

*Toni Spilsbury*

**The Organized Cook™**  
**Weekly Meal Plan System**

**Week 10**

*Day 1: Steak Piazzole over Spaghetti Aglio E Olio*

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*Day 2: Aloha Meatballs & Steamed Rice*

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*Day 3: Tomato Basil Chicken & Penne Pasta*

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*Day 4: Beefy Chimichangas with Fire Rice*  
*(Not spicy! Gets its name for its color, not its flavor.)*

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*Day 5: Chicken Lettuce Wraps with Asian Noodle Soup*





## *Steak Piazzole over Spaghetti Aglio E Olio*

### What You Will Need:

- beef round sirloin tip steaks, thin- 4-5lbs
- onion, white- 1 large, peeled and sliced into strips; store half of onion slices for day 3-tomato basil chicken
- green bell pepper- 1, sliced into strips
- crushed tomatoes- 1 28oz. can
- beef broth- 1 can
- spaghetti pasta- 1½ lbs

#### Steak:

- olive oil- a few tbsps
- minced garlic- 2 tbsps
- garlic salt
- dried oregano
- crushed red pepper flake (optional)

#### Spaghetti:

- olive oil- ¼ cup
- minced garlic- 2 tbsps
- crushed red pepper flakes (optional)

### Cooking Instructions:

The steak is extra tender when cooked in a slow cooker. Just follow skillet directions below using the slow cooker instead of the skillet on High for 6-7 hours.

Time: Prep Time: 15 minutes, Cooking Time: 60 minutes (or 6-7 hours in slow cooker)

#### Steak

1. Heat a few tablespoons of olive oil with minced garlic in large deep skillet over medium-high heat
2. Season steaks with garlic salt, oregano and a little crushed red pepper (optional depending on how spicy you want it); place into skillet, turning each one until slightly brown on both sides then stack then on top of another if needed
3. Add onion slices, bell pepper slices, tomatoes and broth; bring to boil; cover and reduce heat to medium-low and simmer until steak is tender; approximately 60 minutes

#### Spaghetti

4. Boil spaghetti pasta in salted water until tender; drain pasta reserving some (about ½ cup) of the cooking water in pan; return spaghetti to warm pan and water; toss
5. Add to spaghetti: olive oil, minced garlic and red pepper flakes (optional) to taste; toss well

Serve steak individually over spaghetti

#### AFTER DINNER:

1. Store leftover steak with sauce for Day 4-Beef Chimichangas
2. Store leftover spaghetti for Day 5-Asian Noodle Soup

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## *Aloha Meatballs & Steamed Rice*

### What You Will Need:

- ground beef- 1½ lbs
- red bell pepper- 1, diced
- orange bell pepper- 1, diced
- yellow bell pepper- 1, diced
- pineapple chunks- 1 20oz. can (do not drain)

### STAPLES

- bread crumbs- ½ cup
- ground ginger- ¼ tspn
- egg-1
- soy sauce
- vegetable oil
- cornstarch- 2 tbsps dissolved in ¼ cup water
- brown sugar- ½ cup
- rice wine vinegar- ½ cup

### Cooking Instructions:

#### DINNER TIME:

##### **Meatballs**

1. Store half of red, orange and yellow diced bell peppers together for Day-4 Fire Rice
2. In large mixing bowl combine ground beef, bread crumbs, ginger, egg and a few generous shakes of soy sauce; mix well
3. Coat bottom of large non-stick skillet with oil over medium-high heat (start rice to boil at this time)
4. 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 10-15 minutes total; as meatballs are cooked transfer to paper towel lined plate to cool
5. In same skillet over medium heat while stirring constantly, add pineapple with syrup, cornstarch, brown sugar, vinegar and a few shakes of soy sauce; boil and stir until sauce thickens, approximately 2 minutes
6. Add meatballs and diced peppers to sauce, stir; cover and simmer for about 5 minutes.

