



WEEK 3 - SHIFT MEAL PLAN &
RECIPE CLUB

Shift NUTRITION
BY BONNIE WISENER

Bonnie Wisener

<https://bonniewisener.com/>

Dinner

Mon



One Pot Mushroom, Sun Dried Tomato & Spinach...

Tue



One Pan Lemon Chicken

Wed



Bok Choy & Mushroom Ramen

Thu



Greek Seasoned Turkey Burgers

Quinoa Greek Salad

Fri



Mexican Black Bean Wrap

Creamy Carrot Soup

Sat
























Unstuffed Cabbage Rolls

Sun



Kung Pao Chicken

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  22%	Fat  36%	Fat  15%	Fat  46%	Fat  13%	Fat  36%	Fat  22%
Carbs  61%	Carbs  33%	Carbs  76%	Carbs  28%	Carbs  70%	Carbs  36%	Carbs  52%
Protein  17%	Protein  31%	Protein  9%	Protein  26%	Protein  17%	Protein  28%	Protein  26%
Calories 314	Calories 411	Calories 450	Calories 529	Calories 588	Calories 410	Calories 518
Fat 8g	Fat 17g	Fat 8g	Fat 27g	Fat 9g	Fat 16g	Fat 13g
Carbs 50g	Carbs 35g	Carbs 89g	Carbs 37g	Carbs 109g	Carbs 37g	Carbs 68g
Fiber 6g	Fiber 7g	Fiber 5g	Fiber 5g	Fiber 27g	Fiber 8g	Fiber 6g
Sugar 10g	Sugar 3g	Sugar 6g	Sugar 4g	Sugar 17g	Sugar 13g	Sugar 9g
Protein 14g	Protein 32g	Protein 11g	Protein 34g	Protein 26g	Protein 28g	Protein 34g
Cholesterol 16mg	Cholesterol 82mg	Cholesterol 0mg	Cholesterol 117mg	Cholesterol 0mg	Cholesterol 74mg	Cholesterol 107mg
Sodium 757mg	Sodium 82mg	Sodium 1103mg	Sodium 1503mg	Sodium 1113mg	Sodium 436mg	Sodium 1228mg
Vitamin A 2273IU	Vitamin A 726IU	Vitamin A 4397IU	Vitamin A 1951IU	Vitamin A 27369IU	Vitamin A 942IU	Vitamin A 843IU
Vitamin C 11mg	Vitamin C 107mg	Vitamin C 36mg	Vitamin C 22mg	Vitamin C 35mg	Vitamin C 83mg	Vitamin C 14mg
Calcium 197mg	Calcium 64mg	Calcium 106mg	Calcium 291mg	Calcium 413mg	Calcium 134mg	Calcium 67mg
Iron 3mg	Iron 3mg	Iron 2mg	Iron 5mg	Iron 9mg	Iron 6mg	Iron 4mg
Vitamin D 30IU	Vitamin D 1IU	Vitamin D 20IU	Vitamin D 22IU	Vitamin D 25IU	Vitamin D 3IU	Vitamin D 1IU

Fruits

- 1 Lemon
- 2 tbsps Lemon Juice
- 1/3 cup Lime Juice

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 1 tsp Cumin
- 2 tbsps Greek Seasoning
- 1/4 cup Raw Peanuts
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Taco Seasoning
- 1 tsp Turmeric

Vegetables

- 4 cups Arugula
- 4 cups Baby Spinach
- 4 cups Bok Choy
- 4 cups Brussels Sprouts
- 8 Carrot
- 1 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 1 Cucumber
- 12 Garlic
- 4 cups Green Beans
- 8 cups Green Cabbage
- 8 stalks Green Onion
- 4 cups Mini Potatoes
- 1/4 cup Parsley
- 1/2 cup Red Onion
- 8 leaves Romaine
- 2 tbsps Rosemary
- 1/2 cup Shallot
- 5 cups Shiitake Mushrooms
- 1 Sweet Onion
- 2 Tomato
- 1 1/4 Yellow Onion

