

Toni Spilsbury

The Organized Cook™
Weekly Meal Plan System

Week 1

Day 1: Lemon Pepper Pork Chops with Rice Pilaf & Vegetable Sauté

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Day 2: Swedish Meatballs, Spinach Pasta with Tomatoes & Buttery Garlic Rolls

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Day 3: Pork Fried Rice with Thai Shrimp Pizza & Crisp Asian Cucumber Salad

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Day 4: Hot Meatball Sub Sandwiches & Green Onion Garlic Chips

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Day 5: Shrimp with Penne Pasta & Garlicky Garlic Bread



Lemon-Pepper Pork Chops with Rice Pilaf & Vegetable Sauté

What You Will Need:

- Pork loin chops, 3-4 lbs
(1 per person plus 2-3 extra)
- Lemon - (1)
- Long grain rice - 3 cups
- Slivered or sliced almonds - (1) 2oz. bag
- Zucchini - (2) sliced into ¼ inch slices
- Squash - (1) sliced into ¼ inch slices
- Shredded carrots - a handful

STAPLES

- Olive oil - ½ cup
- Lemon pepper
- Olive oil - a few tbsps
- Garlic salt
- Dried parsley
- Butter - 1 tbspn
- Minced garlic - 1 tbspn

Cooking Instructions:

IN THE MORNING OR NIGHT BEFORE:

For best results, marinate chops ahead of time, 2-3 hours to overnight

Pork Chops

1. Set oven to Broil
2. In mixing bowl or measuring cup combine olive oil, zest and juice from lemon; mix well
3. Sprinkle each pork chops with lemon pepper and salt and place in shallow baking dish or large zip lock baggie; pour oil and lemon mixture over pork chops to coat evenly
4. (Start the rice before the pork chops go in the oven). Remove pork chops from marinade and place on broiling pan; cook, turning once, until brown on both sides and cooked thoroughly; approximately 7-12 minutes each side depending on thickness

Rice

5. In large saucepan bring 3 cups rice and 6 cups water and to boil; cover and reduce heat to low until water is absorbed, approximately 20 minutes
6. Once rice is cooked, scoop out about 2/3 of rice into a container to store for Day 3-Pork Fried Rice
7. For the remaining rice, add a couple tablespoons olive oil, almonds, a few shakes of garlic salt and dried parsley; loosely mix over low heat until warmed thoroughly, 2-3 minutes

Vegetables

8. Heat a few tablespoons olive oil over medium heat; add butter, garlic, zucchini, squash and carrots; sauté until vegetables are tender, approximately 5 minutes; sprinkle with garlic salt and dried parsley to taste (optional)

AFTER DINNER:

1. Dice leftover pork chops into ¼-inch chunks and store for Day 3-Pork Fried Rice
2. Store left-over vegetables for Day 3-Thai Shrimp Pizza

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Swedish Meatballs with Spinach Pasta & Buttery Garlic Rolls

What You Will Need:

- Ground beef - 3 lbs
- Onion, white - (1) minced; store ½ of minced onion for Day 5-Shrimp with Penne Pasta
- Spinach pasta - 1 lb
- Cream of mushroom soup - (1) 10-14oz. can
- Sour cream - (1) 1lb (16oz.) tub
- Grape tomatoes - (1) pint, sliced into halves
- Refrigerated jumbo buttermilk biscuits - (1) canister

STAPLES

- Seasoned bread crumbs - 1 cup
- Eggs - (3)
- Season salt - 1-2 tspns
- Olive or canola oil
- Cooking spray
- Butter or margarine - 1 tspn
- Olive oil - 1 tspn
- Minced garlic - 1 tspn
- Milk - ½ cup or can
- Paprika - 2 tspns

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Cooking Instructions:

Meatballs

1. In large mixing bowl; combine ground beef, minced onion, seasoned bread-crumbs, eggs, and season salt; mix well (first mix with a spoon and then get in there with your hands)
2. Coat bottom of large non-stick skillet with oil over medium heat
3. Hand roll beef mixture into small 1½-inch meatballs and place in skillet to cook turning each gently with a large spoon until all sides are brown, approximately 15-20 minutes total; as meatballs are cooked transfer to a paper towel lined plate to cool
4. Store about half of cooked meatballs for Day4- Meatball Subs

Spinach Pasta

5. Boil pasta in salted water until tender
6. Once pasta is cooked, drain pasta reserving some (about ¼ cup) of cooking water in the pan; return pasta to warm pan and water; toss

Rolls

7. Heat oven to 375
8. Spray muffin tin with cooking spray
9. Place one refrigerated biscuits in each muffin hole pressing down on top of the biscuit to create a slight indentation on top
10. In microwave-safe bowl or measuring cup, combine butter, olive oil and garlic; heat in microwave until butter is melted, approximately 45 seconds; mix well
11. Pour mixture, about a dime-size, into the indentation in each biscuit; bake until brown, approximately 12 minutes

