ^(C, E)
- cornstarch ^(E)
- dark brown sugar ^(E, C)
- cocoa powder ^(C)
- jasmine rice ^(A, E) – for serving
- 12 oz soft medjool dates, pitted ^(F)
- ½ cup mini pretzel twists ^(F)
- 1 cup semi-sweet or dark chocolate chips ^(F)



dairy/cheese

- 1 large egg ^(A)
- unsalted butter ^(A)
- 8 oz colby jack cheese ^(D)

protein

- 1 lb ground turkey ^(A)
- 2 rotisserie chickens ^(B, D)
- 1 ½ lbs ground beef, 85/15 ^(C)
- 3 lbs boneless beef chuck roast ^(E)

produce

- 2 medium yellow onions ^(C, E)
- 1 white onion ^(B, D)
- 1 small red bell pepper ^(C)
- 3 bulbs garlic ^(A, B, C, D, E)
- 1 Tbsp fresh cilantro ^(A)
- 1-2 Tbsp fresh ginger ^(A, E)
- broccoli ^(A, E) – for serving
- 1 lime ^(D)
- 4-6 green onions ^(E)
- 1 small Granny Smith apple ^(F)

recipe key

- A – Sriracha Ground Turkey Meatballs
- B – Chicken Taco Soup
- C – Best Weeknight Chili
- D – Oven-Baked Chicken Tacos
- E – Slow Cooker Mongolian Beef
- F – Caramel Apple Date Bark

WEEK # 10

Pantry + Fridge Staples



spruce it up optional ingredients

- sesame seeds ^(A, E)
- shredded cheese ^(B, C)
- avocado ^(B, C)
- limes ^(B, C)
- tortilla chips ^(B, C)
- sour cream ^(B, C)
- finely diced red onion ^(C)
- jalapeños ^(C)
- hot sauce ^(D)
- salsa ^(D)
- guacamole ^(D)
- shredded lettuce ^(D)
- pico de gallo ^(D)
- lemon juice ^(F)
- flaky Maldon sea salt ^(F)

recipe key

A – Sriracha Ground Turkey Meatballs
B – Chicken Taco Soup
C – Best Weeknight Chili
D – Oven-Baked Chicken Tacos
E – Slow Cooker Mongolian Beef
F – Caramel Apple Date Bark

seasonings + spices

- onion powder ^(A)
- kosher salt ^(A, C, D, E)
- black pepper ^(A, C, D, E)
- ranch seasoning packet ^(B)
- taco seasoning ^(B, D)
- chili seasoning mix ^(C)
- smoked paprika ^(C)
- crushed red pepper flakes ^(E)

oils / vinegars

- olive oil ^(A, B)
- avocado oil ^(E)
- canola or vegetable oil ^(D)
- sesame oil ^(A, E)
- rice vinegar ^(A, E)
- apple cider vinegar ^(C)
- coconut oil ^(F)

condiments + specialty items

- sriracha ^(A)
- soy sauce ^(A, E)
- honey ^(A)
- tomato paste ^(C)
- Worcestershire sauce ^(C)
- hoisin sauce ^(E)
- peanut butter ^(F)
- caramel sauce ^(F)

WEEK # 10

Swaps + Tips



shopping tips

swaps

- ground turkey ^(A)  ground chicken
- fresh ginger ^(A, E)  ginger paste is a convenient shortcut
- rotisserie chicken ^(B, D)  cooked chicken breasts or thighs
- beans ^(B, C)  you can interchange any combo of kidney, pinto, or black beans
- fire-roasted tomatoes ^(C)  regular canned tomatoes
- ground beef ^(C)  ground turkey
- colby jack cheese ^(D)  Monterey Jack, cheddar, or a Mexican cheese blend
- Granny Smith apple ^(F)  Honeycrisp or Pink Lady apples

