

Toni Spilsbury

The Organized Cook™
Weekly Meal Plan System

Week 5

Day 1: Roasted Whole Chicken with Vegetables & Mashed Potatoes with Pan Gravy

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Day 2: Baja Fish Tacos & Cabbage Salad with Cilantro Lime Rice

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Day 3: Spaghetti Bolognese with Easy Caesar Salad

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Day 4: Green Chicken Enchiladas with Southwest Potato-Rice Cakes

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Day 5: Meaty Lasagna with Caprese Noodle Salad



Roasted Whole Chicken with Vegetables & Mashed Potatoes with Pan Gravy

What You Will Need:

- whole chicken- 2 4-5lb chickens
- celery- 2 leafy stalks, diced into large slices
- onion, white or yellow- 1
- baby carrots- 1 bag
- potatoes, russet- 4-5, peeled and diced into medium-size chunks
- chicken broth- 1 can

STAPLES

- butter or margarine
- poultry seasoning
- flour- 2 tbsps

Cooking Instructions:

Although the prep time for this meal is short, the baking time is long. If your schedule doesn't allow you to get the chicken in the oven early enough to bake before dinner time, you can cook it the night before and have it ready to warm in the oven just before dinner time.

Chicken

1. Heat oven to 400°
2. Place chicken in shallow roasting pan or rimmed baking sheet breast side up; massage generously with butter or margarine; season with poultry seasoning and sprinkle with dried thyme and rosemary
3. Place celery slices, onion slices and carrots around chicken; you can also stick the leafy stalks of celery and onion inside the chicken for more flavor.
4. Roast until cooked thoroughly, about 65 to 90 minutes; the top should be a dark crunchy brown. To be sure the chicken is cooked thoroughly, an thermometer should read 175°
5. Once chicken is cooked, move to a carving or serving platter; do not discard the juice left in the roasting pan; let stand at least 10 minutes before carving

Potatoes

6. In large saucepan boil potato chunks in salted water until tender, approximately 25 minutes
7. Once potatoes are tender, drain water. Add a few tablespoons of butter or margarine and salt to taste. Mash well with a potato masher.

Gravy

8. Place roasting pan with the juice onto stove over medium-high heat; pour about ¼ of broth into the roasting pan scraping up any brown bits from bottom of pan with a spoon
9. Add flour and continue to stir until dissolved
10. Add remaining broth and stir until thick; if gravy is too thin add more flour and if too thick add water

AFTER DINNER:

1. Pull all leftover chicken off the bone and store in refrigerator for Day 4-Chicken Enchiladas
2. Store leftover mashed potatoes for Day 4-Southwest Potato Rice Cakes

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Baja Fish Tacos & Cabbage Salad with Cilantro Lime Rice

What You Will Need:

- tilapia, fresh- 2-3lbs
- taco seasoning- 1 packet
- long grain rice- 2 cups
- limes -4, sliced in half
- cilantro- 1 bundle, chopped
- plain yogurt- 1 4-6oz. tub
- chipotle marinade seasoning- 1 packet
- cole slaw cabbage mix- 1 pre-cut ready-to-eat bag
- corn tortillas, small

STAPLES

- flour- 1 cup
- seasoned bread crumbs- 1 cup
- vegetable oil
- garlic salt
- crushed red pepper (optional)

Cooking Instructions:

DINNER TIME:

Tacos

1. In shallow dish combine flour, bread crumbs and taco seasoning; mix with a fork
2. In large non-stick skillet add oil about ½ inch deep; heat over medium-high heat
3. Coat fish, one at a time in the flour mixture and fry in oil, turning once, until both sides are golden brown, approximately 4 minutes each side; transfer to a paper towel-lined plate to cool

Rice

4. In large saucepan combine 2 cups rice and 4 cups water and bring to boil over high heat; cover, reduce heat to low and simmer until water is absorbed; approximately 20 minutes
5. Once rice is cooked, add a couple tablespoons oil, juice from 2 limes, half of chopped cilantro and garlic salt to taste; mix well

Baja Sauce

6. In small bowl combine yogurt and chipotle seasoning packet; mix well

Salad

7. In small salad bowl combine cabbage mixture, remaining cilantro and juice from 2 limes and crushed red pepper (optional)

Serve fish in corn tortillas topped with Cabbage Salad and Baja Sauce

AFTER DINNER:

Store leftover rice for Day 4-Southwest Potato Rice Cakes

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Spaghetti Bolognese with Easy Caesar Salad

What You Will Need:

