

*Toni Spilsbury*

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

**Week 2**

*Day 1: Italian Sausage & Peppers with Mushroom Cheese Farfalle*

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*Day 2: Ratatouille Pan-Simmered Steak with Steamed Brown Rice*

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*Day 3: Balsamic Chicken & Walnut Gorgonzola Salad*

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*Day 4: French Dip Sandwiches & Creamy Tomato Soup*

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*Day 5: Tortellini Soup & Spinach Chicken Pizza*





## *Italian Sausage & Peppers with Mushroom Cheese Farfalle*

### What You Will Need:

- Bowtie (farfalle) pasta - 1lb
- Italian sausage, mild - 2-3lbs (6-8 links, 1 per person plus 1-2 extra) - sliced into ½-inch rounds (or squeezed from casing)
- Green bell pepper - (1) sliced into strips
- Red bell pepper - (1) sliced into strips
- Mushrooms, sliced - (1) bag
- Mascarpone cheese or gourmet spreadable cheese - 8oz.
- Shredded parmesan cheese, (1) 8oz. bag

### STAPLES

- Olive oil
- Minced garlic, about 2 tbsps
- Dried oregano

### Cooking Instructions:

1. Store half of sliced red and green bell peppers together for Day 2 - Ratatouille Pan Simmered Steak

#### **Pasta**

2. Boil bowtie pasta in salted water until tender; drain pasta reserving some (about ¼ cup) of the cooking water in pan; return to warm pan water; toss

#### **Sausage**

3. Heat a few tablespoons olive oil in large skillet with over medium-high heat; all garlic
4. Add sausage slices or squeeze sausage out of casing directly into pan and chop into chunks while sautéing until brown.
5. Once brown, scoop out about a third of sausage and store in the refrigerator for Day 5-Tortellini Soup
6. For the remaining browned sausage in the pan, add pepper slices; sauté until peppers are tender
7. Sprinkle with oregano; transfer to serving bowl; do not clean skillet

#### **Pasta**

8. In same skillet over medium-high heat, sauté mushrooms until tender, approximately 3 minutes
9. Add cooked pasta and mascarpone cheese, sauté until cheese is completely melted
10. Add parmesan cheese, leaving some to garnish on top, and sauté for another minute

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## *Ratatouille Pan-Simmered Steak with Steamed Brown Rice*

### What You Will Need:

- Beef top round steak - 3-4 lbs
- Zucchini - (1) sliced
- Eggplant - (1) small, peeled and diced into medium sized chunks
- Remaining sliced red and green bell peppers
- Beef broth - (1) 14oz. can
- Crushed tomatoes - (1) 28oz. can
- Brown rice - 1½ cups
- Chicken broth - (1) 14oz. can

### STAPLES

- Olive oil - ¼ cup
- Minced garlic - 1 tspn
- Water - 1 cup

### Cooking Instructions:

#### Steak

1. Heat a few tablespoons olive oil and garlic in extra large deep skillet or paella pan over medium-high heat
2. Sear steak in olive oil, flipping once, until brown on both sides, approximately 4-5 minutes each side
3. Add zucchini, eggplant and red and green bell pepper over the steak; cover with tomatoes and broth
4. Reduce heat to medium-low; cover and simmer until steak is cooked through and tender, approximately 45-55 minutes (use aluminum foil to cover if your pan doesn't have a lid)

#### Rice

5. Combine rice, chicken broth and water in medium sized saucepan; bring to boil over high heat
6. Once boiling, cover and reduce to low, simmer until liquid is absorbed, approximately 15-20 minutes

### AFTER DINNER:

1. Slice and store leftover steak for Day 4-French Dip Sandwiches

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## *Balsamic Chicken & Walnut Gorgonzola Salad*

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

- Boneless skinless chicken tenders - (1) 2-3lb frozen bag, thawed
- Creamy balsamic salad dressing - (1) bottle
- Mixed spring lettuce - (1) ready-to-eat bag
- Pears - (2) sliced discarding core
- Walnuts, chopped - (1) 2oz. bag
- Gorgonzola cheese, crumbled - 4oz.

### **Cooking Instructions:**

#### IN THE MORNING OR NIGHT BEFORE:

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

#### **Chicken**

1. In large gallon freezer bag combine chicken and  $\frac{3}{4}$  bottle of dressing; seal and place in refrigerator to marinate

#### DINNER TIME:

#### **Chicken**

2. Chicken can be grilled inside on a griddle over medium-high heat, in the oven on broil or outside on the grill
3. Remove chicken from marinade and cook, turning once, until brown, approximately 7 minutes each side

#### **Salad**

4. Place lettuce in salad or mixing bowl, top with pear slices and walnuts; drizzle with remaining dressing; toss
5. Sprinkle with  $\frac{1}{2}$  of gorgonzola cheese crumbles, save remaining cheese for Day 5-Chicken Spinach Pizza

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## *French Dip Sandwiches & Creamy Tomato Soup*

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

- Leftover cooked steak, sliced
- Beef broth - (1) 14oz. can
- Hoagie rolls or hot dog buns
- Tomato soup - (1) large prepared carton or can

### STAPLES

- Dried basil
- Milk - ½ cup

### **Cooking Instructions:**

#### **Hoagies**

1. In deep skillet combine sliced steak and broth; bring to a boil
2. Reduce heat to low and simmer for approximately 3 minutes
3. Remove steak from broth and transfer to individual rolls
4. Pour hot broth into individual small dipping bowls

#### **Soup**

5. In saucepan, combine soup and milk; heat over medium-high heat until bubbling, approximately 5 minutes
6. Garnish with basil

### AFTER DINNER:

1. Store leftover tomato soup for Day 5-Spinach Chicken Pizza (you only need a very small amount)

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## *Tortellini Soup & Spinach Chicken Pizza*

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

- Chicken broth - 1 quart or 3lb can
- Leftover cooked italian sausage, chopped
- Baby spinach lettuce - (1) ready-to-eat bag
- Grape tomatoes - (1) pint, sliced lengthwise in half
- Refrigerated cheese tortellini pasta - 1lb
- Pizza crust - (1) ready-to-bake
- Leftover tomato soup
- Shredded mozzarella cheese - (1) 8oz. bag
- Leftover cooked chicken, chopped
- Remaining gorgonzola cheese

### **STAPLES**

- Minced garlic - 2 tbsps

### **Cooking Instructions:**

#### **Soup**

1. In dutch oven or large pot over medium-high heat combine broth, sausage, half of spinach, tomatoes and garlic; add water if needed to accommodate tortellini; bring to boil (you can also add a little white wine for added flavor)
2. Once boiling, add tortellini and boil until cooked thoroughly, approximately 5 minutes; reduce to simmer

#### **Pizza**

3. Heat oven to 400° (or according to pizza crust instructions)
4. Place pizza crust on baking sheet and brush with tomato soup; sprinkle with mozzarella cheese and top with remaining spinach, chopped chicken then gorgonzola cheese
5. Bake according to directions or until cheese is melted; approximately 12 minutes

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