leftovers

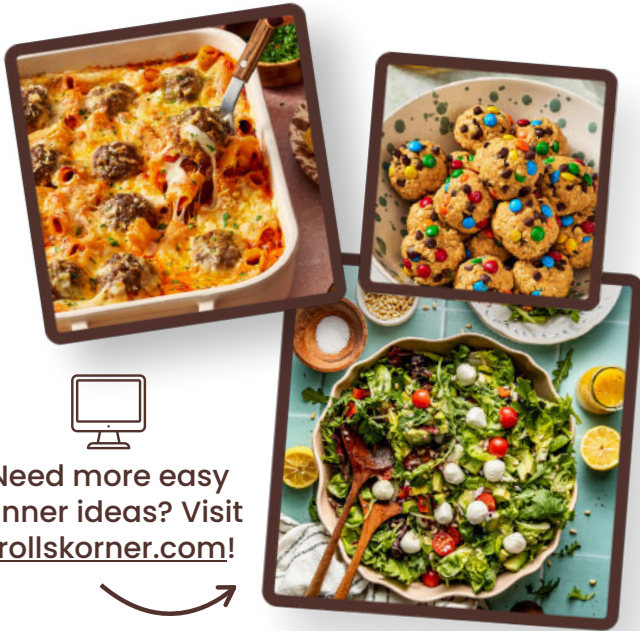
- rotisserie chicken ^(B, D)  use in wraps, quesadillas, chicken salad sandwiches
- fresh cilantro ^(A)  blend into a creamy cilantro-lime dressing or add to tacos & burrito bowls
- corn tortillas ^(D)  cut into triangles & bake/air fry for homemade tortilla chips
- tomato paste ^(C)  freeze in Tbsp portions; use in soups, sauces, or stews
- fresh ginger ^(A, E)  freeze whole & grate straight from frozen when needed
- medjool dates ^(F)  stuff with peanut butter & a sprinkle of flaky salt
- caramel sauce ^(F)  drizzle over sliced apples, ice cream, or coffee!

prep work

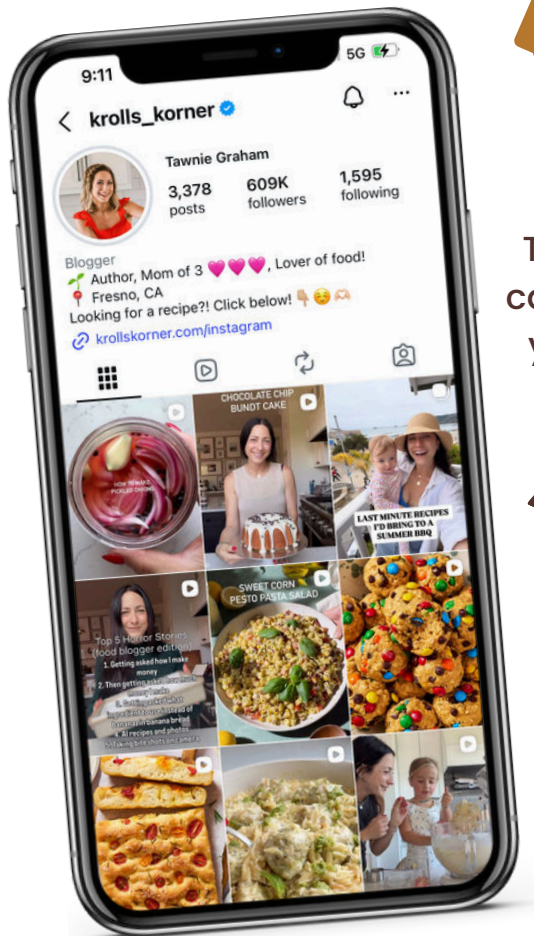
- Shred the chicken ^(B, D) – Shred all at once & portion it out for both recipes. Refrigerate portions you'll use within 3–4 days & freeze the rest.
- Make the meatballs ^(A) – Mix & shape the meatballs a day ahead & refrigerate until ready to cook.
- Prep the taco filling ^(D) – Mix the chicken filling ahead of time, then assemble and cook the tacos just before serving.
- Prep the beef ^(E) – Cut chuck roast into pieces & mix sauce ingredients the night before. Refrigerate separately and coat the beef in cornstarch just before cooking.

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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