
Dinner, Decided
weekly meal plans
Week 13
kroll's korner

Dinner, Decided

kroll's korner

WEEK # 13
Meal Plan

monday



[Creamy Wild Rice Soup]

tuesday



[Crispy Rice Salad with Gochujang Vinaigrette]

wednesday



[Creamy Cajun Sausage Pasta]

thursday



[Juicy Ground Chicken Burgers]

friday



[Instant Pot Lasagna Soup]

sweet treat



[Pumpkin Pie Smoothie]

Dinner, Decided

kroll's korner

WEEK # 13
Meal Details

MONDAY

CREAMY WILD RICE SOUP



A cozy soup that is perfect as is, or with added protein like shredded chicken or leftover holiday turkey or ham!

Macros (no additional protein): ~320 calories • ~8g protein • ~46g carbs • ~12g fat



CRISPY RICE SALAD with Gochujang Vinaigrette

TUESDAY

An unexpected salad to love during the colder months. Fresh, crunchy, & packed with flavor. Add your favorite protein to round out the meal!

Macros (no additional protein): ~445 calories • ~11g protein • ~36g carbs • ~30g fat

WEDNESDAY

CREAMY CAJUN SAUSAGE PASTA



Smoky sausage, tender pasta, broccoli, & bell peppers all tossed in a light, creamy Cajun sauce. It's comforting, but doesn't feel heavy.

Macros (1/8 of recipe): ~480 calories • ~18g protein • ~40g carbs • ~28g fat



JUICY GROUND CHICKEN BURGERS

THURSDAY

These are a lighter twist on the traditional beef burger, & my kids go crazy for them! Serve with your favorite French fries.

Macros (w/ bun, no toppings): ~405 calories • ~31g protein • ~34g carbs • ~16g fat

FRIDAY

INSTANT POT LASAGNA SOUP



Made quickly for a weeknight soup that tastes like you spent all day on it! Don't skip out on the ricotta topping - so good!

Macros: ~665 calories • ~31g protein • ~37g carbs • ~43g fat



PUMPKIN PIE SMOOTHIE

SWEET TREAT

A perfect smoothie to make if you have any leftover pumpkin from the holidays! Nutritious, delicious, & a great way to start your day!

Macros: ~370 calories • ~18g protein • ~60g carbs • ~8g 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 # 13
Shopping List

Dinner, Decided
krolls korner

pantry/dry goods

- 8 cups vegetable or chicken broth (A)
- 2 cups beef broth (E)
- 2 ¼ cups (dry) wild rice blend (A, B)
- 12 oz radiatori pasta (C)
- 8 lasagna noodles (E)
- 6 Tbsp all-purpose flour (A)
- ⅓ cup italian breadcrumbs (D)
- 1 cup cashews (B)
- 1 (24 oz) jar marinara (E)
- 6 Tbsp tomato paste (C, D, E)
- ½ cup 100% pumpkin puree (F)
- ¼ cup evaporated milk (F)
- 2 Tbsp honey (B, F)
- 4 burger buns (D)

protein

- 12 oz cajun-style smoked andouille sausage (C)
- 1 lb ground chicken (D)
- 1 lb ground beef (E)
- 1 lb ground sausage (E)

recipe key

A - Creamy Wild Rice Soup
B - Crispy Rice Salad
C - Creamy Cajun Sausage Pasta
D - Juicy Ground Chicken Burgers
E - Instant Pot Lasagna Soup
F - Pumpkin Pie Smoothie

dairy/cheese

- 9 Tbsp unsalted butter (A, C)
- 2 cups whole milk (A)
- 1 ½ cups heavy cream (C, E)
- 1 ⅓ cups grated Parmesan (C, D)
- ½ cup plain or vanilla Greek yogurt (F)

produce

- 3 yellow onions (A, C, E)
- ¼ cup grated white onion (D)
- 10-11 cloves garlic (A, B, C, D, E)
- ½ tsp fresh ginger (B)
- 2-3 large carrots (A)
- 4 stalks celery (A)
- 8 oz baby bella mushrooms (A)
- 20 small baby Yukon Gold potatoes (A)
- 4-6 mini English cucumbers (B)
- 1 bunch green onions (B)
- 1 cup red cabbage (B)
- 2 avocados (B)
- 1 red bell pepper (C)
- 1 green bell pepper (C)
- 2 cups broccoli florets (C)
- 2 Tbsp fresh parsley or chives (D)
- 1 large ripe banana (F)
- 1 orange (for ¼ cup fresh orange juice) (F)
- 1 cup shelled edamame (B)

WEEK # 13
Pantry + Fridge Staples

Dinner, Decided
krolls korner

seasonings + spices

- kosher salt (A, D, E)
- salt (B, C, F)
- black pepper (A, C, D, E)
- poultry seasoning (A)
- bay leaf (A)
- Cajun seasoning (C)
- Italian seasoning (E)
- fennel seeds (E)
- crushed red pepper flakes (C, E)
- garlic powder (D)
- pumpkin pie spice (F)
- cinnamon (F)
- sesame seeds (B)

condiments + specialty items

- soy sauce (B)
- chili crisp (B)
- gochujang (B)
- mayonnaise (D)
- vanilla extract (F)



oils / vinegars

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

spruce it up optional ingredients

- fresh parsley (C, E)
- fresh basil (C, E)
- parmesan cheese (C, E)
- whole milk ricotta (E)
- mozzarella cheese (E)
- black pepper (E)
- lettuce (D)
- tomato (D)
- red onion (D)
- avocado (D)
- sliced cheese (D)
- burger sauce (D)

recipe key

A - Creamy Wild Rice Soup
B - Crispy Rice Salad
C - Creamy Cajun Sausage Pasta
D - Juicy Ground Chicken Burgers
E - Instant Pot Lasagna Soup
F - Pumpkin Pie Smoothie

