
Dinner, Decided
weekly meal plans
Week 12
kroll's korner

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WEEK # 12
Meal Plan

monday



[Sloppy Joe Baked Potatoes]

tuesday



[Slow Cooker Teriyaki Chicken]

wednesday



[Ground Turkey Enchiladas]

thursday



[Chicken Florentine Meatballs & Orzo]

friday



[Slow Cooker Minestrone]

sweet treat



[Breakfast Cookies]

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Meal Details

MONDAY

Easy Sloppy Joe Baked Potatoes



Baked potatoes loaded with saucy ground turkey, melty cheddar, & your favorite toppings. An easy family favorite!

Macros: ~570 calories • ~31g protein • ~68g carbs • ~20g fat



Slow Cooker Teriyaki Chicken

TUESDAY

Tender chicken, ramen noodles, and broccoli in a sweet, savory sauce make weeknight dinner way more fun!

Macros: ~650 calories • ~41g protein • ~54g carbs • ~28g fat

WEDNESDAY

Ground Turkey Black Bean Enchiladas



Lean ground turkey, black beans, & jalapeño tucked into tortillas & baked with red enchilada sauce and melty cheese. A family favorite!

Macros: ~430 calories • ~24g protein • ~43g carbs • ~19g fat



Chicken Florentine Meatballs & Orzo

THURSDAY

Juicy chicken meatballs, creamy Parmesan orzo, and plenty of spinach come together in one pan for a cozy weeknight win!

Macros: ~540 calories • ~29g protein • ~43g carbs • ~28g fat

FRIDAY

Slow Cooker Tortellini Minestrone



Hearty sausage, tender tortellini, veggies, & beans make this slow cooker soup a cozy finish to the week!

Macros: ~280 calories • ~14g protein • ~32g carbs • ~10g fat



Healthy Banana Breakfast Cookies

SWEET TREAT

Cookies for breakfast? Yes, please! These banana peanut butter oat cookies are hearty, chewy, & packed with chocolate chips for an easy on-the-go breakfast.

Macros: ~205 calories • ~5g protein • ~23g carbs • ~12g 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.

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Shopping List

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pantry/dry goods

- 3 ¼ cups low-sodium chicken broth (B, D)
- 4 cups vegetable broth (E)
- 1 (28 oz) can crushed tomatoes (E)
- 1 (14.5 oz) can diced tomatoes (C)
- 1 (28 oz) can red enchilada sauce (C)
- 1 (15 oz) can black beans (C)
- 1 (15 oz) can kidney beans (E)
- 1 (15 oz) can great northern beans (E)
- 3 (3 oz) packages ramen noodles (B)
- jasmine rice (B)
- 1 ½ cups (dry) orzo (D)
- 1 ½ cups (cooked) tortellini (E) or any small pasta shape
- 8-10 (8-inch) flour tortillas (C)
- ½ cup italian breadcrumbs (D)
- 2 ¼ cups oats, old fashioned or quick-cooking (F)
- 2 Tbsp ground flaxseed (F)
- ½ cup creamy peanut butter (F)
- ⅓ cup + 2 Tbsp honey (B, F)
- ¼ cup + 2 Tbsp brown sugar (B, F)
- ½ cup mini chocolate chips (F)
- cornstarch (B)
- baking powder (F)

recipe key

A - Sloppy Joe Baked Potatoes
B - Slow Cooker Teriyaki Chicken
C - Ground Turkey Enchiladas
D - Chicken Florentine Meatballs & Orzo
E - Slow Cooker Minestrone
F - Breakfast Cookies

protein

- 2 lb ground turkey (A, C)
- 2 ½ - 3 lb boneless skinless chicken thighs (B)
- 1 lb ground chicken (D)
- 1 lb Italian sausage (E)

dairy/cheese

- 1 ½ - 2 ½ cups shredded cheddar (A, C)
- 1 cup grated parmesan cheese (D)
- ½ cup heavy cream (D)
- 5 Tbsp unsalted butter (D, F)
- 2 large eggs (D, F)

produce

- 4 medium russet potatoes (A)
- 8 small/medium red potatoes (E)
- 3 yellow onions (A, C, E)
- 1 shallot (D)
- 17 cloves garlic (B, C, D, E)
- 1 Tbsp fresh ginger (B)
- 1 jalapeño (C)
- 2 zucchini (A, E)
- 3 large carrots (E)
- 5 stalks celery (E)
- 1-2 heads broccoli (B)
- 2 cups tri-color coleslaw mix (A)
- 3 packed cups baby spinach (D)
- 2 Tbsp fresh parsley (D)
- 1 Tbsp fresh basil (D)
- 2 Tbsp fresh basil &/or parsley (D)
- 3 medium ripe bananas (F)
- 2 ½ cups frozen baby spinach (E)
- 1 cup frozen green beans (E)

WEEK # 12

Pantry + Fridge Staples

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spruce it up optional ingredients

