Dinner, Decided
weekly meal plans
kroll's korner
Week
11

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WEEK # 11
Meal Plan

monday

Chicken & Buttered Noodles

tuesday

Slow Cooker Shredded Beef Tacos

wednesday

Chili Crisp Fried Rice

thursday

Marry Me Pork Chops

friday

Pizza Sliders

sweet treat

Apple Pie Energy Bites

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WEEK # 11
Meal Details

MONDAY

One Pan Chicken & Buttered Noodles

A one-pan dinner everyone will want seconds of! Easy, kid-friendly, and a weeknight staple!

Macros: ~567 calories • ~41g protein • ~33g carbs • ~30g fat

Slow Cooker Shredded Beef Tacos

TUESDAY

The best and easiest slow cooker meat you'll prep all week! Grab your favorite toppings for a delicious Taco Tuesday!

Macros (meat only): ~390 calories • ~38g protein • ~3g carbs • ~25g fat

WEDNESDAY

Chili Crisp Fried Rice (only 20 mins!)

A flavorful dish that turns leftovers or forgotten veggies into something incredible! Serve with leftover beef from Tuesday.

Macros (fried rice only): ~350 calories • ~10g protein • ~46g carbs • ~14g fat

Marry Me Pork Chops (one skillet!)

THURSDAY

Tender, perfectly cooked pork chops with the most amazing sauce. Make with chicken if you're not a fan of pork!

Macros (no sides): ~460 calories • ~35g protein • ~9g carbs • ~30g fat

FRIDAY

Pizza Sliders (pepperoni & sausage)

Cheesy, saucy pizza sliders loaded with pepperoni and sausage! An easy Friday night dinner the whole family will love!

Macros (2 sliders): ~680 calories • ~32g protein • ~35g carbs • ~46g fat

Apple Pie Energy Bites (no-bake!)

SWEET TREAT

Full of cozy, warming spices and the perfect pick-me-up for any time of day!

Macros (2 bites): ~230 calories • ~4g protein • ~34g carbs • ~11g fat

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 # 11
Shopping List

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pantry/dry goods

- 8 oz wide egg noodles (A)
- 8 flour tortillas (B)
- 5 cups cooked jasmine rice, preferably day-old (C)
- 1 cup frozen peas & carrots (C)
- 1 package (12 count) King's Hawaiian rolls (E)
- 1 cup unsweetened dried apple rings (F)
- 12-14 pitted Medjool dates (F)
- 1 cup old-fashioned rolled oats (F)
- ½ cup pecans (F)
- ⅓ cup creamy almond butter (F)
- 2 Tbsp ground flaxseed (F)

dairy/cheese

- 12 Tbsp unsalted butter (A, C, D, E)
- 1 ¼ cups heavy cream (A, D)
- 1 ½ cups freshly grated Parmesan cheese (A, D, E)
- 6-9 slices mozzarella cheese (E)
- 6-9 slices provolone cheese, not smoked (E)

protein

- 2 lbs boneless skinless chicken cutlets (A)
- 3 lbs boneless chuck steak (B)
- 3 large eggs (C)
- 4 boneless pork chops (about 1-inch thick) (D)
- 1 lb mild ground Italian sausage (E)
- 28 slices pepperoni (E)

produce

- 2 shallots (A, D)
- 12-13 cloves garlic (A, C, D)
- 1 white onion (B)
- ½ small yellow onion (C)
- 1 lime (B)
- 1 tsp fresh ginger (C)
- 1 bunch green onions (C)
- 2 Tbsp fresh parsley (A)
- 2 large handfuls fresh baby spinach (D)
- ¼ cup fresh basil (D)

recipe key

A - Chicken & Buttered Noodles
B - Slow Cooker Shredded Beef Tacos
C - Chili Crisp Fried Rice
D - Marry Me Pork Chops
E - Pizza Sliders
F - Apple Pie Energy Bites

WEEK # 11

Pantry + Fridge Staples

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spruce it up optional ingredients

- assorted taco toppings; ideas: cheese, onions, salsa, sour cream, avocado, guacamole, hot sauce, shredded lettuce/cabbage (B)
- sesame seeds (C)
- extra chili crisp (C)
- extra green onions (C)
- extra Parmesan cheese (A, D)
- fresh parsley (E)
- hot honey (E)
- marinara sauce (E)

oils / vinegars

- avocado oil (A, C)
- olive oil (B)
- toasted sesame oil (C)
- rice vinegar (C)

recipe key

A - Chicken & Buttered Noodles
B - Slow Cooker Shredded Beef Tacos
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seasonings + spices

- kosher salt (A, D, F)
- salt (B)
- black pepper (A, B, C, D)
- white pepper (C)
- garlic powder (A, B, D, E)
- onion powder (A)
- Italian seasoning (A, D, E)
- chipotle powder (B)
- paprika (B, D)
- chili powder (B)
- cumin (B)
- red pepper flakes (D, E)
- ground cinnamon (F)
- ground nutmeg (F)
- ground ginger (F)

condiments + specialty items

- Dijon mustard (A, D)
- soy sauce (C)
- oyster sauce (C)
- chili crisp (C)
- brown sugar or honey (C)
- tomato paste (D)
- oil-packed sun-dried tomatoes (D)
- dry white wine (D)
- vanilla extract (F)
- pure maple syrup (F)
- low-sodium chicken broth (A, D)
- beef broth (B)
- pizza sauce (E)

