

Toni Spilsbury

The Organized Cook™
Weekly Meal Plan System

Week 6

Day 1: Honey-Mustard Grilled Chicken with Cheesy Broccoli & Broth-Simmered Rice

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Day 2: Burger Blankets with Veggie Pasta Salad

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Day 3: Asian Shrimp with Broccoli & Egg Fried Rice

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Day 4: Chicken Noodle Soup & Apple Celery Salad

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Day 5: Baked Ziti & Simple Italian Salad



Honey-Mustard Grilled Chicken with Cheesy Broccoli & Broth-Simmered Rice

What You Will Need:

- chicken tenderloins, frozen- 3lb bag, thawed
- frozen broccoli- 1 2lb bag
- long grain rice- 3 cups
- cheddar cheese soup- 1 14oz. can
- chicken broth- 1 3lb can

STAPLES

- olive oil- ¼ cup
- dijon or spicy brown mustard- about ½ cup
- honey- a couple squirts
- soy sauce- ¼ cup
- milk- about ¼ cup
- poultry seasoning

Cooking Instructions:

Chicken is best when marinated ahead of time, 2-3 hours to overnight.

DINNER TIME:

Chicken

1. In large freezer bag combine olive oil, mustard, honey and soy sauce; mix well by squeezing bag around
2. Add about 2/3 of chicken to bag, seal and massage around to coat chicken evenly
3. Heat oven to broil (this chicken is also terrific cooked outside on the grill or on an indoor grill)
4. Broil chicken in oven, turning once, until crispy brown and cooked thoroughly, approximately 9 minutes each side
5. Slice remaining chicken into ¼-inch chunks and place in large soup pan with a few tablespoons oil; sprinkle with poultry seasoning and cook over medium-high heat until just cooked thoroughly

Rice

6. In large saucepan, add 3 cups rice, 3 cups broth and 3 cups water and bring to boil over high heat; cover and reduce heat to low, simmer until all liquid is absorbed, approximately 20 minutes

Chicken (for Day 4- Chicken Noodle Soup)

7. Pour remaining broth in soup pan over cooked chicken; bring to boil
8. Cover and let cool slightly; place in refrigerator to store for Day 4-Chicken Noodle Soup

Broccoli

9. Place half of frozen broccoli in microwave-safe bowl; store other half for Day 3-Asian Shrimp with Broccoli
10. Add 1/3 cup water and heat for 4-5 minutes
11. Add soup; mix and heat for another minute

AFTER DINNER:

Store leftover rice for Day 3-Egg Fried Rice

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Burger Blankets with Veggie Pasta Salad

What You Will Need:

- ground beef- 3 lbs
- refrigerated jumbo biscuit dough (1 can for 4 people, 2 cans for more)
- onion, white- 1, sliced into thin slices
- deli sliced cheddar cheese- ½ lb
- tri color rotini or veggie spirals pasta- 1 lb
- black olives, sliced- 1 4oz. can, drained
- grape tomatoes- half of 1 pint, sliced lengthwise in halves
- italian salad dressing- 1 large bottle
- shredded parmesan cheese- 1 8oz. bag

STAPLES

- salt
- coarse black pepper

Cooking Instructions:

DINNER TIME :

Burgers

1. In large skillet over medium-high cook beef with a masher until brown; season with salt and pepper to taste; once brown, scoop out half of cooked beef to store for Day 5-Baked Ziti
2. Heat oven to 400°
3. Pound out biscuit dough with the palm of your hand and/or a rolling pin into flat circles; add onion (as desired) and cheddar cheese slice onto one circle at a time leaving about ½ inch at the edges; spoon ground beef on top of cheese and/or onion; cover with another biscuit circle and pinch sides together while folding gently over the top; flip over
4. Place on a cookie sheet fold-side down; you can mark ones that have onion, cheese, etc if needed by using a fork or toothpick to make a mark
5. Bake until dough is browned on top, approximately 10-12 minutes
6. Add any remaining ground beef to the storage for Day 5-Baked Ziti