##### **Rice**

7. In large saucepan, bring 3 cups rice and 6 cups water to boil; reduce heat and simmer until water is absorbed, approximately 20 minutes

Serve meatballs with sauce over steamed rice

#### AFTER DINNER:

1. Store leftover rice for Day 4-Fire Rice

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## *Tomato Basil Chicken & Penne Pasta*

### What You Will Need:

- boneless skinless chicken breasts- 3-4lbs (about 6-7 trimmed breasts)
- remaining onion slices, minced
- crushed tomatoes- 1 28oz. can
- basil, fresh- 1 bundle, chopped
- penne pasta- 1 lb

### STAPLES

- olive oil
- minced garlic- 2 tbsps
- poultry seasoning

### Cooking Instructions:

#### DINNER TIME:

#### Chicken

1. Dice chicken into large chunks
2. Heat a few tablespoons olive oil with garlic over medium-high heat; add chicken and sauté until chicken is just cooked; do not overcook
3. Once cooked, remove half of chicken and store for Day 5-Chicken Lettuce Wraps
4. Sprinkle remaining chicken generously with poultry seasoning; add minced onion and sauté for another 2 minutes (start pasta water boiling now)
5. Add tomatoes, cover and cook over medium-low heat for approximately 5 minutes
6. Add basil leaves, toss

#### Pasta

6. Boil penne pasta in salted water until tender; drain pasta reserving some of the cooking water into a serving bowl; add pasta to serving bowl
7. Add chicken mixture to pasta; toss

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*Beefy Chimichangas with Fire Rice*  
(Not spicy! It gets its name for its color, not its flavor.)

**What You Will Need:**

- leftover cooked steak with sauce
- taco seasoning- 1 packet
- shredded cheddar/monterey cheese- 1 8oz. bag
- flour tortillas, burrito size- 4-6
- leftover steamed rice
- remaining diced red, orange and yellow peppers

**STAPLES**

- vegetable oil
- spanish saffron- 1 pinch
- crushed red pepper (optional)- 1 pinch
- salt

**Cooking Instructions:**

**DINNER TIME :**

**Chimichangas**

1. Place steak with sauce in medium skillet; shred steak with hands or a fork; heat over medium heat until warm; approximately 3 minutes
2. Add taco seasoning; mix well
3. Fill center of tortillas, one at a time, with a large spoon full of beef mixture and a small handful of cheese; fold and roll into burritos
4. Heat a few tablespoons of oil in large non-stick skillet; fry burritos, turning once, until golden brown on both sides, approximately 3 minutes each side; remove to a paper towel lined plate

**Rice**

5. In same skillet used for burritos, heat a few more tablespoons of oil over medium high heat
6. Add pepper, rice, saffron and crushed red pepper; sauté over medium heat until peppers are tender, approximately 5 minutes; season with salt to taste

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## *Chicken Lettuce Wraps with Asian Noodle Soup*

### **What You Will Need:**

- remaining cooked chicken, chopped extra fine
- green onion- 1 bundle, diced
- shredded carrots- 1 small ready-to-eat bag
- water chestnuts, sliced- 1 5oz. can
- plum sauce- 1 jar
- iceberg lettuce- 1 head
- chicken broth- 1 qt
- baby bok choy- 2 heads, chopped discarding ends
- leftover cooked spaghetti

#### Wraps:

- sesame oil- 3 tbsps
- soy sauce- 2 tbsps

#### Soup:

- minced garlic- 1 tspn
- ground ginger- 1 tspn

#### Taco Sauce:

- rice wine vinegar- ¼ cup
- soy sauce- 2 tbsps
- asian red garlic chile paste (optional)- 1-2 tspns, depending on how spicy you want it

### **Cooking Instructions:**

#### DINNER TIME :

#### **Wraps**

1. Make sure chicken is chopped extra fine
2. Heat a few tablespoons sesame oil in large non-stick skillet over medium-high heat; add diced green onions and a handful of shredded carrots; sauté until carrots are slightly tender, approximately 3 minutes
3. Add chicken and water chestnuts, sprinkle with soy sauce and sauté for another 2 minutes
4. Add plum sauce; sauté for another minute
5. Slice bottom section off head of lettuce and peel off pieces to use for taco “shell”

#### **Soup**

6. In large saucepan, combine broth, bok choy, cooked spaghetti, a handful of shredded carrots, garlic and ginger; bring to boil; reduce heat and simmer until carrots are tender, approximately 6 minutes

#### **Taco Sauce (optional)**

7. In gravy boat or measuring cup, combine vinegar and soy sauce; add red garlic chili paste depending on how hot you want it; mix well

Serve chicken mixture wrapped in individual lettuce pieces topped with taco sauce

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