



Dinner, Decided

weekly meal plans

kroll's korner®

Week
4



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kroll's korner

WEEK # 4 Meal Plan

monday



**Creamy Tuscan
Chicken & Rice**

tuesday



**Baked Bean &
Cheese Taquitos**

wednesday



**Brown Sugar
Miso Glazed
Salmon**

thursday



**30 Minute Taco
Skillet**

friday



**Korean Beef
Bowls**

sweet treat



**Protein Peanut
Butter Cups**


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WEEK # 4 Meal Details

MONDAY

Creamy Tuscan Chicken & Rice

This 30-minute weeknight meal is an all-in-one dinner! You can serve with my [Favorite Everyday Salad](#) if you'd like, too!

Macros (no side salad): ~545 calories • ~35g protein • ~31g carbs • ~31g fat



Baked Bean & Cheese Taquitos

Serve these delicious baked taquitos with your favorite toppings or I love to brighten up with meal with this [Avocado Corn Salad](#).

Macros for 2 corn tortilla taquitos (no toppings/side): ~270 calories • ~10g protein • ~30g carbs • ~12g fat



TUESDAY

WEDNESDAY

Brown Sugar Miso Glazed Salmon

This salmon is restaurant-worthy but SO easy to make at home. Serve in bowls with your favorite noodles, edamame, & avocado.

Macros for salmon (no sides): ~400 calories • ~34g protein • ~6g carbs • ~25g fat



30 Minute One Pan Taco Skillet

Another 30-minute weeknight win! Kid and adult approved, serve it with leftover tortillas, your favorite toppings, and crunchy chips!

Macros w/ 5 corn tortillas: ~325 calories • ~23g protein • ~23g carbs • ~17g fat



THURSDAY

FRIDAY

Slow Cooker Korean Beef Bowls

Packed with flavor & unbelievably easy! Serve in rice bowls, tacos, sandwiches, quesadillas, or even on a loaded baked potato!

Macros for ~4 oz beef: ~414 calories • ~28g protein • ~12g carbs • ~25g fat



Protein Peanut Butter Cups

Because your freezer deserves a healthy sweet treat like this! Don't forget the flaky sea salt – so good!

Macros: ~200 calories • ~9g protein • ~23g carbs • ~12g 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 can't make any guarantees to the accuracy of this information.

WEEK # 4 Shopping List



produce

- 13 cloves garlic ^(A, C, D, E)
- 1 medium white onion ^(A, D)
- 1 knob fresh ginger ^(C, E)
- fresh parsley, for garnish ^(A)
- 3 cups fresh spinach ^(A)
- ½ cup sun-dried tomatoes ^(A)
- 1–2 lemons ^(A)
- 2–3 limes ^(B, D)
- 2 bunches green onions ^(C, D, E)
- 1 bunch fresh cilantro ^(B, D)
- 2–3 avocados (or guacamole) ^(B, D, E)
- 2 cups shredded carrots ^(E)
- 2 english cucumbers ^(E)
- 1 bag frozen edamame ^(E)

protein

- 1 ½ – 2 lbs chicken thighs ^(A)
- 4 salmon fillets (5–6 oz each) ^(C)
- 1 lb lean ground turkey ^(D)
- 3 lbs boneless chuck roast ^(E)

dairy/cheese

- 2 Tbsp unsalted butter ^(A)
- ½ cup heavy cream ^(A)
- ¼ cup parmesan cheese + more for serving ^(A)
- 2 ½ – 3 cups shredded cheese ^(B, D)
- 2 Tbsp sour cream + more for serving ^(B, D)
- 3–4 Tbsp milk ^(F)

pantry/dry goods

- 2 cups dry long grain white rice (jasmine or basmati) ^(A, E)
- 1 package (10 oz) ramen noodles ^(C)
- 19–24 tortillas (flour or corn) ^(B, D)
- 1 (15 oz) can refried beans ^(B)
- 1 (15 oz) can kidney beans ^(D)
- 1 (15 oz) can black beans ^(D)
- 2 cups chicken broth ^(A)
- ½ cup beef broth ^(E)
- 1 (10 ¾ oz) can tomato soup ^(D)
- 1 cup oat flour ^(F)
- ½ cup vanilla protein powder ^(F)
- ½ cup Rice Krispies cereal ^(F)
- 1 cup dark chocolate chips ^(F)



recipe key

- A – Creamy Tuscan Chicken & Rice
- B – Baked Bean & Cheese Taquitos
- C – Miso Glazed Salmon
- D – 30 Minute Taco Skillet
- E – Korean Beef Bowls
- F – Protein Peanut Butter Cups

