

Toni Spilsbury

The Organized Cook™
Weekly Meal Plan System

Week 9

Day 1: Rosemary Baked Chicken, Herb Mashed Potatoes & Sautéed Spinach with Pine Nuts

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Day 2: Teriyaki Salmon & Pineapple with Jasmine Rice & Egg Flower Soup

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Day 3: Crispy Beef Tacos with Spanish Fried Rice & Creamy Refried Beans

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Day 4: Chicken Alfredo Pasta with Easy Antipasto Salad & Parmesan Garlic Bread

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Day 5: On-the-Fly Shepherd's Pie

The Organized Cook™ Week 9

Grocery Shopping List

Staples Reminder

salt
 pepper, coarse black
 season salt
 garlic salt
 poultry seasoning
 lemon pepper
 soy sauce
 brown sugar
 olive oil
 canola or vegetable oil
 sesame oil
 cooking spray (olive or canola)
 sesame oil
 butter margarine
 balsamic vinegar
 rice wine vinegar
 red vinegar
 white vinegar
 sherry
 lemon juice
 dijon mustard
 mayonnaise
 eggs
 milk
 minced garlic (jar)
 seasoned breadcrumbs
 sesame seeds
 corn starch
 chicken bouillon
 beef bouillon
 asian red garlic chile paste
 spanish saffron
 paprika
 dried basil
 dried parsley flakes
 dried rosemary
 dried thyme
 ground ginger
 toothpicks

Meats

- ground beef- 3 lbs
- boneless skinless chicken breasts- 3-4lbs (6-7 trimmed breasts)
- frozen salmon fillets- (2 12oz. bags), use fresh if you prefer 1½-2½ lbs

Produce

- green onion- 2 bundles
- potatoes, russet or gold- 4-5 large
- iceberg lettuce- 1 head
- baby spinach lettuce- 1 large ready-to-eat bag
- red bell pepper- 1

Dairy

- deli sliced genoa salami- ¼ lb
- deli sliced provolone cheese- ¼ lb
- shredded cheese cheddar/monterey- 1 16oz. bag
- shredded parmesan cheese- 1 8oz. bag
- sour cream- 1 1lb (16oz.) container
- frozen broccoli- 1 bag

Grains & Misc

- long grain rice- 1 2lb bag
- penne bowtie (farfalle) pasta- 1 lb
- teriyaki marinade- 1 bottle
- pineapple, sliced- 1 can
- petite diced tomatoes with green chiles- 1 14oz. can
- taco sauce- 1 bottle
- taco seasoning- 1 packet
- refried beans- 1 14oz. can
- alfredo sauce- 1 jar
- brown gravy (chicken, turkey or beef)- 1 jar or can
- mixed peas & carrots- 1 14oz. can
- giardieniera salad- 1 jar (usually found near olives)
- black olives- 1 14oz. can
- taco shells, corn- 1 large box
- pine nuts- 1 small bag

Other

Cost Estimate:

\$98-103



Rosemary Baked Chicken, Herb Mashed Potatoes & Sautéed Spinach with Pine Nuts

What You Will Need:

- boneless skinless chicken breasts- 3-4 lbs (6-7 trimmed breasts)
- potatoes, russet or gold- 4-5 large, peeled and sliced into large chunks
- baby spinach lettuce- 1 large ready-to-eat bag
- pine nuts- 1 small bag

STAPLES

- flour- 1 cup
- poultry seasoning- about 3 tbsps
- dried rosemary
- cooking spray
- butter- 4 tbsps or ¼ cup
- dried thyme
- dried parsley
- salt

Cooking Instructions:

Chicken

1. Heat oven to 400
2. In a large freezer bag combine flour, poultry seasoning and a few shakes rosemary; seal and shake bag to mix well
3. Add chicken breasts (only half the chicken will fit in baggie at a time); seal bag and shake to coat; remove chicken from bag and transfer to a greased baking sheet
4. Sprinkle top of chicken with extra poultry seasoning and rosemary; spray tops with cooking spray
5. Bake until brown and cooked through, approximately 25-35 minutes; for an extra crispy top, switch oven from bake to broil during last 5 minutes of cooking

Potatoes

6. Boil potato chunks in salted water until tender, approximately 25 minutes
7. Drain water; add butter, a few shakes of thyme and parsley and salt to taste; mash well with potato masher

Spinach

1. Heat a few tablespoons olive oil over medium-high heat
2. Add spinach and pine nuts; sauté until spinach is completely reduced and cooked, approximately 5 minutes; season with salt to taste

After dinner:

1. Store extra chicken for Day 4-Chicken Alfredo Pasta
2. Store extra mashed potatoes for Day 5-Shepard's Pie

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Teriyaki Salmon & Pineapple with Jasmine Rice & Egg Flower Soup

What You Will Need:

- frozen salmon fillets- 2 12oz. bags (or fresh 1½ to 2½ lbs)
- sliced pineapple- 1 can
- teriyaki marinade- 1 bottle
- green onion-2 bundles, diced; store half of chopped green onion for Day 4-Tacos and Day 5-Shepherd's Pie
- long grain rice-3 cups
- mixed peas & carrots- 1 14oz. can