Swedish Sauce

12. In medium saucepan, combine soup, sour cream, milk and paprika; heat over medium-low heat until hot, approximately 5 minutes

Serve spinach pasta individually topped with meatballs and Swedish sauce, garnish with sliced tomatoes

AFTER DINNER:

1. Store any additional leftover meatballs for Day 4-Meatball Subs



Pork Fried Rice with Thai Shrimp Pizza & Crisp Asian Cucumber Salad

What You Will Need:

- Frozen asian stir-fry vegetables - (1) large bag
- Leftover pork chops, diced
- Leftover cooked rice
- Leftover sautéed vegetables
- Frozen cooked shrimp, medium - ½lb, tails removed
- Pizza crust ready-to-bake - (1)
- Thai peanut sauce - (1) small jar
- Shredded mozzarella cheese (about a third of the bag; save the remaining for day 4-Hot Meatball Subs)
- Green onions - (1) bundle, diced; small handful-store most of diced onion for Day 5-Garlic Baked Fries
- Bean sprouts- a small handful
- Cucumber - (1) peeled and sliced into ½ inch slices

STAPLES

- Vegetable oil
- Rice wine vinegar - 4 tbsps
- Sesame oil - 2 tbsps
- Soy sauce - 1 tsp
- Sesame seeds

Cooking Instructions:

Save the remaining 1½lb frozen shrimp for Day 5-Shrimp with Penne Pasta

Pizza

1. Heat oven to 375° (or according to pizza crust instructions)
2. Place pizza crust on a baking sheet and spread peanut sauce; top with cheese; then shrimp, vegetables, bean sprouts and green onions
3. Bake until cheese is melted and shrimp is warmed thoroughly; approximately 15 minutes

Rice

4. Coat bottom of a large non-stick skillet or wok with vegetable oil over medium-high heat; add frozen vegetables and sauté until tender, approximately 6 minutes
5. Add rice and pork chops; sprinkle with soy sauce and sauté turning mixture every few minutes until rice has a nice brownish color; approximately 5 minutes

Salad

6. Place cucumbers in salad or mixing bowl; add vinegar; mix
7. Drizzle with sesame oil and soy sauce; toss
8. Top with sesame seeds

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Hot Meatball Subs & Green Onion Garlic Chips

What You Will Need:

- Leftover meatballs
- Hot dog buns or hoagie roll
- Spaghetti sauce - (1) jar
- Remaining shredded mozzarella cheese
- Potatoes, russet or gold - 2-3, peeled and sliced into ½ inch slices
- Remaining diced green onion

STAPLES

- Olive oil - ¼cup
- Minced garlic - 2 tbsps
- Garlic salt

Cooking Instructions:

Chips

1. Heat oven to 400°
2. Place potato slices into shallow baking dish (I like to use a round cake pan for this one)
3. Add diced olive oil, garlic and a few shakes of garlic salt; toss until all potatoes are covered; top with green onions
4. Bake until brown, approximately 35 minutes (for crispy potatoes, turn oven to Broil for the last 5 minutes of baking)

Subs

5. On a long cookie sheet arrange hot dog buns or hoagie rolls; fill the inside of the rolls with meatballs (if your meatballs are on the large side, you can cut them in half);
6. Drizzle with spaghetti sauce and then top with shredded cheese; bake alongside potatoes until cheese is melted and meatballs are warm, approximately 10 minutes.

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Shrimp with Penne Pasta & Garlicky Garlic Bread

What You Will Need:

- Penne pasta - 1 lb
- Green bell pepper - (1) chopped fine
- Remaining minced white onion
- Crushed tomatoes with basil - (1) large 28oz. can or (2) 14oz. cans
- Remaining frozen cooked shrimp, medium - 1½ lbs, tails removed
- Shredded parmesan cheese - (1) cup or (1) 8oz. bag
- Bakery french bread - (1) loaf

STAPLES

- Olive oil
- Minced garlic - about 1 tbspn
- Butter or margarine
- Garlic salt
- Paprika

Cooking Instructions:

Pasta

1. Boil pasta in salted water until tender
2. Once pasta is cooked, drain pasta reserving some (about ¼ cup of cooking water in the pan; return to warm pan and water; toss

Shrimp

1. In large skillet heat a few tablespoons of olive oil over medium-high heat; add chopped bell pepper, minced onion and minced garlic; sauté until tender, approximately 4 minutes
2. Add tomatoes and shrimp (no tails); heat until bubbly, approximately 5 minutes, reduce heat to simmer

Bread

3. Heat oven to Broil
4. Slice French bread lengthwise and generously butter each side; drizzle with olive oil and spread in a couple tablespoons minced garlic; sprinkle with garlic salt and paprika
5. Broil on bottom rack until brown on top, approximately 3 minutes (set your timer so the bread doesn't burn!)

Serve shrimp mixture individually over pasta; sprinkle with shredded parmesan cheese

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