



Dinner, Decided

weekly meal plans

kroll's korner®

Week

9





Dinner, Decided

kroll's korner

WEEK # 9 Meal Plan

monday



Slow Cooker
Beef Ramen

tuesday



Hashbrown
Chicken
Casserole

wednesday



Spaghetti and
Meatballs

thursday



Cornflake
Chicken
Tenders

friday



Creamy
Harvest Soup

sweet treat



Single Serve
Apple Crisp

Dinner, Decided

kroll's korner®

WEEK # 9 Meal Details

MONDAY

Slow Cooker Ramen (Ground Beef)

Let the slow cooker do all the work for you! Packed with flavor and the ramen noodles cook directly in the slow cooker!

Macros: ~515 calories • ~30g protein • ~43g carbs • ~25g fat



Hashbrown Chicken Casserole

Lean into comfort with this one! Rotisserie chicken and frozen hashbrowns keep meal prep quick for this meal!

Macros: ~415 calories • ~29g protein • ~27g carbs • ~21g fat



TUESDAY

WEDNESDAY

My Favorite Spaghetti and Meatballs

My favorite go-to spaghetti & meatball recipe the whole family always devours. I make this one multiple times a month!

Macros: ~465 calories • ~21g protein • ~63g carbs • ~14g fat



Cornflake Chicken Tenders

A family-friendly dinner that checks all the boxes! Serve with Instant Pot Mac & Cheese and broccoli to round out this meal.

Macros (no sauce/no side): ~305 calories • ~39g protein • ~22g carbs • ~6g fat

THURSDAY

FRIDAY

Creamy Harvest Soup (cozy fall vibes!)

Cozy, creamy, and packed with all the flavors you're craving this fall! Enjoy it with my No-Knead Bread!

Macros: ~510 calories • ~19g protein • ~48g carbs • ~28g fat



Single Serve Apple Crisp (+ Ice Cream!)

Because we all need something sweet that's just for us at the end of the day! Ice cream not optional 😊

Macros (no ice cream): ~370 calories • ~4g protein • ~71g 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 # 9 Shopping List


Dinner, Decided

kröll's kornet

produce

- 3 yellow onions ^(A, E, C)
- 2 heads garlic ^(A, C, E)
- 1 small piece fresh ginger ^(A)
- 5–6 medium carrots ^(A, E)
- 1 red bell pepper ^(A)
- 3 celery ribs ^(E)
- 2 medium Honeycrisp apples ^(E, F)
- 1 medium-large butternut squash
(or 4 cups peeled and diced) ^(E)
- 1 bunch kale ^(E)
- 1 small bunch fresh sage ^(E)
- 1 small bunch fresh thyme ^(B, E)
- 1 lemon ^(F)
- 2 cups frozen mixed vegetables ^(B)

protein

- 2 ½ lbs ground beef ^(A, C)
- 1 rotisserie chicken or 2–3 cups
shredded chicken ^(B)
- 2 lbs chicken tenders ^(D)
- 1 lb mild Italian sausage ^(E)
- 3 large eggs ^(C, D)
- 8 strips bacon ^(B)

recipe key

A – Slow Cooker Beef Ramen
B – Hashbrown Chicken Casserole
C – Spaghetti and Meatballs
D – Chicken Tenders; Mac & Cheese
E – Creamy Harvest Soup
F – Single Serve Apple Crisp

dairy/cheese

- ~16 oz cheddar cheese ^(B, D)
- 8 oz American cheese ^(D)
- 1 cup whole milk ^(B)
- 1 (12 oz) can evaporated milk ^(D)
- 1 cup heavy cream ^(E)
- ½ cup freshly grated Parmesan
cheese ^(E)
- 1 cup unsalted butter ^(D, E, F)

