

Toni Spilsbury

The Organized Cook™
Weekly Meal Plan System

Week 8

Day 1: Chicken Under A Brick with Risotto & Hope's Garlic Greens

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Day 2: Herb Baked Salmon with Garlic Herbed Mashed Potatoes & Glazed Baby Carrots

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Day 3: Spanish Paella

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Day 4: Traditional Meatloaf with Cheesy Twice-Baked Potatoes & Buttered Green Beans

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Day 5: Salmon Salad Croissants & Warm Spinach Salad



Chicken Under A Brick with Risotto & Hope's Garlic Greens

What You Will Need:

- split chicken breasts with ribs, 5-6 lbs or boneless chicken breasts, 3-4 lbs
- risotto- 1 box, seasoned
- greens (any combination kale, collard or mustard)- 1-2 pre-cut ready-to-eat bags
- chicken broth- 1 14oz. can

Chicken:

- dijon mustard- about ½ cup
- olive oil- about ¼ cup
- poultry seasoning

Greens:

- olive oil- a few tablespoons
- minced garlic- 1 tbspn

Cooking Instructions:

Chicken

1. In a mixing bowl combine mustard and olive oil; mix well
2. Heat non-stick skillet or paella pan over medium-high heat
3. Rub each chicken breast generously with mustard mixture and season generously with poultry seasoning
4. Place chicken in hot skillet and cover with a large sheet of aluminum foil; then top with another skillet so it is pressing the foil on the chicken; then place a brick or another heavy object on the top skillet to provide further weight (I use a heavy cast-iron pot)

Cooking the chicken with the weight on it over high heat makes the chicken extra juicy on the inside and crisp on the outside

5. Cook until chicken is crispy brown on the outside and cooked through flipping the chicken over after 15-20 minutes to brown the other side for another 10 minutes

Risotto

6. Cook risotto according to package instructions

Greens

7. Heat a few tablespoons olive oil and garlic in large saucepan over medium-high heat
8. Add greens; pour broth over greens; heat until greens are cooked down, approximately 20-30 minutes

AFTER DINNER:

1. Chop (or pull chicken from bone) and store leftover chicken for Day 3-Spanish Paella

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Herb Baked Salmon with Garlic Herbed Mashed Potatoes & Glazed Baby Carrots

What You Will Need:

- salmon filet- 3-4 lbs
- lemon- 1, sliced into thin slices
- potatoes, russet or gold- 4-5 large, peeled and diced into chunks
- garlic- whole clove, peeled
- sour cream- 1 cup (half of 1lb container)
- baby carrots- 1lb ready-to-eat bag

STAPLES

Salmon:

- butter or margarine- 3 tbsps
- olive oil- 2 tbsps
- minced garlic- 1 tspn
- dried dill
- salt

Potatoes:

- butter or margarine- 3tbsps
- salt

Carrots:

- butter or margarine- 2 tbsps
- brown sugar- 2 tbsps
- salt
- dried parsley

Cooking Instructions:

DINNER TIME:

(you can marinate salmon ahead of time, covered, from 2-3 hours to overnight.)

Salmon

1. Heat oven to 375
2. In measuring cup or microwave-safe bowl, melt butter in microwave; add olive oil and garlic; mix well
3. Place salmon in large shallow baking dish and pour butter mixture over the top; sprinkle with dill and salt; cover with lemon slices
4. Bake salmon until brown on top, approximately 25-30 minutes; for a crispy top, turn oven from bake to broil during last 5 minutes of cooking

Potatoes

5. Boil potato chunks together with garlic cloves in salted water until tender, approximately 20 minutes
6. Drain water; add butter, sour cream and salt to taste; mash well with potato masher

Carrots

7. In medium skillet combine carrots, ½ cup water, butter and brown sugar; bring to boil
8. Once boiling, cover and reduce heat to simmer until most of water is absorbed, approximately 15 minutes; sprinkle with salt and dried parsley

After Dinner:

1. Store leftover salmon for Day 5-Salmon Salad Croissants
2. Store leftover mashed potatoes for Day 4-Cheesy Twice-Baked Potatoes

