

Toni Spilsbury

The Organized Cook™
Weekly Meal Plan System

Week 7

Day 1: Chicken Madeira Over Steamed Rice

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Day 2: Italy-Meets-London Broil with Spaghetti Aglio E Olio & Balsamic Vegetables

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Day 3: Green Chicken Coconut Curry & Steamed Rice

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Day 4: Eggplant Parmesan with Baked Spaghetti & Easy Minestrone Soup

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Day 5: Philly Cheese Steak Subs with Sweet Potato Fries



Chicken Madeira Over Steamed Rice

What You Will Need:

- boneless skinless chicken breasts frozen- 3lb bag (about 6 trimmed breasts), thawed
- mushrooms, sliced- 1 bag
- onion, white- 1, sliced in half; store one half for Day 5-Philly Cheesesteak Subs
- madeira wine- ½ cup
- beef broth- 1 14oz. can
- asparagus spears- 1 15oz. can
- deli sliced mozzarella cheese- 1lb
- long grain rice- 3 cups

STAPLES

- cooking spray or olive oil
- salt
- coarse black pepper
- butter- 4 tbsps
- flour- 4 tbsps

Cooking Instructions:

Chicken

1. Mince remaining onion half
2. Heat a few tablespoons of olive oil in large non-stick skillet over medium-high heat
3. Season both sides of chicken breasts with salt & pepper; sauté in skillet until just cooked thoroughly, approximately 7 minutes each side
4. Leaving enough chicken breasts for each person, remove the extra cooked chicken breasts (about 2-3) and store in the refrigerator for Day 3-Green Chicken Curry
5. Transfer remaining chicken breasts to a long baking sheet
6. Do not clean skillet; in same skillet over medium-high heat add butter, mushrooms and minced onion; sauté until tender, approximately 3 minutes
7. Sprinkle with flour and sauté for another minute
8. Add broth and Madeira wine; bring to boil then reduce heat and simmer for about 3 minutes
9. Set oven to 400°; arrange chicken breasts on baking sheet with at least two asparagus spears on top, then cover with a slice of mozzarella cheese; save remaining sliced mozzarella cheese for Day 4-Baked Spaghetti and Day 5-Philly Cheese Steak Subs
10. Bake until cheese is melted; approximately 3-4 minutes
11. Serve sauce spooned over rice and chicken

Rice

12. In large saucepan combine 3 cups rice and 6 cups water; bring to boil over high heat; cover and reduce heat to low, simmer until all liquid is absorbed, approximately 20 minutes; scoop out half of cooked rice to store for Day 3

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Italy-Meets-London Broil with Spaghetti Aglio E Olio & Balsamic Vegetables

What You Will Need:

- beef top round shoulder steak (london broil)- 3-4 lbs
- pesto sauce- 1 8oz. jar
- green beans, fresh- 1 lb, washed and trimmed
- grape tomatoes- 1 pint, sliced lengthwise in halves
- zucchini- 1, sliced into ½-inch slices
- squash- 1, sliced into ½-inch slices
- balsamic salad dressing- ½ cup
- shredded parmesan cheese- 1 8oz. bag
- spaghetti pasta- 1½-2 lbs

Vegetables:

- minced garlic- 1 tspn
- olive oil

Spaghetti:

- olive oil- ¼ cup
- minced garlic- 1 tspn
- crushed red pepper flakes (optional)

Cooking Instructions:

DINNER TIME:

Steak

1. Set oven to Broil
2. Rub pesto sauce on steak covering top, bottom and sides completely; place on broiling pan sprayed with cooking spray
3. Cook on middle rack, turning once, until brown, approximately 7-9 minutes each side
4. Let steak stand about 10 minutes before slicing into thin slices to serve

Vegetables

5. Line baking sheet with aluminum foil so foil is longer than baking sheet
6. Place green beans in the center of foil; top with tomatoes, zucchini, squash and garlic
7. Drizzle with olive oil
8. Fold foil over vegetables and fold sides up; press together at top to form a cocoon; bake at 425° (or set in oven next to steak while broiling) until vegetables are tender, approximately 25 minutes; transfer to serving bowl
9. Warm balsamic dressing in gravy boat or measuring cup in microwave for 1 minute; drizzle over vegetables and toss; sprinkle with a handful of parmesan cheese; save remaining parmesan cheese for Day 4-Eggplant Parmesan

Spaghetti

10. Boil spaghetti in salted water until tender; drain pasta reserving some (about ¼ cup) of the cooking water in pan; return pasta to warm pan and water; toss
11. Add olive oil, garlic and red pepper flakes (optional); toss well