pantry/dry goods

- 3 (3 oz) packages ramen noodles ^(A)
- 1 (16 oz) bag frozen hash browns ^(B)
- 5 cups cornflakes ^(B, D)
- 1 lb spaghetti ^(C)
- 48 oz red pasta sauce ^(C)
- ½ cup Italian breadcrumbs ^(C)
- 1 lb elbow macaroni ^(D)
- 1 cup uncooked wild rice blend ^(E)
- ~1 cup all-purpose flour ^(D, E, F)
- 1 cup frozen shelled edamame ^(A)
- 1 (22 oz) can cream of chicken
condensed soup ^(B)
- 2 ½ cups beef broth ^(A)
- 3 (32 oz) cartons low sodium
chicken broth ^(D, E)



WEEK # 9

Pantry + Fridge Staples



condiments + specialty items

- low-sodium soy sauce ^(A)
- hoisin sauce ^(A)
- oyster sauce ^(A)
- Dijon mustard ^(C, D, E)
- ketchup ^(C)
- Worcestershire sauce ^(C)
- cornstarch ^(D)
- old-fashioned rolled oats ^(F)
- brown sugar ^(A, F)
- honey ^(D)
- mayonnaise ^(D)
- hot sauce ^(D)
- unfiltered apple cider ^(E)
- vanilla extract ^(F)

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seasonings + spices

- kosher salt ^(B, D, E, F)
- black pepper ^(A, E)
- Italian seasoning ^(D)
- dried parsley ^(C)
- dried oregano ^(C)
- paprika ^(D)
- chili powder ^(D)
- ground mustard ^(D)
- garlic powder ^(D)
- ground cinnamon ^(F)
- ground nutmeg ^(F)
- bay leaf ^(E)

oils / vinegars

- avocado or olive oil ^(A)
- olive oil ^(C, E)
- toasted sesame oil ^(A)
- unseasoned rice vinegar ^(A)
- distilled white vinegar ^(D)

spruce it up optional ingredients

- fresh parsley ^(B, C, E)
- green onions/scallions ^(A, B)
- fresh basil ^(C)
- Parmesan cheese ^(C, E)
- sesame seeds ^(A)
- chili crisp ^(A)
- vanilla ice cream ^(F)

WEEK # 9

Swaps + Tips



swaps

- ground beef ^(A, C)  ground turkey/chicken
- red bell pepper ^(A)  any color bell pepper
- spaghetti ^(C)  your favorite pasta shape
- ground beef ^(C)  ground pork or Italian sausage for the meatballs
- chicken tenders ^(D)  chicken breasts cut into strips
- mild Italian sausage ^(E)  chicken or turkey Italian sausage
- kale ^(E)  spinach or Swiss chard
- Honeycrisp/Gala apple ^(E, F)  Fuji or another crisp, sweet apple
- pecans ^(F)  walnuts

leftovers

- fresh ginger ^(A) ➔ grate into stir-fries, fried rice, marinades, salad dressing
- edamame ^(A) ➔ toss extra into rice bowls, salads, fried rice or noodle dishes for a quick boost of protein
- fresh thyme ^(B, E) ➔ Add it to roasted chicken, potatoes, vegetables, eggs or a simple lemon vinaigrette
- fresh sage ^(E) ➔ Brown it in butter for pasta or gnocchi, add it to roasted squash or sweet potatoes
- kale ^(E) ➔ Add leftover kale to scrambled eggs, pasta, smoothies, grain bowls or sauté it with garlic as a quick side.
- apple cider ^(E) ➔ Warm it with cinnamon, use it in a vinaigrette or marinade, or reduce it into a syrup for pancakes, oatmeal or ice cream

shopping tips

- cheddar ^(B, D) – buy a larger block and shred it yourself for both recipes
- butternut squash ^(E) – buy precut to save chopping time! Trader Joe's has great zig-zag butternut squash!
- cornflakes ^(B, D) – buy one larger box since you'll need 5 cups total
- shelled edamame ^(A) – usually found in the frozen vegetable section; look for shelled edamame so you don't have to remove the pods
- American cheese ^(D) – check the deli counter if you don't see it with the packaged cheeses