- ground beef- 2lbs
- onion, white or yellow- 1, minced
- crushed tomatoes- 2 28oz. cans
- spaghetti pasta- 1½lbs
- shredded parmesan cheese- 1 8oz. bag
- fresh Italian parsley- 1 bundle, chopped
- romaine salad lettuce- 1 ready-to-eat bag
- caesar salad dressing- about ½ cup
- croutons, garlic

STAPLES

- olive oil
- garlic salt
- crushed red pepper (optional)

Cooking Instructions:

DINNER TIME:

Sauce

1. Heat a couple tablespoons olive oil in an extra-large skillet over medium-high heat; add ground beef and cook using a masher until brown; season with garlic salt and a pinch of crushed red pepper (optional)
2. Add onion and sauté with ground beef until tender, approximately 3 minutes
3. Add crushed tomatoes and parsley; bring to boil, reduce heat and let simmer for at least 5 minutes

Pasta

4. In large saucepan bring water to boil; cook spaghetti pasta until tender; drain pasta reserving some (about ½ cup) of the cooking water in pan; return pasta to warm pan and water; toss

Salad

5. Place lettuce in salad or mixing bowl; drizzle with dressing; toss
6. Sprinkle with parmesan cheese and top with croutons

Serve pasta individually topped with sauce and garnished with parmesan cheese

AFTER DINNER:

1. Store leftover sauce for Day 5-Meaty Lasagna
2. Store leftover spaghetti pasta for Day 5-Caprese Noodle Salad

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Green Chicken Enchiladas with Southwest Potato-Rice Cakes

What You Will Need:

- leftover cooked chicken, chopped
- shredded cheese cheddar/monterey - 1 16oz. bag
- green chile enchilada sauce, mild- 1 28oz. can
- flour tortillas, small- 1 24 bag
- leftover mashed potatoes
- leftover cooked rice
- green onions- 1 bundle, diced
- sour cream

STAPLES

- toothpicks
- flour- ½ cup
- egg- 1
- milk- ¼ cup
- salt
- vegetable oil

Cooking Instructions:

DINNER TIME :

Enchiladas

1. Heat oven to 350°
2. In mixing bowl combine chopped chicken, half of shredded cheese and half of enchilada sauce, mix well
3. In long rectangular baking dish, fill tortillas, one at a time, with a large spoonful of chicken mixture; roll tortilla tight and secure with toothpick if needed
4. Once tray is full of enchiladas and/or mixture is gone, pour remaining enchilada sauce over the enchiladas; remove toothpicks and sprinkle with remaining cheese and a small handful of chopped green onion (important: do not forget to remove toothpicks)
5. Bake until edges are crispy; about 25-35 minutes

Cakes

6. In large mixing bowl, combine mashed potatoes, rice, remaining diced green onion, flour, egg and milk; add salt to taste; mix well (the mixture should be thicker than pancake batter); use more milk if the batter is too thick or more flour if it's too thin
7. Coat large non-stick skillet with vegetable oil over medium-high heat; spoon batter to form small pancake-size cakes and fry, flipping once, until crispy brown on both sides
8. Garnish with sour cream

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Meaty Lasagna with Caprese Noodle Salad

What You Will Need:

- ricotta cheese- 15oz. tub
- shredded mozzarella cheese - 1 16oz. bag
- parmesan cheese- 1 8oz. bag
- leftover bolognese sauce
- instant no-boil lasagna noodles
- leftover spaghetti noodles
- tomatoes, roma or vine-ripened- 2
- basil, fresh- 1 bundle

STAPLES

- eggs- 2
- olive oil
- balsamic vinegar

Cooking Instructions:

DINNER TIME:

Lasagna

1. In mixing bowl, combine ricotta cheese, half of mozzarella cheese, most of parmesan cheese and eggs; mix well (leaving some parmesan to sprinkle on top)
2. In 9"x13" baking dish, cover bottom with small amount of sauce; place a third of the noodles on top of the sauce; spread a third of the cheese mixture on top of the noodles then layer with a third of the sauce
3. Repeat layering and top with remaining noodles and sauce; sprinkle with more mozzarella cheese and remaining parmesan cheese
4. Cover with foil and bake at 375° (or according to noodle package directions) for 35 minutes covered and then 10 minutes uncovered

Salad

1. Slice tomatoes in half and squeeze out seeds; slice into half slices
2. Place cold spaghetti noodles in mixing or salad bowl; top with tomato slices, fresh basil and remaining mozzarella
3. Drizzle with olive oil and sprinkle with balsamic vinegar

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