Boxed & Canned

- 4 cups Black Beans
- 2 cups Brown Rice
- 2 3/4 cups Chicken Broth
- 3 cups Diced Tomatoes
- 13 ozs Gluten-Free Ramen Noodles
- 1 1/4 cups Orzo
- 1 cup Quinoa
- 9 cups Vegetable Broth

Baking

- 1/2 tsp Arrowroot Powder
- 1 tbsp Raw Honey

Bread, Fish, Meat & Cheese

- 1 lb Chicken Breast
- 1 lb Chicken Thighs
- 1 lb Extra Lean Ground Beef
- 1 lb Extra Lean Ground Turkey
- 1 cup Feta Cheese
- 1/2 cup Parmigiano Reggiano
- 4 Whole Wheat Pita

Condiments & Oils

- 1 tbsp Avocado Oil
- 1 tbsp Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1 tsp Miso Paste
- 1/4 cup Red Wine Vinegar
- 1 tsp Sesame Oil
- 1 tbsp Sriracha
- 1/2 cup Sun Dried Tomatoes
- 1/4 cup Tamari

Cold

- 1 cup Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

Other

- 1 3/4 cups Water



One Pot Mushroom, Sun Dried Tomato & Spinach Orzo

4 servings

25 minutes

Ingredients

- 2 tsps Extra Virgin Olive Oil
- 3 cups Shiitake Mushrooms (stem removed, sliced)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Shallot (peeled, finely chopped)
- 1/2 cup Sun Dried Tomatoes (drained, chopped)
- 1 1/4 cups Orzo (dry)
- 2 3/4 cups Chicken Broth
- 3 cups Baby Spinach
- 1/2 cup Parmigiano Reggiano (finely grated)

Directions

- 1 Heat a large dutch oven over medium heat. Add the oil. Once hot, add the mushrooms and cook, stirring often, until browned. Season with salt and pepper.
- 2 Add the shallot and sun dried tomatoes and cook until softened, about two to three minutes. Add the orzo and stir to combine. Add the broth and bring to a low boil. Cook for nine to ten minutes, stirring frequently to avoid any sticking, until the orzo is cooked al dente and most of the liquid has been absorbed.
- 3 Turn the heat to low and stir in the spinach and parmesan cheese. Divide evenly between plates. Season with salt and pepper, if needed. Enjoy!

Nutrition

Amount per serving	
Calories	314
Fat	8g
Carbs	50g
Fiber	6g
Sugar	10g
Protein	14g
Cholesterol	16mg
Sodium	757mg
Vitamin A	2273IU
Vitamin C	11mg
Calcium	197mg
Iron	3mg
Vitamin D	30IU



One Pan Lemon Chicken

4 servings

35 minutes

Ingredients

- 1 lb Chicken Breast (skinless and boneless)
- 4 cups Mini Potatoes (halved)
- 4 cups Brussels Sprouts (halved)
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 2 tbsps Rosemary (fresh, chopped)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the chicken breast, potatoes and brussels sprouts on the pan.
- 2 In a small bowl, mix together the extra virgin olive oil, lemon juice, rosemary, sea salt and pepper. Mix well then drizzle over top of the chicken, potatoes, and brussels sprouts.
- 3 Bake for 25 to 30 minutes or until the chicken is cooked through. Divide onto plates and enjoy!

Nutrition

Amount per serving	
Calories	411
Fat	17g
Carbs	35g
Fiber	7g
Sugar	3g
Protein	32g
Cholesterol	82mg
Sodium	82mg
Vitamin A	726IU
Vitamin C	107mg
Calcium	64mg
Iron	3mg
Vitamin D	1IU



Bok Choy & Mushroom Ramen

4 servings

35 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 4 stalks Green Onion (sliced, white and green parts divided)
- 6 Garlic (cloves, minced)
- 2 cups Shiitake Mushrooms (tough stems removed, sliced)
- 6 cups Vegetable Broth
- 1 cup Water
- 4 cups Bok Choy (halved lengthwise)
- 1 tsp Miso Paste
- 13 ozs Gluten-Free Ramen Noodles (dry)