WEEK # 11
Swaps + Tips

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swaps 🔁

- egg noodles (A) 🔁 fettuccine or another wide pasta
- heavy cream (A, D) 🔁 half-and-half (sauce will be less rich)
- jasmine rice (C) 🔁 long-grain white rice
- frozen peas and carrots (C) 🔁 any frozen mixed vegetables
- pork chops (D) 🔁 boneless chicken breasts or thighs
- Italian sausage (E) 🔁 ground turkey or chicken + Italian seasoning
- Hawaiian rolls (E) 🔁 soft dinner rolls or slider buns
- pecans (F) 🔁 walnuts

leftovers 🍽️

- shredded beef (B) ➡️ use in Wednesday's fried rice, quesadillas, burrito bowls, nachos, loaded baked potatoes, or freeze extra with some cooking juices
- fresh parsley (A, E) ➡️ add to pasta, roasted vegetables, eggs
- green onions (C) ➡️ use in scrambled eggs, baked potatoes, soups, salads
- sun-dried tomatoes (D) ➡️ toss into pasta, scrambled eggs, salads
- almond butter (F) ➡️ swirl into oatmeal, use as a dip for apple slices

scaling recipes 💡

- Need to feed more or fewer people? Use the scaling option in each recipe card on the website! (Cooking times & pan sizes may need adjusting.) ↓

Servings: 1/2x | **1x** | 2x | 3x

shopping tips 🛒

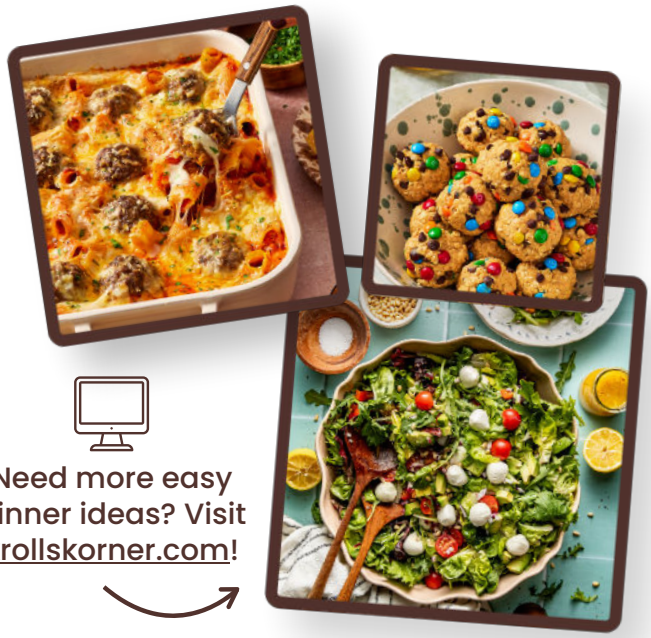
- shallots (A, D) – buy 2 shallots (one for each recipe)
- garlic (A, C, D) – you'll need 12–13 cloves total, so grab 2 bulbs to be safe
- Parmesan (A, D, E) – buy a block & grate it yourself for all 3 recipes
- chuck steak (B) – look for boneless chuck roast; it's perfect for slow cooking & shredding
- lime (B) – bottled lime juice works too
- chili crisp (C) – usually found in the Asian or international foods aisle near chili oils
- oyster sauce (C) – check the Asian foods aisle near soy sauce & hoisin
- pork chops (D) – choose chops of similar thickness so they cook evenly
- pizza sauce (E) – only need one 12 oz jar

prep work 🌟

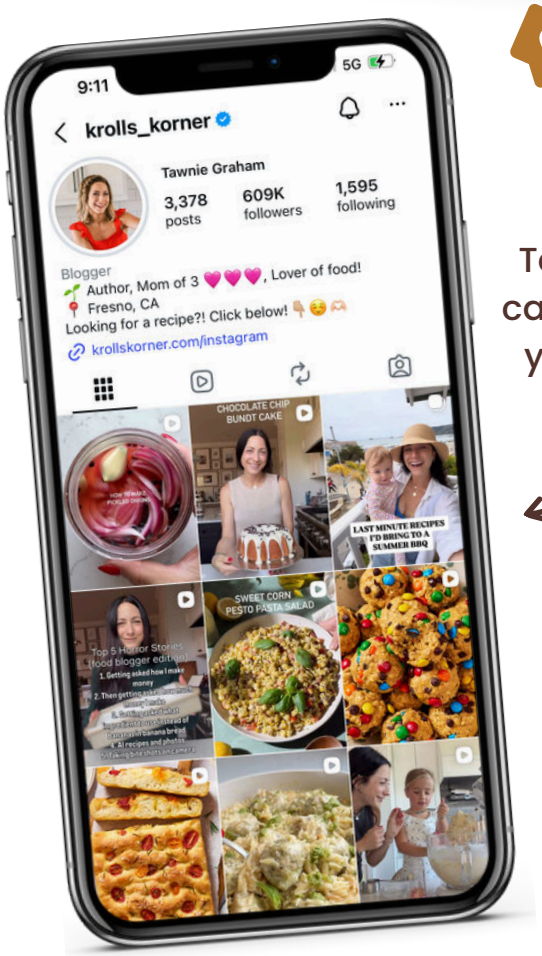
- Prep the beef (B) – Slice the onion & mix taco spices the night before.
- Make the rice (C) – Cook the rice a day ahead & refrigerate so it's ready for fried rice.
- Mix the sauce (C) – Whisk together sauce ingredients ahead of time & refrigerate until needed.
- Cook the sausage (E) – Brown sausage ahead & refrigerate. Assemble sliders just before baking to avoid soggy rolls.
- Make the energy bites (F) – Make a double batch & freeze half for easy snacks later!

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
- SHARE your meals and tag me @krolls_korner

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