WEEK # 4

Pantry + Fridge Staples



spruce it up optional ingredients

- Lemon wedges ^(A)
- Guacamole ^(B, D)
- Fresh cilantro ^(B, D)
- Shredded lettuce ^(B)
- Diced tomatoes ^(B, D)
- Sesame seeds ^(C, E)
- Kimchi ^(E)
- Flaky sea salt ^(F)
- sriracha or chili crunch ^(E)

oils / vinegars

- olive oil ^(A, D)
- cooking spray (optional) ^(B, C)
- toasted sesame oil ^(C, E)
- rice vinegar ^(C, E)
- coconut oil ^(F)

recipe key

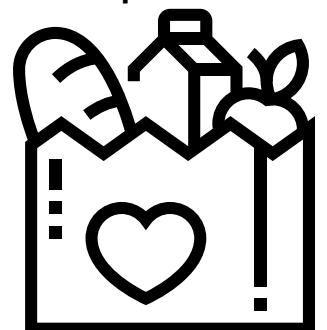
A – Creamy Tuscan Chicken & Rice
B – Baked Bean & Cheese Taquitos
C – Miso Glazed Salmon
D – 30 Minute Taco Skillet
E – Korean Beef Bowls
F – Protein Peanut Butter Cups

condiments + specialty items

- ¼ cup miso paste ^(C)
- ¾ cup soy sauce or shoyu ^(C, E)
- ½ cup brown sugar ^(C, E)
- 1 tsp honey ^(C)
- ⅓ cup maple syrup ^(F)
- ¾ cup peanut butter ^(F)
- 1 tsp vanilla extract ^(F)
- 1 ½ Tbsp mirin ^(C)
- 1 Tbsp fish sauce ^(E)
- 3 Tbsp gochujang ^(E)
- 2 Tbsp cornstarch ^(E)
- ¼ cup unsweetened applesauce ^(E)
- 2 tsp hot sauce ^(B)
- 1 (24 oz) jar southwest salsa ^(D)

seasonings + spices

- kosher salt ^(A, B, F)
- black pepper ^(A, E)
- Italian seasoning ^(A)
- garlic powder ^(A)
- paprika ^(A)
- 2 packets taco seasoning ^(B, D)
- ground cinnamon, optional ^(F)
- chili flakes,
- optional ^(C)
- flaky sea salt,
- optional ^(F)



WEEK # 4 Swaps + Tips



swaps

- tortillas ^(B, D)
 flour or corn
- salmon ^(C)
 halibut (+ adjust cook time)
- ground turkey ^(D)
 ground chicken, ground beef
- soy sauce ^(C, E)
 tamari or coconut aminos
- peanut butter ^(F)
 almond or cashew butter

leftovers

- Broth ^(A) → Cook rice or quinoa or use a splash to liven up Tuscan Chicken & Rice ^(A) when reheating leftovers
- Heavy Cream ^(A) → Make Cinnamon Sugar Scones for a weekend treat
- Spoon leftover Taco Skillet ^(D) into tortillas for tacos or burritos
- Add leftover Brown Sugar Glazed Salmon ^(C) to fried rice w/ green onions & edamame
- Korean Beef ^(E) → use throughout the weekend in tacos, burritos, bowls on baked potatoes, or with fried rice

scaling recipes

- Each recipe on the website has an option to scale it up or down in the recipe card. It looks like this ↓

Servings:

1/2x

1x

2x

3x

shopping tips

- Avocados ^(B, D, E) – Buy at different stages of ripeness so you don't need to use all on the same day
- White rice ^(A, E) – Microwave packs of rice are a good shortcut if you don't have time to cook the rice
- Ramen noodles ^(C) – Discard the seasoning packets, or purchase plain ramen noodles from the Asian-food section
- Salmon fillets ^(C) – Frozen individually portioned fillets are easy & often less expensive. Thaw completely before marinating
- Cooking spray ^(B, C) – I've been using this spray to spritz the taquitos ^(B) & grease the pans

prep work

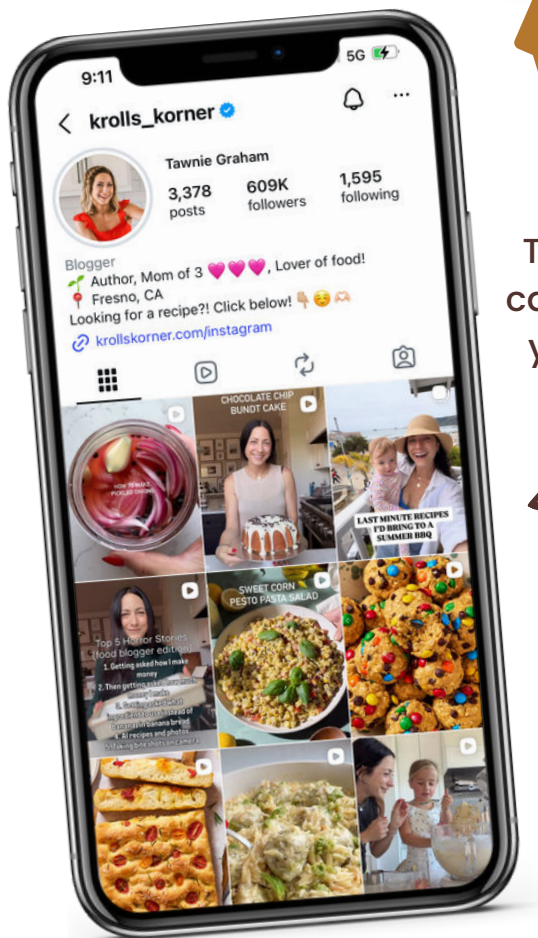
- Whisk together the miso glaze ^(C) 1-2 days ahead of time
- Mince a large batch of garlic ^(A, C, D, E) at once and store it in a tightly sealed container in the refrigerator.
- Grate all the fresh ginger ^(C, E) at once. Peel w/ a spoon, freeze it, & grate with a microplane
- Roll the taquitos ^(B) earlier in the day, cover, & refrigerate until baking.
- Make the Protein Peanut Butter Cups ^(F) on Sunday or Monday so you have them to snack on all week!

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



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