

Toni Spilsbury

The Organized Cook™
Weekly Meal Plan System

Spooktacular Dinners

Day 1: White Bean Chili & Corn Bread

Day 2: Candy Apple Pork Chops & Rice Pilaf

Day 3: Graveyard Chicken With Penne Pasta

Day 4: Cilantro Green Chile Pork Penne

Day 5: Quesadilla Bar & Spanish Fried Rice

☼ *This Weekly Meal Plan can be made Gluten Free
by watching for this symbol!*

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Spooktacular Dinners

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/Poultry/Seafood

- ground turkey- 1½-2 lbs.
- boneless pork loin chops- 3-4 lbs (1 per person plus 2-3 extra)
- boneless skinless chicken breasts- 4 lbs

Produce

- fresh baby spinach lettuce- 2 12oz. precut ready-to-eat bags
- green onions, trimmed and diced
- granny smith apple- 1
- red delicious apple- 1
- cilantro - 1 bundle

Dairy/Refrigerated/Frozen

- shredded cheddar/Monterey cheese
- sour cream
- queso-fresco cheese- 1 round

Grains & Misc

- great northern beans- 1 15oz. can
- white navy beans- 1 15oz. can
- cannellini (white kidney) beans- 1 15oz. can
- sliced black olives- 1 small can
- diced tomatoes- 1 15oz. can
- 🌿 gluten-Free Penne pasta (or regular if not gluten-free)- 1½-2 lbs
- condensed chicken stock (like Knorr Homestyle Stock)- 1 package (or 5 cans of Chicken Broth)
- 🌿 gluten-free cornbread mix *Bob's Red Mill Cornbread Mix
- 🌿 brown rice tortillas (or flour if not gluten-free)
- salsa- 1 12oz. jar or 2 7oz. cans salsa casera
- diced green chiles- 4 7oz. cans
- apple cider- 1 small bottle (at least 8oz.)
- white wine *optional like Riesling or Chardonnay
- Skittles candy- 2 small bags

Reminder:

Don't forget to review the Staples List

Other

Cost Estimate:
\$85 - \$98

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\$85 - \$98



White Bean Chili Corn Bread

What You Will Need:

- Ground turkey- 1½-2 lbs.
- Great northern beans- 1 15oz. can, drained
- White navy beans- 1 15oz. can, drained
- Cannellini (white kidney) beans- 1 15oz. can, drained
- Fresh baby spinach lettuce- 1 precut ready-to-eat bag
- Condensed chicken stock (like Knorr Homestyle Stock)- 1 tub (or 3 chicken bullion cubes, or 2 cans of Chicken Broth)
- 🌾 Gluten-free cornbread mix *Bob's Red Mill Cornbread Mix

STAPLES

- butter - 3 tbsps
- dried parsley, rosemary and thyme

Cooking Instructions

Dinner Time:

Chili:

1. In large soup pot or Dutch oven, brown turkey over medium-high heat until just cooked
2. Add all three cans of beans, spinach and stock or bouillion along with 4-6 cups of water- just enough to cover (or canned chicken broth)
3. Bring to boil and let spinach reduce
4. Reduce heat to medium-low and let simmer for approximately 10 minutes

Corn Bread:

5. Prepare corn bread according to package instructions

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Candy Apple Pork Chops Rice Pilaf

What You Will Need:

- boneless pork loin chops- 3-4 lbs
(1 per person plus 2-3 extra)
- white wine *optional like Riesling or Chardonnay- ½ cup
- apple cider- 1 cup
- condensed chicken stock- 1 tub mixed with 1 cup water or 1 can chicken broth
- Red skittles from 2 bags
- granny smith apple- 1 cored and sliced thin
- red delicious apple- 1 cored and sliced thin

Staples

- butter- 3 tablespoons
- Olive oil- a few tablespoons
- Brown sugar- 3 tablespoons
- Corn starch- 1 tablespoon dissolved in 1/4 cup water

Cooking Instructions

For extra juicy pork chops, you can use a brine overnight found [here](#).