Nutrition

Amount per serving	
Calories	450
Fat	8g
Carbs	89g
Fiber	5g
Sugar	6g
Protein	11g
Cholesterol	0mg
Sodium	1103mg
Vitamin A	4397IU
Vitamin C	36mg
Calcium	106mg
Iron	2mg
Vitamin D	20IU

Directions

- 1 Heat half of the oil in a large saucepan or Dutch oven over medium heat. Cook the white parts of the green onions along with the garlic until fragrant, about one minute.
- 2 Add the shiitake mushrooms and cook for another one to two minutes. Add the broth and water, bring to a boil, then lower to a simmer. Cook for at least 20 minutes.
- 3 Meanwhile, heat the remaining oil in a skillet over medium-high heat. Cook the bok choy until browned on both sides, about five minutes.
- 4 Just before serving, stir the miso paste into the broth. Add the noodles and cook for three minutes or until soft, stirring well to loosen the noodles.
- 5 Divide the broth, noodles, shiitake mushrooms, and bok choy into bowls. Garnish with the remaining green onions. Enjoy!



Greek Seasoned Turkey Burgers

4 servings

20 minutes

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 tbsp Avocado Oil
- 1/4 Yellow Onion (grated)
- 1/4 cup Parsley (fresh, finely chopped)
- 2 Garlic (cloves, minced)
- 2 tbsps Greek Seasoning

Nutrition

Amount per serving	
Calories	207
Fat	13g
Carbs	1g
Fiber	0g
Sugar	1g
Protein	21g
Cholesterol	84mg
Sodium	1041mg
Vitamin A	403IU
Vitamin C	6mg
Calcium	34mg
Iron	2mg
Vitamin D	16IU

Directions

- 1 Preheat the grill to medium heat.
- 2 Add all of the ingredients to a large bowl and mix well. Form the mixture into even patties.
- 3 Add the patties to the grill and cook for six to seven minutes per side or until cooked through. Divide between plates and enjoy!



Quinoa Greek Salad

4 servings

45 minutes

Ingredients

- 1 cup Quinoa (dry)
- 2 Tomato (large, diced)
- 1 Cucumber (diced)
- 1/2 cup Red Onion (diced)
- 1 cup Feta Cheese (cubed or crumbled)
- 1/4 cup Red Wine Vinegar
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 4 cups Arugula

Nutrition

Amount per serving	
Calories	322
Fat	14g
Carbs	36g
Fiber	5g
Sugar	3g
Protein	13g
Cholesterol	33mg
Sodium	462mg
Vitamin A	1548IU
Vitamin C	16mg
Calcium	257mg
Iron	3mg
Vitamin D	6IU

Directions

- 1 Cook the quinoa according to the directions on the package. Once the quinoa is cooked, fluff it with a fork and place it in the fridge for about 20 minutes, stirring occasionally to help it cool down faster.
- 2 While the quinoa is cooling, chop your vegetables and feta. Add everything to a large bowl or container. Add the cooled quinoa, red wine vinegar, olive oil, and season with sea salt and black pepper. This mixture can marinate in the fridge for up to 3 days.
- 3 Before serving, add the arugula and toss well. Enjoy!



Mexican Black Bean Wrap

4 servings

10 minutes

Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 1 tbsp Taco Seasoning
- 1/3 cup Lime Juice
- 1/4 cup Cilantro
- 4 cups Black Beans (cooked and rinsed)
- 4 stalks Green Onion (chopped)
- 1 cup Cherry Tomatoes (chopped)
- 8 leaves Romaine
- 4 Whole Wheat Pita

Directions

- 1 In a mixing bowl combine the coconut yogurt, taco seasoning, lime juice, and cilantro. Add the black beans, green onion, and tomatoes and stir to combine. Season the mixture with additional lime juice or salt if needed.
- 2 Open the pita, add the lettuce, and top with the black bean mixture. Roll the pita tightly to close. Enjoy!