STAPLES

- chicken bouillon- 2 cubes or 2tspns
- eggs- 2
- soy sauce

Cooking Instructions:

Salmon

1. Heat oven to 375°
2. Place salmon in shallow baking dish; top with slices of pineapple and pour marinade over top; sprinkle with a small handful of diced green onions saving most for the soup
3. Bake until brown around edges, approximately 25-30 minutes

Rice

1. In large saucepan, bring 3 cups rice and 6 cups water to boil; reduce heat and simmer until water is absorbed, approximately 20 minutes
2. Scoop about half of rice into container to store for Day 4-Spanish Fried Rice

Soup

3. Drain peas & carrots; store half for Day 5-Shepherd's Pie
4. Fill medium saucepan two-thirds of the way (4-5 cups) with water; add bouillon, remaining green onions and remaining peas & carrots; bring to boil
5. In small bowl or measuring cup, beat eggs
6. Once the soup comes to a boil, slowly pour the egg mixture into the soup (the egg will cook immediately upon contact with the hot water creating the "flower")
7. Season with soy sauce to taste

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Crispy Beef Tacos with Spanish Fried Rice & Creamy Refried Beans

What You Will Need:

- ground beef- 3 lbs
- taco seasoning- 1 packet
- taco shells, corn- 1 large box
- leftover steamed rice
- petite diced tomatoes with green chiles- 1 14oz. can
- remaining diced green onions (half of); save remaining half for Day 5-Shepherd's Pie
- refried beans- 1 14oz. can
- remaining sour cream-¼ cup + more for garnish
- iceberg lettuce, chopped; store half of chopped lettuce for Day 4-Easy Antipasto Salad
- shredded cheddar Monterey cheese- 1 16oz. bag
- taco sauce

STAPLES

- garlic salt
- vegetable oil
- milk- ¼ cup

Cooking Instructions:

Tacos

1. In large skillet over medium-high cook beef with a masher until brown; sprinkle with garlic salt to taste
2. Once brown, scoop half of cooked beef into a container to store in refrigerator for Day 5-Shepherd's Pie; sprinkle the remaining beef in skillet with taco seasoning; mix well and transfer to serving bowl; do not clean skillet

Rice

3. In same skillet heat a few tablespoons oil over medium-high heat
4. Add rice, tomatoes and green onions, sauté until rice becomes crispy, approximately 5 minutes; sprinkle with garlic salt to taste; transfer to serving bowl; do not clean skillet

Beans

5. In same skillet over medium-high heat add refried beans, sour cream and milk; cook until hot, approximately 4 minutes; sprinkle with a handful of shredded cheese

Serve tacos with chopped lettuce, shredded cheese, sour cream and taco sauce for garnish

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Chicken Alfredo Pasta with Easy Antipasto Salad & Parmesan Garlic Bread

What You Will Need:

- frozen broccoli- 1 bag
- leftover cooked chicken, chopped
- red bell pepper- 1, sliced into thin strips
- alfredo sauce- 1 jar
- penne or bowtie (farfalle) pasta- ½ to 1 lb
- shredded parmesan cheese- 1 8oz. bag
- olive oil
- minced garlic- 1 tspn
- milk- ½ cup

For salad:

- remaining chopped iceberg lettuce
- deli sliced geona salami- ¼lb, sliced into strips
- deli sliced provolone cheese- ¼lb, sliced into strips
- giardiniera salad- 1 jar, drained
- black olives- 1 14oz. can, drained
- olive oil- ¼ cup
- red wine vinegar- a few shakes
- minced garlic- about 1 tspn
- coarse black pepper
- crushed red pepper (optional)

Cooking Instructions:

Chicken

1. Heat a few tablespoons olive oil over medium-high heat; add garlic and broccoli; sauté until broccoli is tender, approximately 4 minutes
2. Add chopped chicken and bell pepper slices; sauté for another 2 minutes
3. Add alfredo sauce and milk; mix well; cover until heated thoroughly, approximately 3 more minutes

Pasta

4. Boil pasta in salted water until tender
 5. Drain pasta and add to skillet with chicken alfredo mixture; toss
- Garnish with parmesan cheese

Salad

6. In measuring cup or small mixing bowl whisk together olive oil, vinegar, garlic, pepper and crushed red pepper (optional)
7. Place chopped lettuce in salad or mixing bowl; top with salami and provolone strips, drained giardiniera salad mix and drained olives
8. Drizzle with dressing; toss

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On-the-Fly Shepherd's Pie

What You Will Need:

- leftover cooked ground beef
- remaining diced green onions
- remaining peas & carrots
- brown gravy (chicken, turkey or beef) - 1 jar
- leftover mashed potatoes

STAPLES

- dried parsley

Cooking Instructions:

1. Heat oven to 350
2. In large mixing bowl, combine ground beef, green onions, peas & carrots and gravy; mix well
3. Pour into medium-size casserole dish; loosely layer mashed potatoes on top (use the back of a rubber spoon to gently smooth over the mixture); sprinkle top with dried parsley
4. Bake until gravy is bubbling hot through the sides of the mashed potatoes, approximately 35-45 minutes

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