WEEK # 13
Swaps + Tips

Dinner, Decided
krolls korner

swaps 🔁

- cashews [B] 🔁 peanuts, sliced almonds
- andouille sausage [C] 🔁 kielbasa, chicken andouille, smoked chicken sausage
- radiatori pasta [C] 🔁 rotini, shells, penne
- Cajun seasoning [C] 🔁 Creole seasoning, or mix paprika, garlic powder, onion powder, oregano, thyme, & cayenne
- avocado oil [C] 🔁 olive oil

leftovers 🍽️

- edamame or cashews [B] ➡️ add to a stir-fry or grain bowl
- broccoli [C] ➡️ add to scrambled eggs, omelet, grain bowls
- andouille sausage [C] ➡️ slice & sauté w/ potatoes or fold into scrambled eggs
- fresh herbs [D, E] ➡️ chop & add to eggs, salad, quick yogurt dip
- tomato paste [C, D, E] ➡️ freeze in 1-Tbsp portions to use in future soups or sauces
- pumpkin puree [F] ➡️ stir into oatmeal or pancake batter

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 🛒

- Parmesan [C, D, E] - get a 6 oz wedge & grate it yourself (it melts better than pre-grated)
- tomato paste [C, D, E] - one (6 oz) can covers everything (or, a tube keeps longer if you don't use it often)
- garlic [A, B, C, D, E] - need 10+ cloves, so get one large head (or a jar of minced garlic is a great time-saver)
- onions [A, C, D, E] - buying a bag is cheaper than buying them individually
- gochujang & chili crisp [B] - look in the Asian or international aisle
- avocados [B, D] - buy them firm early in the week & let them ripen on the counter

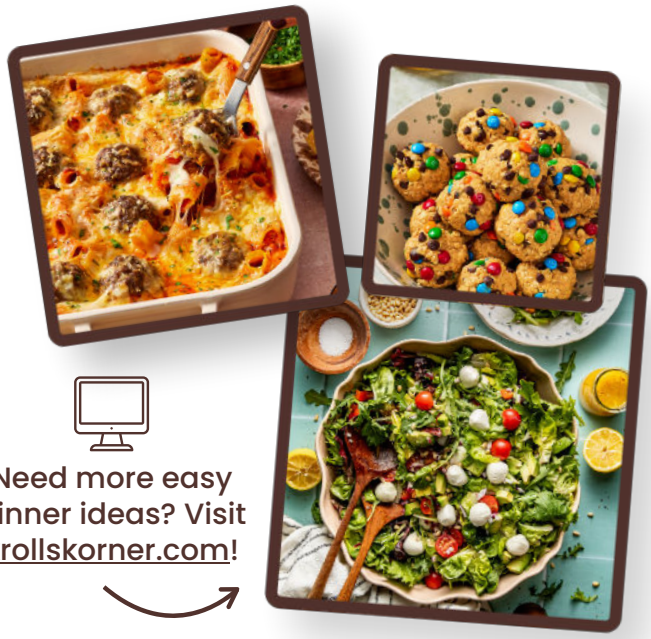
prep work 🌟

- Chop vegetables once [A, C, E]: Dice all the onions, garlic, carrots, & celery at once & store separately in the fridge.
- Cook rice ahead [A, B]: Cook the wild rice for B the same day you make A. Day-old, cold rice crisps best for B.
- Make the dressing ahead [B]: It keeps in the fridge for up to 5 days.
- Grate the Parmesan once [C, D, E]: Grate the whole wedge & use it all week.
- Prep the peppers & broccoli [C]: Dice & refrigerate them up to 2 days ahead.
- Shape the patties ahead [D]: Refrigerate them up to 1 day ahead, or freeze them.

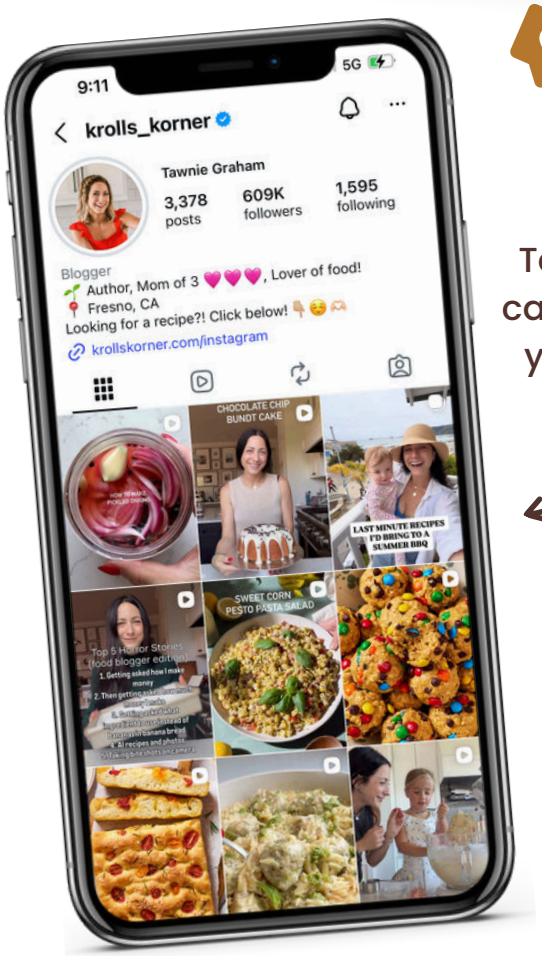
Thanks for cooking with me this week!

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

Dinner, Decided

krolls korner