Nutrition

Amount per serving	
Calories	455
Fat	4g
Carbs	87g
Fiber	22g
Sugar	6g
Protein	23g
Cholesterol	0mg
Sodium	484mg
Vitamin A	5757IU
Vitamin C	16mg
Calcium	221mg
Iron	7mg
Vitamin D	0IU



Creamy Carrot Soup

4 servings

50 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 8 Carrot (chopped into 1 inch rounds)
- 1 Sweet Onion (chopped)
- 2 Garlic (cloves, minced)
- 1 tsp Cumin
- 1 tsp Turmeric
- Sea Salt & Black Pepper (to taste)
- 3 cups Vegetable Broth
- 1 cup Unsweetened Almond Milk
- 1 Lemon (cut into wedges)
- 1 cup Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	133
Fat	5g
Carbs	22g
Fiber	5g
Sugar	11g
Protein	3g
Cholesterol	0mg
Sodium	629mg
Vitamin A	21612IU
Vitamin C	19mg
Calcium	192mg
Iron	2mg
Vitamin D	25IU

Directions

- 1 In a large pot, heat olive oil over medium heat. Stir in onion, garlic, carrots, cumin and turmeric. Season with salt and pepper to taste. Sauté for about 10 minutes or until veggies start to brown.
- 2 Add in vegetable broth. Cover with lid and let simmer for 30 minutes.
- 3 After 30 minutes, pour in almond milk and stir well. Transfer soup to a blender to puree. Always be careful to leave a hole for the steam to escape or the lid will pop off while blending. Blend in batches and transfer back to pot. Taste and season with more sea salt and pepper if desired.
- 4 Ladle soup into bowls. Garnish with chopped spinach and drizzle with a squeeze of lemon wedge. Serve with a slice of bread for dipping and/or a mixed greens salad.



Unstuffed Cabbage Rolls

4 servings

45 minutes

Ingredients

- 1/2 cup Brown Rice (uncooked)
- 3/4 cup Water
- 1 tbsp Coconut Oil
- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (small, finely diced)
- 8 cups Green Cabbage (finely sliced)
- 3 cups Diced Tomatoes
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

Nutrition

Amount per serving	
Calories	410
Fat	16g
Carbs	37g
Fiber	8g
Sugar	13g
Protein	28g
Cholesterol	74mg
Sodium	436mg
Vitamin A	942IU
Vitamin C	83mg
Calcium	134mg
Iron	6mg
Vitamin D	3IU

Directions

- 1 Combine the rice and water in a sauce pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 minutes or until rice is tender.
- 2 While the rice cooks, heat the coconut oil in a large stock pot over medium-high heat. Add the ground beef and onions and saute for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
- 3 Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
- 4 Stir in the cooked rice until everything is well mixed. Let sit over low heat for another 5 minutes.
- 5 Divide into bowls and enjoy!



Kung Pao Chicken

4 servings

30 minutes

Ingredients

- 1 1/2 cups Brown Rice
- 1 tsp Sesame Oil
- 1 lb Chicken Thighs (boneless, skinless, cubed)
- 4 cups Green Beans (washed, trimmed)
- 2 Garlic (cloves, smashed)
- 1/4 cup Tamari
- 1 tbsp Sriracha
- 1 tbsp Raw Honey
- 1/2 tsp Arrowroot Powder
- 1/4 cup Raw Peanuts (chopped)

Nutrition

Amount per serving	
Calories	518
Fat	13g
Carbs	68g
Fiber	6g
Sugar	9g
Protein	34g
Cholesterol	107mg
Sodium	1228mg
Vitamin A	843IU
Vitamin C	14mg
Calcium	67mg
Iron	4mg
Vitamin D	1IU

Directions

- 1 Cook the rice according to the directions on the package.
- 2 Heat a cast-iron pan over medium heat and add the sesame oil. Once hot add the chicken and cook for about four to five minutes, stirring occasionally. Remove and set aside on a plate.
- 3 Add the green beans to the same skillet and cook for two to three minutes, until just starting to soften. Add the garlic and cook for one minute more, until fragrant. Add the chicken back in and put a lid on to finish cooking, about two to three minutes more.
- 4 Meanwhile, in a small bowl, mix together the tamari, sriracha, honey, and arrowroot powder. Remove the lid and add the sauce. Reduce the heat and stir to combine until thickened, about one minute.
- 5 Divide the rice onto plates and add the chicken and beans. Top with peanuts. Enjoy!