

Toni Spilsbury

The Organized Cook™
Weekly Meal Plan System

Week 4

Day 1: Herb-Marinated Flank Steak with Garlic Herbed Potatoes & Baked Asparagus

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Day 2: Italian Baked Chicken & Penne Pomodoro

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Day 3: Steak Mushroom Casserole & Garden Ranch Salad

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Day 4: Turkey Burgers & Potato Broccoli Cheese Chowder

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Day 5: Chicken Asparagus Wraps & Spinach Feta Pasta



Herb-Marinated Flank Steak with Garlic Herbed Potatoes & Baked Asparagus

What You Will Need:

- flank steak- 2-4lbs
- potatoes, red- 6-8 medium, cleaned and diced into small chunks with skin
- asparagus- 1-1½ lbs, trimmed

Steak:

- olive oil- ¼ cup
- minced garlic- 1 tbspn
- Worcestershire sauce- 2 tbsps
- Red wine vinegar- 4 tbsps
- Dried basil
- Dried oregano
- Salt
- Course black pepper
- Salt
- Dried Rosemary
- Olive oil- ¼ cup
- Minced garlic- 1 tbspn
- Asparagus
- Olive oil
- salt
- cooking spray

Cooking Instructions:

IN THE MORNING OR NIGHT BEFORE:

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

Steak

1. Place steak in shallow baking dish
2. In zip lock bag combine olive oil, minced garlic, Worcestershire sauce and vinegar; mix well
3. Sprinkle steak with basil, oregano, salt & pepper; fold and add to bag; seal and refrigerate

DINNER TIME:

Potatoes

4. Heat oven to 400°
5. Place potato chunks in a shallow baking dish or round cake pan; sprinkle with salt and dried rosemary
6. In mixing bowl, combine olive oil and minced garlic; pour over potatoes; toss
7. Bake until tender, approximately 35 minutes; for a crispy top, turn oven to Broil during last 5 minutes of cooking

Asparagus

8. Place asparagus in the center of a sheet of aluminum foil; drizzle with olive oil and sprinkle with salt; fold aluminum foil over asparagus and fold up ends; place in oven next to potatoes to cook until tender, approximately 20 minutes

Steak

9. Heat oven to Broil
10. Cook steak on broiling pan, turning once, until brown, approximately 5-6 minutes each side depending on doneness
11. Let steak sit for 10 minutes before slicing into thin strips to serve

AFTER DINNER:

1. Chop and store leftover steak for Day 3-Steak Mushroom Casserole
2. Store leftover cooked potatoes for Day 4-Potato Cheese Chowder
3. Store leftover asparagus for Day 5-Chicken Asparagus wraps

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Italian Baked Chicken & Penne Pomodoro

What You Will Need:

- boneless skinless chicken breasts, frozen- 3-4 lbs (about 6-7 trimmed breasts), thawed
- red bell pepper- 1, sliced into strips; store half of bell pepper strips for Day 5-Chicken Asparagus Wraps
- green bell pepper- 1, sliced into strips
- italian salad dressing- 1 bottle
- penne pasta- 1½ lbs
- diced tomatoes with basil- 1 14oz. can

STAPLES

- olive oil
- garlic minced- 1 tbspn

Cooking Instructions:

IN THE MORNING OR NIGHT BEFORE:

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

DINNER TIME:

Chicken

1. Heat oven to 375°
2. Place chicken breasts in long shallow baking dish; top with bell pepper strips; pour Italian dressing over the top
3. Bake until brown and cooked thoroughly, approximately 35-40 minutes; for a crispy top, turn oven to Broil for last 5 minutes of baking.