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Spanish Paella

What You Will Need:

- Chorizo- 1 lb
- onion, yellow- 1 medium, diced
- red bell pepper- 1, diced
- green bell pepper- 1, diced
- long grain rice- 2 cups
- diced tomatoes with green chiles- 1 14oz. can
- tomato paste- 1 small 6oz. can
- chicken broth- 1 quart (32 oz.)
- leftover cooked chicken, chopped
- cooked shrimp, medium- 1 lb, tails removed

STAPLES

- olive oil
- spanish saffron- a pinch

Cooking Instructions:

DINNER TIME:

Paella

1. Store half of diced bell peppers and onions together for Day 4-Traditional Meatloaf
2. Heat a few tablespoons of olive oil in large skillet or paella pan over medium-high heat, add bell peppers, onions and chorizo; sauté until tender, approximately 3 minutes
3. Add rice, diced tomatoes, half of tomato paste and saffron; sauté for another minute; store remaining tomato paste for Day 4-Traditional Meatloaf
4. Add chicken broth and bring to boil; cover (if you're using a paella pan, you can use aluminum foil to cover); reduce heat to low and simmer until rice has absorbed liquid, approximately 25 minutes
5. Add chicken and shrimp to paella by laying it on top then loosely mixing in; simmer for another 3 minutes

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Traditional Meatloaf with Cheesy Twice-Baked Potatoes & Buttered Green Beans

What You Will Need:

- ground beef- 1½ lbs
- remaining diced bell peppers and onion
- remaining tomato paste
- tomato sauce- 1 14oz. can
- leftover mashed potatoes
- shredded cheese, cheddar- 1 cup plus more for sprinkling
- green beans, fresh- 1 lb, washed and trimmed

STAPLES

- eggs- 2
- salt
- coarse black pepper
- butter or margarine, 2 tbsps

Cooking Instructions:

DINNER TIME :

Meatloaf

1. Heat oven to 375
2. In large mixing bowl, combine ground beef, peppers & onions, tomato paste, eggs and salt & pepper to taste; mix first loosely with a spoon then use hands to mix well
3. Place beef mixture into baking dish and use hands to form loaf leaving at least a 2 inch gap between meatloaf and sides of dish
4. Pour tomato sauce over meatloaf
5. Bake until cooked through, approximately 45-55 minutes

Potatoes

6. In small baking dish or cake pan combine mashed potatoes and cheese, mix with spoon
7. Top with more cheese
8. Bake alongside meatloaf for approximately 25 minutes

Green Beans

9. Fill medium saucepan a couple inches with water over medium-high heat; add green beans
10. Cook until green beans are tender, approximately 8 minutes
11. Drain off water and return to stove over medium heat
12. Add butter and stir loosely until butter is melted

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Salmon Salad Croissants & Warm Spinach Salad

What You Will Need:

- onion, red- 1, peeled and sliced in half
- leftover cooked salmon, shredded with a fork
- capers- 3 tbsps
- croissants- 1-2 for each person, sliced in half length-wise
- baby spinach lettuce- 1 ready-to-eat bag
- raspberry vinaigrette dressing- 1 small bottle
- bacon bits, real- 1 small bag
- dried sweetened cranberries- 1 small bag

STAPLES

- eggs- 2
- mayonnaise- ¼-½ cup
- salt

Cooking Instructions:

DINNER TIME :

Salad

Boil eggs until hard boiled; set aside in cold water to cool

Croissants

1. Mince one onion half
2. In mixing bowl combine onion, salmon, capers and mayonnaise; sprinkle with salt to taste; mix well
3. Place salmon mixture on croissants and top with a few spinach leaves

Salad

4. Slice the other onion half into thin strips
5. Peel and slice hard boiled eggs into ¼ inch slices
6. In measuring cup or gravy boat, heat dressing in microwave until slightly warm, approximately 30 seconds
7. In salad bowl combine spinach, onion slices, egg slices; top with bacon bits and cranberries
8. Drizzle with warm dressing; toss

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