



This week's meal plan is by

Cheryl at TidyMom.net

Cheryl's blog, TidyMom, is about her daily adventures as a wife and mom of two daughters (Hollywood and Sunshine) with a "wee bit" of a tidiness obsession!



She loves to bake, create, and dreams of becoming a better photographer. You'll find that one day she is talking about her favorite laundry products or decorating her new office, and the next day she's posting a favorite recipe with pictures, or entering a picture on a weekly photography challenge. There are so many great baking and organizing blogs out there, Cheryl is just writing about what she likes and what works for her and her family. She enjoys sharing what she loves. Being TIDY is her obsession, but baking, photography and just being a Mom is her passion!

TidyMom and her family live just a spec west of St. Louis and often shares her trips to local business, events, attractions, and places to see. Visit Tidy Mom here.

Monday

Three-Cheese Chicken Penne Pasta Bake

Slightly adapted from Kraft Recipes - Calories 460

Ingredients

- 1-1/2 cups multi-grain penne pasta, uncooked
- 1 pkg. (9 oz.) fresh spinach leaves
- 1 lb. boneless skinless chicken breasts, cut into bite-size pieces
- 1 tsp. dried basil leaves
- 1 clove garlic
- 1 jar (14-1/2 oz.) spaghetti sauce
- 1 can (14-1/2 oz.) diced tomatoes, drained
- 2 oz. (1/4 of 8-oz. pkg.) Neufchatel Cheese, cubed
- 1 cup 2% Milk Shredded Mozzarella Cheese, divided
- 2 Tbsp. Grated Parmesan Cheese

Directions

1. HEAT oven to 375°F.
2. COOK pasta as directed on package, omitting salt and adding spinach to the boiling water the last minute.
3. COOK and stir chicken and basil in large nonstick skillet sprayed with cooking spray on medium-high heat 3 min. Cook Chicken Stir in garlic, spaghetti sauce and tomatoes; bring to boil. Simmer on low heat 3 min. or until chicken is done. Stir in Neufchatel. Hunt's Diced Tomatoes
4. DRAIN pasta mixture; return to pan Penne Pasta with Spinach Stir in chicken mixture and 1/2 cup mozzarella. Spoon into 2-qt. casserole or 8-inch square baking dish.
5. BAKE 20 min.; top with remaining cheeses. Bake 3 min. or until mozzarella is melted.



For more photos and directions visit Tidymom.net

Tuesday

Grilled Salmon with Rice & Spinach

Recipe by Amy @ LivingLocurto.com

Ingredients

2-4 Salmon fillets
Honey
Soy Sauce
Ground Pepper
Olive Oil or Sesame Oil
Brown Minute rice
1 Cup Fresh Baby Spinach
Lemon wedges (optional)

Directions

1. Cover the salmon in honey, soy sauce and ground pepper. (use as much or as little as you like.) Drizzle grill pan with oil.
2. Grill for 3-5 minutes on each side
3. Cook rice
4. Add torn pieces of spinach on top of rice after it's cooked. Cover for 5 minutes while spinach gets tender.
5. Mix spinach with rice, add salt and pepper for taste.
6. Garnish with lemon wedges



My fast rice option is Minute Rice Ready to Serve Brown Rice. I open several packs and cook in a microwave safe glass dish for 2-3 minutes.

Wednesday

Home Made Pizza Rolls

Ingredients

2 cans refrigerated pizza crust
garlic salt
Italian Seasoning
1 cup sliced and chopped pepperoni
1 cup shredded cheese (we used Provolone and Pepper Jack)
1/2 cup Parmesan Cheese
Pasta Sauce for dipping

Directions

1. Preheat oven to 425
2. Dust a large cutting board or piece of wax paper with flour and roll out each pizza crust.
3. Season each crust with garlic salt and Italian seasoning.
4. Top with cheese and meat
5. Starting with a short end, roll crust into a tight log
6. Slice into 1" sections
7. Place on lightly greased pan and bake for 10-12 mins.
8. Serve with Pasta Sauce for dipping



See original post on Tidymom.net

Thursday

Slow Cooker Beef

You can find more about this recipe on Tidymom's site [here](#).

Ingredients

2 pound Chuck roast***
(there's only 3 of us, so I don't need a very big roast)
1 Cup Country Bob's All Purpose Sauce (or your favorite BBQ sauce)
1/2 cup Italian Dressing
2 Tbsp C&H Brown Sugar
2 Tbsp Worcestershire sauce

Directions

1. In a small bowl mix Country Bob's All Purpose Sauce, dressing sugar and Worcestershire sauce.
2. Place the roast in slow cooker.
3. Pour sauce mix over roast.
4. Cook on low for 8 hours.
5. Remove roast and place on platter or cutting board
6. Shred roast with knife and fork, then return to sauce
7. Serve on hoagie rolls, pasta or your favorite vegetable.



****You can also make this using chicken breasts.**

Friday

Turkey, Pesto & Mozzarella Panini

Recipe by Amy @ [LivingLocurto.com](#) - I like to use my George Forman Grill for these sandwiches.

Ingredients

Your favorite thick sliced bread
Sliced Mozzarella cheese
Deli sliced turkey
Pesto
Sliced tomatoes

Directions

Place everything together and grill. • Kid version: Grilled Cheese • Sides: Carrots, apple slices and organic tortilla chips.

Enjoy leftovers during the weekend.

Please share these free meal plans with your friends!
Find more great meal plans on [LivingLocurto.com](#)



LivingLocurto.com

Grocery List



LivingLocurto.com

Three-Cheese Chicken Penne Pasta

- Multi-grain penne pasta
- 1 pkg. (9 oz.) fresh spinach leaves
- Boneless skinless chicken breasts
- Dried basil leaves
- 1 clove garlic
- 1 jar (14-1/2 oz.) spaghetti sauce
- 1 can (14-1/2 oz.) diced tomatoes
- Neufchatel Cheese
- 2% Milk Shredded Mozzarella Cheese
- Grated Parmesan Cheese



Home Made Pizza Rolls

- 2 Cans refrigerated pizza crust
- Garlic salt
- Italian Seasoning
- Pepperoni
- Shredded cheese (Provolone & Pepper Jack)
- Parmesan Cheese
- Pasta Sauce

Grilled Salmon with Rice & Spinach

- Salmon fillets
- Honey
- Soy Sauce
- Olive Oil or Sesame Oil
- Brown Minute rice
- Fresh Baby Spinach
- Lemon wedges (optional)

Slow Cooker Beef

- 2 pound Chuck roast
- Country Bob's All Purpose Sauce (or your favorite BBQ sauce)
- Italian Dressing
- Brown Sugar
- Worcestershire sauce
- Bread or Pasta
- Vegetable of your choice _____

Turkey, Pesto & Mozzarella Panini

- Your favorite thick sliced bread
- Sliced Mozzarella cheese
- Deli sliced turkey
- Pesto
- Sliced tomatoes

Other items needed