AFTER DINNER:

1. Store leftover steak, sliced thin, for Day 5- Philly Cheese Steak Subs
2. Store leftover vegetables for Day 4-Easy Minestrone Soup
3. Store leftover spaghetti for Day 4-Baked Spaghetti

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Green Chicken Coconut Curry & Steamed Rice

What You Will Need:

- leftover cooked chicken, chopped
- red bell pepper- 1, diced
- coconut milk- 1 14oz. can
- green curry paste- 2 tbsps
- thai fish sauce- 2 tbsps
- bamboo shoots, sliced- 1 8oz. can, drained
- chicken broth- 1 14oz. can
- leftover steamed rice
- spring rolls frozen- 1 package

Cooking Instructions:

DINNER TIME :

Curry

1. In large skillet combine chicken, red bell pepper, coconut milk, curry paste, drained bamboo shoots and chicken broth; bring to boil
2. Reduce heat to low and simmer for approximately 5 minutes

Rice

3. To re-heat steamed rice, in microwave-safe bowl, add a couple tablespoons water to rice and heat covered in microwave until rice is steamy, approximately 3 minutes; mix with a couple tablespoons sesame or vegetable oil if desired

Serve curry in bowls over rice

Spring Rolls

4. Cook frozen spring rolls according to package directions or coat bottom of small skillet with vegetable oil over medium-high heat; cook spring rolls, turning once, until brown, approximately 4 minutes each side

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Eggplant Parmesan with Baked Spaghetti & Easy Minestrone Soup

What You Will Need:

- eggplant- 1 large
- spaghetti sauce- 1 jar
- remaining shredded parmesan cheese
- leftover cooked spaghetti pasta
- remaining deli sliced mozzarella cheese
- beef broth- 1 14oz. can
- diced tomatoes- 1 14oz. can
- kidney beans- 1 14oz. can, drained
- leftover balsamic vegetables
- salad macaroni (ditalini)- ½ cup

STAPLES

- egg- 2
- seasoned breadcrumbs- 1-2 cup
- olive oil

Cooking Instructions:

DINNER TIME:

Eggplant

1. Peel eggplant with a vegetable peeler and slice into ½-inch slices
2. In two shallow dishes, beat eggs in one and pour bread crumbs in the other
3. Coat bottom of large non-stick skillet with olive oil over medium-high heat
4. Dip each piece of eggplant, one at a time, first in the egg mixture to coat both sides and then in bread crumbs, again coating both sides; place in hot olive oil to fry until golden brown, approximately 4 minutes each side; transfer each cooked piece to a long shallow baking dish
5. Heat oven to 350°
6. Cover eggplant with about half of spaghetti sauce; sprinkle with parmesan cheese
7. Bake for 15-20 minutes

Spaghetti

8. In small baking dish or cake pan, toss cooked spaghetti with a few tablespoons olive oil and remaining spaghetti sauce; cover with a few slices of mozzarella cheese; save remaining mozzarella cheese for Day 5-Philly Cheese Steak Subs
9. Bake along side of eggplant for about 10-15 minutes

Soup

10. In large saucepan combine beef broth, diced tomatoes, kidney beans and vegetables; add more water if needed to allow room for macaroni; bring to boil
11. Once boiling, add macaroni and cook until tender, approximately 5 minutes, reduce to simmer

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Philly Cheese Steak Subs with Sweet Potato Fries

What You Will Need:

- leftover cooked steak, sliced thin
- remaining onion half, sliced into thin strips
- green bell pepper- 1, sliced into strips
- mushrooms, sliced- 1 bag
- hoagie rolls
- sweet potatoes- 1-2 large

STAPLES

- vegetable oil
- worcestershire sauce
- salt or season salt
- coarse black pepper

Cooking Instructions:

DINNER TIME :

Fries

1. Heat oven to 400°
2. Wash sweet potatoes and slice in half length-wise and then width-wise; slice each piece into large slices; transfer slices to mixing bowl
3. Drizzle potatoes with olive oil and toss; then season with salt and pepper to taste; transfer to baking sheet
4. Bake, flipping once, until crisp, approximately 10-15 minutes each side

Subs

1. Heat a few tablespoons olive oil in non-stick skillet over medium-high heat; add bell pepper slices, onion slices and mushrooms; sauté while sprinkling with a few shakes of Worcestershire sauce until vegetables are tender, approximately 4 minutes
2. Add steak slices and sauté for another minute
3. Lay slices of mozzarella cheese over steak mixture to melt, approximately a minute, then use spatula to transfer to hoagie rolls

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