Salad

7. Boil pasta in salted water until tender, drain pasta and rinse under cold water- do not return to hot pan; transfer to serving bowl
8. Add drained olives and tomatoes, and about half of bottle of Italian dressing; sprinkle with a handful of parmesan cheese; toss
9. Store remaining tomatoes, dressing and parmesan cheese for Day 5-Simple Italian salad

AFTER DINNER:

Store remaining sliced onion for Day 4-Chicken Noodle Soup

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Asian Shrimp with Broccoli & Egg Fried Rice

What You Will Need:

- frozen cooked shrimp, large- frozen 2lb bag- thawed and tails removed
- leftover cooked broccoli
- leftover cooked rice
- mixed peas & carrots- 1 small 8oz. can, drained (or diced carrots)
- frozen egg rolls- 1 package
- plum sauce- 1 small bottle

STAPLES

Shrimp:

- sesame oil- about 2 tbsps
- soy sauce- about 4 tbsps
- minced garlic- about 1 tbspn
- brown sugar- about 3tbsps
- ground ginger
- sherry- about 3tbsps

Rice and Egg Rolls:

- sesame oil- 3 tbsps
- soy sauce
- ginger
- 3 eggs
- vegetable oil

Cooking Instructions:

DINNER TIME :

Shrimp

1. In small bowl, whisk together sesame oil, soy sauce, garlic, brown sugar, a pinch of ginger and sherry
2. In large non-stick skillet or wok, heat a tablespoon of sesame oil over medium-high heat; add shrimp and broccoli; stir-fry for about a minute
3. Add oil mixture to pan and stir-fry for another 3 minutes; transfer to a serving bowl

Rice

4. In same pan, heat sesame oil over high heat; add rice and peas & carrots; stir-fry for about 5 minutes sprinkling with soy sauce and a pinch of ginger
5. In small bowl or measuring cup, whisk eggs
6. Push rice mixture to one side of skillet and pour egg mixture onto empty side; scramble egg until slightly formed and then mix in with the rice; transfer to serving bowl

Egg Rolls

7. In same pan, pour enough vegetable oil to coat bottom of pan over medium-high heat; add egg rolls
8. Cook, turning once, until crispy brown on outside, approximately 4-5 minutes each side
9. Cut in half to serve with plum sauce for dipping

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Chicken Noodle Soup & Apple Celery Salad

What You Will Need:

- cooked chicken in broth
- leftover sliced onion, minced
- carrots, whole- 1-2, peeled and diced
- celery- 4 stalks with leaves, diced
- egg noodles- 1 lb
- apples, red delicious or gala- 2
- red leaf lettuce- 1 bundle, clean and chopped
- poppy seed dressing- about ½ cup

Cooking Instructions:

DINNER TIME:

Soup

1. Bring chicken in broth to a boil over medium-high heat
2. Add onion, carrot and half of celery slices
3. Add water to saucepan if needed until water is a few inches above mixture (enough room to boil noodles); bring to boil
4. Once boiling, add noodles and cook until noodles are tender

Salad

6. Place chopped lettuce in salad bowl
7. Dice apples with skin into small chunks; add to lettuce
8. Add remaining celery slices
9. Drizzle with poppy seed dressing; toss

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Baked Ziti & Simple Italian Salad

What You Will Need:

- ziti pasta- 1lb
- leftover cooked ground beef
- spaghetti sauce- 1 jar
- shredded mozzarella cheese- 1 16oz. bag
- remaining shredded parmesan cheese
- romaine lettuce – 1 pre-cut ready-to-eat bag
- remaining grape tomatoes
- cucumber- 1, sliced
- garbanzo beans- 1 can, drained
- remaining Italian salad dressing

Cooking Instructions:

DINNER TIME:

Ziti

1. Heat oven to 375°
2. Boil pasta in salted water until tender; drain pasta and return to pan
3. Add ground beef and spaghetti sauce; mix and transfer to a baking dish; sprinkle with mozzarella and parmesan cheese
4. Bake until heated thoroughly, approximately 30 minutes

Salad

5. Place lettuce in salad bowl; top with tomatoes, cucumber slices and drained garbanzo beans; drizzle with Italian dressing; toss

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