Pasta

4. Boil penne pasta in salted water until tender; drain pasta reserving some (about ½ cup) of the cooking water in pan; return pasta to warm pan and water; toss
5. Once cooked, scoop out about half of penne pasta and store for Day 5-Spinach Feta Pasta

Sauce

6. Heat a few tablespoons olive oil and garlic in medium skillet over medium-high heat
7. Add tomatoes; heat thoroughly, approximately 1 minute
8. Toss cooked penne pasta in sauce

AFTER DINNER:

1. Chop and store remaining chicken for Day 5-Chicken Asparagus Wraps

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Steak Mushroom Casserole & Garden Ranch Salad

What You Will Need:

- leftover cooked steak, chopped
- sliced mushrooms- 1 bag
- packaged wild rice, mushroom flavor- 1 box
- cream of mushroom soup- 1 can
- ranch dressing mix- 1 packet
- salad lettuce (like romaine or butter lettuce)- 1 ready-to-eat bag
- shredded carrots- 1 ready-to-eat bag
- tomato, roma or vine-ripened- 1 sliced

STAPLES

- milk- 1 ½ cups + 1 cup for dressing mix
- mayonnaise- 1 cup

Cooking Instructions:

DINNER TIME:

Casserole

1. Heat oven to 350°
2. In large mixing bowl, combine chopped steak, mushrooms, rice with flavor packet, soup and milk, mix well and transfer to greased casserole baking dish
3. Bake until rice is cooked and brown around edges, approximately 45 minutes

Salad

4. Mix ranch dressing according to package directions; refrigerate
5. Set aside some lettuce to store for Day 4-Turkey Burgers
6. In salad bowl, or to make individual salads, top lettuce with shredded carrots and sliced tomato; drizzle with dressing

AFTER DINNER:

1. Store remaining shredded carrots for Day 5-Chicken Asparagus Wraps

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Turkey Burgers & Potato Broccoli Cheese Chowder

What You Will Need:

- ground turkey- 1 lb
- english muffins, plain- 1 package
- remaining lettuce
- shallots- 3, minced
- leftover cooked potatoes
- frozen broccoli- 1 small bag
- cheddar cheese soup- 1 14oz. can
- chicken broth- 1 14oz. can

STAPLES

- egg- 1
- breadcrumbs- 1 cup
- season salt
- vegetable oil
- mayonnaise
- dijon mustard

Cooking Instructions:

DINNER TIME :

Burgers

1. In mixing bowl, combine turkey, egg and breadcrumbs and season salt to taste; mix well and use hands to form into patties
2. In large non-stick skillet, heat a couple tablespoons vegetable oil and spread evenly over pan; add patties and cook thoroughly until brown, approximately 5-7 minutes each side
3. In small bowl combine mayonnaise and Dijon mustard
4. Serve on English muffins with lettuce and mayonnaise sauce

Chowder

5. In large saucepan, combine shallots, potatoes, broccoli, cheese soup and broth; bring to a boil, add water if needed to make soup consistency; reduce heat to simmer
6. Simmer until broccoli is tender, approximately 12 minutes

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Chicken Asparagus Wraps & Spinach Feta Pasta

What You Will Need:

- baby spinach lettuce- 1 ready-to-eat bag
- leftover cooked penne pasta
- feta cheese, crumbled, plain or tomato basil flavor- 4oz.
- leftover cooked chicken, chopped
- leftover cooked asparagus, chopped
- remaining sliced red bell pepper
- remaining shredded carrots
- sundried tomato paste
- spinach wraps or flour tortillas- 4-6 large

STAPLES

- olive oil- 1 few tbspsn
- minced garlic, 1 tbspn
- mayonnaise- about ½ cup

Cooking Instructions:

DINNER TIME :

Pasta

1. Heat oil and garlic in medium non-stick skillet over medium-high heat; add about two-thirds spinach; sauté until tender, approximately 2 minutes
2. Add cooked pasta and sauté with spinach until warm, approximately 1 minute; transfer to serving bowl
3. Add feta cheese; toss

Wraps

4. In the same skillet, add a few more tablespoons olive oil over medium heat
5. Add chicken, asparagus, red bell pepper and shredded carrots; sauté until carrots are slightly tender, approximately 3 minutes; remove skillet from heat
6. Mix together mayonnaise and tomato paste; spread onto one side of each wrap or tortilla
7. Spoon mixture onto center of each wrap or tortilla; fold in sides and roll; serve sliced in half

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