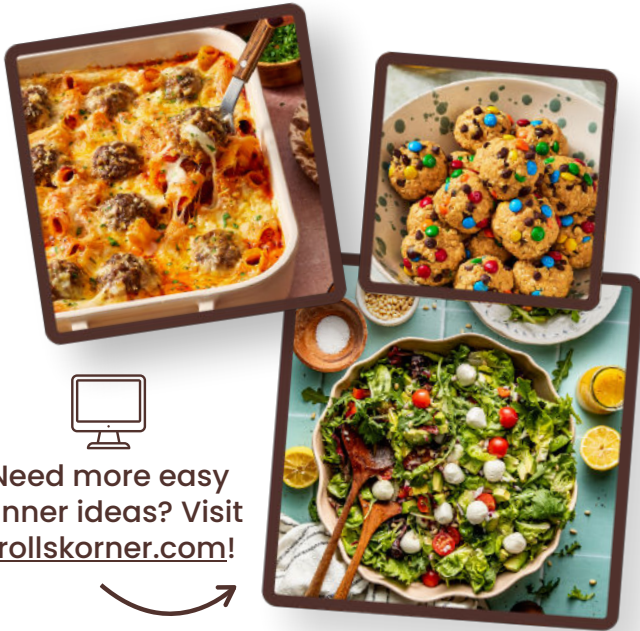
prep work

- Knock out the veggies: At the beginning of the week, prep the onions for A + C + E, prep the carrots for A + E, and mince the garlic for A + C + E. Store everything separately so it's ready when you need it.
- Prep Tuesday ahead: B is a great candidate for earlier-in-the-day assembly. You can also shred the rotisserie chicken ahead so dinner prep goes even faster.
- Mix and shape the meatballs ^(C) earlier in the day and refrigerate until you're ready to cook.
- Cornflakes ^(B, D): Crush all 5 cups of cornflakes at once when you make B, then reserve 3 cups for D in an airtight container.

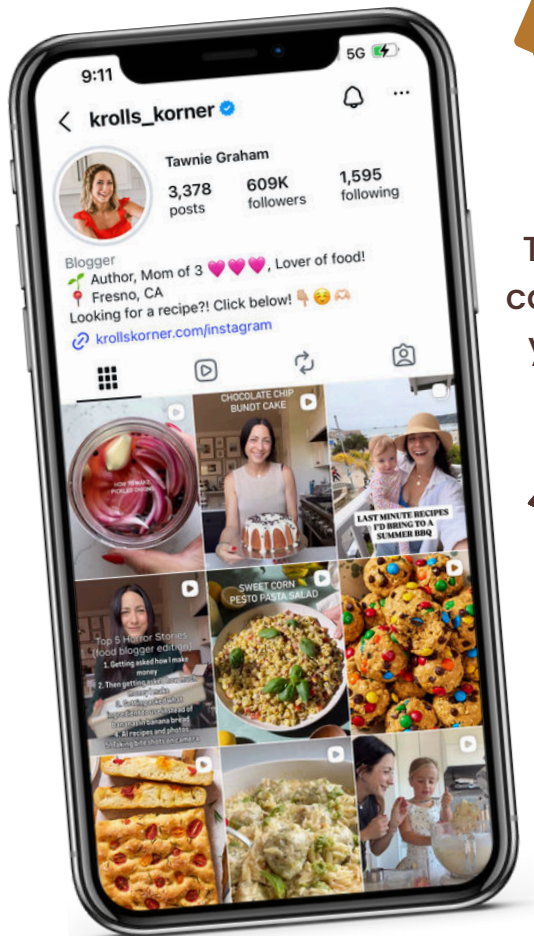
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Thanks for cooking with me this week!

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



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BEFORE YOU GO



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