Dinner Time:

Pork Chops:

1. Heat butter and olive oil over medium-high heat and sauté pork chops until brown on both sides; remove to paper-towel lined plate
2. Take extra pork chops (about 2-3) and store in container for Day 5- Cilantro Green Chile Pork Penne
3. Deglaze pan with wine or chicken broth scrapping up any bits at the bottom of pan
4. Add apple cider, brown sugar and corn starch; bring to a boil then reduce heat to medium-low
5. Return pork chops to sauce and let simmer until pork chops are tender and cooked through, approximately 10 minutes
6. Remove pork chops to serving platter
7. Add red Skittles and dissolve in sauce, approximately 2 minutes
8. Add apples to sauce and simmer until tender and slightly caramelized, approximately 4 minutes
9. Spoon apple and sauce over pork chops and serve any extra sauce in a gravy boat or bowl

Rice:

10. In large saucepan, bring 3 cups rice and 6 cups water to boil
11. Cover and reduce heat to low until water is absorbed, approximately 20 minutes.
12. Once rice is cooked, scoop out about half of rice into a container to store for Day 5- Spanish Fried Rice
13. Add to remaining rice a few tablespoons olive oil, garlic salt and dried to parsley; mix well over medium heat for approximately 2 minutes

Watch a cooking
demonstration
of this recipe on

ToniSpilsbury.com or
[YouTube.com/organizedcook](https://www.youtube.com/organizedcook).

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Graveyard Chicken With Penne Pasta

What You Will Need:

- Boneless skinless chicken breasts- 4 lbs
- Diced tomatoes- 1 15oz. can
- Condensed chicken stock (like Knorr Homestyle Stock)- 1 tub (or 3 chicken bullion cubes, or 2 cans of Chicken Broth)
- Sliced
- Sliced black olives- 1 small can
- Baby spinach lettuce- 1 12oz. precut ready-to-eat bag
- 🌾 Gluten-free penne pasta (or regular penne if not gluten-free)- 1½-2 lbs

Staples

- Butter - 3 tablespoons
- Olive oil - about 3 tablespoons

Cooking Instructions

Dinner Time:

Chicken:

1. Place chicken breasts between two sheets of plastic wrap and pound with a meat tenderizer until medium-thin
2. Heat butter and olive oil in large skillet over medium high heat
3. Season chicken breasts with a pinch of poultry seasoning and sauté until brown on both sides, approximately 4 minutes each side
4. Remove chicken to paper towel-lined plate
5. Take 1-2 chicken breasts and store in container for Day 5-Quesadilla Bar
6. Add tomatoes, chicken broth, olives and baby spinach to pan and simmer until spinach is reduced, approximately 3 minutes
7. Add chicken back to sauce and spoon sauce over chicken

Pasta:

8. Boil pasta in salted water until tender
9. Drain pasta and remove more than half and store for Day 4 - Cilantro Green Chile Pork Penne
10. Drizzle remaining pasta with a few tablespoons olive oil
11. Serve chicken and sauce over pasta

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Cilantro Green Chile Pork Penne

What You Will Need:

- Leftover cooked pork chops, chopped
- Leftover cooked penne pasta
- Queso-fresco cheese- 1 round
- Diced green chiles- 4 7oz. cans
- Cilantro- 1 bunch leaves pulled from stems with one "twist-and-pull"

Cooking Instructions

Dinner Time:

1. In blender, combine green chiles (not drained), most of the cheese leaving out about a fourth to crumble on top, and cilantro
2. Blend on medium until it becomes a sauce; do not over-blend; be careful not to puree it
3. Place pasta in large sauté pan and heat over medium-high heat
4. Add pork chops and sauce to pasta; toss and heat until warm, approximately 5 minutes
5. Serve topped with remaining cheese, crumbled

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Quesadilla Bar Spanish Fried Rice

What You Will Need:

- Leftover cooked chicken, chopped
- 🌀 Brown rice tortillas (or flour if not gluten-free)
- Shredded cheddar/Monterey cheese
- Salsa- 1 12oz. jar or 2 7oz. cans salsa casera
- Green onions, trimmed and diced
- Sour cream

Cooking Instructions

Dinner Time:

Quesadillas:

1. Set out tortillas, chicken and all garnishes including cheese, green onions and sour cream
2. Set out only half of salsa (or 1 of the 7oz. cans) for garnish
3. Allow each person to individually assemble quesadillas and cook in oven or quesadilla maker until brown

Rice:

4. Heat a few tablespoons oil in sauté pan over medium-high heat
5. Add rice and remaining salsa and stir-fry until just brown, approximately 5 minutes

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