- green onions (A, B)
- toasted sesame seeds (B)
- parmesan cheese (D, E)
- sour cream (A)
- creme fraiche (A)
- chives (A)
- sun-dried tomato pesto (E)
- extra mini chocolate chips (F)

condiments + specialty items

- ketchup (A)
- bbq or sweet chili sauce (A)
- worcestershire sauce (A)
- yellow mustard (A)
- Dijon mustard (D)
- low-sodium soy sauce (B)
- mirin (B)
- dry white wine (D)
- vanilla extract (F)



seasonings + spices

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

oils / vinegars

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

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WEEK # 12
Swaps + Tips

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swaps 🔁

- ground turkey [A, C] 🔁 ground chicken or ground beef
- russet potatoes [A] 🔁 sweet potatoes
- ramen noodles [B] 🔁 cooked rice
- black beans [C] 🔁 pinto beans
- enchilada seasoning [C] 🔁 one (1 oz) taco seasoning packet
- ground chicken [D] 🔁 ground turkey
- dry white wine [D] 🔁 an equal amount of chicken broth
- great northern beans [E] 🔁 cannellini beans

leftovers 🍽️

- fresh ginger [B] ➡️ freeze extra & grate straight from frozen into stir-fries, dressings, or marinades
- flour tortillas [C] ➡️ burritos, quesadillas, or cinnamon-sugar tortilla crisps
- fresh spinach [D] ➡️ blend into smoothies or stir into scrambled eggs
- heavy cream [D] ➡️ add a splash to scrambled eggs or coffee
- celery [E] ➡️ add to tuna salad or snack on with peanut butter
- ground flaxseed [F] ➡️ stir into oatmeal, yogurt, or smoothies

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 🛒

- ground turkey [A, C, D] – buy 3 lbs if using turkey instead of chicken for Thursday's meatballs
- chicken broth [B, D] – one (32 oz) carton covers both recipes
- garlic [B, C, D, E] – grab 2–3 bulbs
- mirin [B] – look in the Asian or international foods aisle near soy sauce & rice vinegar
- sun-dried tomato pesto [E] – optional; look near jarred pesto & pasta sauces
- bananas [F] – buy about 3 medium, ripe bananas; mash & measure 1 cup before adding

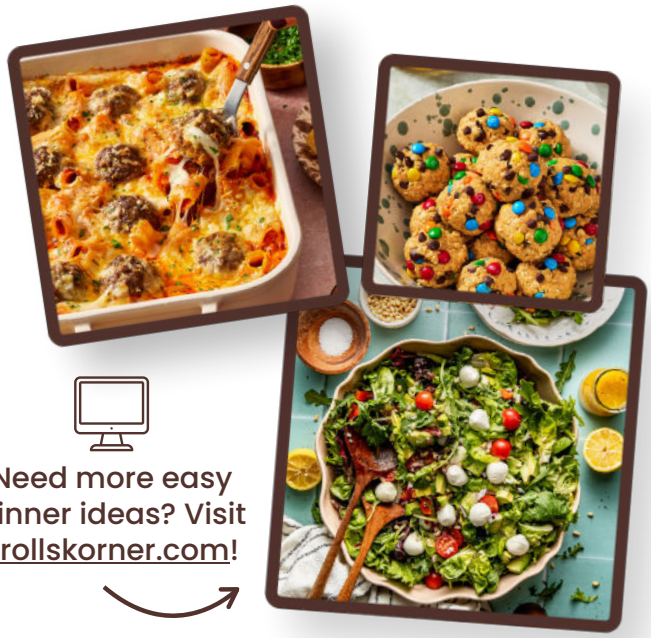
prep work 🌟

- Chop the onions [A, C, E] – Dice at once & portion into labeled containers.
- Mix the teriyaki sauce [B] – Whisk together the night before & refrigerate. Keep the cornstarch separate until the thickening step.
- Make the enchilada filling [C] – Cook filling day before & refrigerate. Fill, roll & sauce the tortillas when ready to bake.
- Shape the meatballs [D] – Mix & shape Wednesday night, then cover & refrigerate for Thursday.
- Prep the soup vegetables [E] – Chop carrots, celery & onion Thursday night.
- Bake the cookies [F] – Make a batch before the week starts & freeze half once completely cooled.

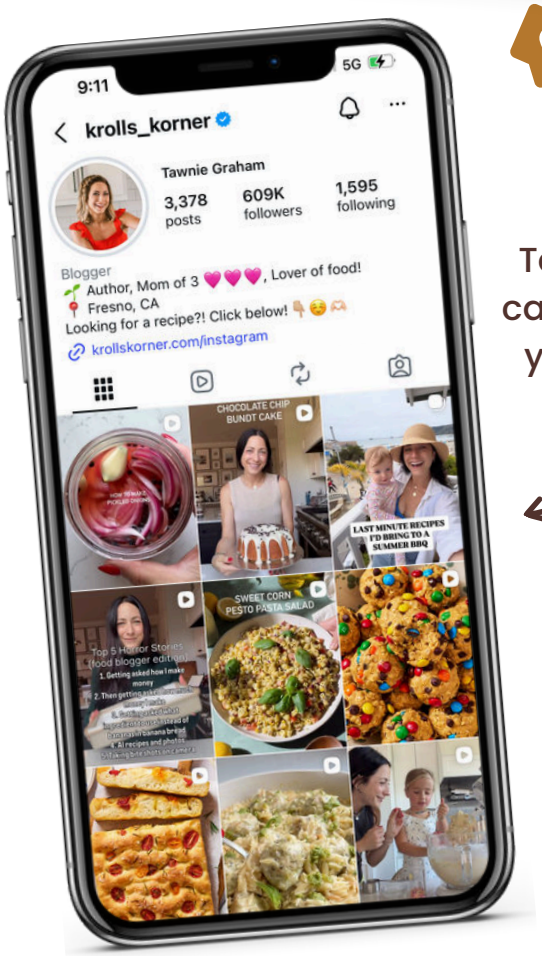
Thanks for cooking with me this week!

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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