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BY BONNIE WISENER

WEEK 5 SHIFT MEAL PLAN &
RECIPE CLUB

Bonnie Wisener

<https://bonniewisener.com/>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Dinner	 Maple Miso Chicken Skillet	 Tofu Vermicelli Bowl	 Thai Basil Beef Stir Fry	 Apple & Brie Grilled Cheese Sandwich	 Turkey Meatball Skewers	 Spinach & Sweet Potato Frittata	 Salmon Cakes
	 Quinoa		 Cilantro Lime Rice	 Creamy Roasted Tomato Soup	 Winter Kale Salad	 Creamy Broccoli Soup	 Roasted Veggies

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  22%	Fat  18%	Fat  24%	Fat  40%	Fat  59%	Fat  55%	Fat  36%
Carbs  43%	Carbs  67%	Carbs  47%	Carbs  44%	Carbs  16%	Carbs  23%	Carbs  32%
Protein  35%	Protein  15%	Protein  29%	Protein  16%	Protein  25%	Protein  22%	Protein  32%
Calories 373	Calories 338	Calories 441	Calories 663	Calories 395	Calories 420	Calories 262
Fat 9g	Fat 7g	Fat 12g	Fat 30g	Fat 27g	Fat 26g	Fat 11g
Carbs 40g	Carbs 57g	Carbs 53g	Carbs 75g	Carbs 17g	Carbs 25g	Carbs 22g
Fiber 5g	Fiber 3g	Fiber 4g	Fiber 11g	Fiber 5g	Fiber 6g	Fiber 7g
Sugar 8g	Sugar 3g	Sugar 5g	Sugar 28g	Sugar 9g	Sugar 6g	Sugar 11g
Protein 33g	Protein 13g	Protein 32g	Protein 28g	Protein 26g	Protein 24g	Protein 22g
Cholesterol 82mg	Cholesterol 0mg	Cholesterol 77mg	Cholesterol 72mg	Cholesterol 84mg	Cholesterol 376mg	Cholesterol 155mg
Sodium 473mg	Sodium 533mg	Sodium 1069mg	Sodium 1139mg	Sodium 481mg	Sodium 1089mg	Sodium 797mg
Vitamin A 1064IU	Vitamin A 3034IU	Vitamin A 1825IU	Vitamin A 4521IU	Vitamin A 1662IU	Vitamin A 7832IU	Vitamin A 12715IU
Vitamin C 123mg	Vitamin C 6mg	Vitamin C 131mg	Vitamin C 45mg	Vitamin C 35mg	Vitamin C 89mg	Vitamin C 32mg
Calcium 52mg	Calcium 351mg	Calcium 91mg	Calcium 377mg	Calcium 124mg	Calcium 153mg	Calcium 113mg
Iron 3mg	Iron 3mg	Iron 3mg	Iron 4mg	Iron 3mg	Iron 5mg	Iron 3mg
Vitamin D 1IU	Vitamin D 0IU	Vitamin D 5IU	Vitamin D 36IU	Vitamin D 16IU	Vitamin D 82IU	Vitamin D 436IU

Fruits

- 1 Apple
- 1 1/3 tbsps Lemon Juice
- 2 Lime
- 1 1/3 tbsps Lime Juice
- 1 Pear
- 1/2 cup Pomegranate Seeds

Breakfast

- 2 1/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/4 tsp Black Pepper
- 1/8 tsp Cayenne Pepper
- 2/3 tsp Dried Dill
- 2 tsps Oregano
- 1/4 cup Pumpkin Seeds
- 1 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper

Vegetables

- 3 1/2 cups Baby Spinach
- 1/2 cup Basil Leaves
- 7 cups Broccoli
- 5 2/3 Carrot
- 1 1/2 cups Cilantro
- 1 Cucumber
- 11 2/3 Garlic
- 2 cups Green Beans
- 1 Green Bell Pepper
- 6 cups Kale Leaves
- 1/2 cup Mint Leaves
- 2 cups Mushrooms
- 2 Red Bell Pepper
- 3/4 cup Red Onion
- 2 Sweet Onion
- 1 Sweet Potato
- 1/2 cup Thai Basil
- 1 tbsp Thyme
- 7 Tomato
- 1/2 White Onion
- 1 Yellow Bell Pepper
- 1 Yellow Onion
- 2 Zucchini

Boxed & Canned

- 1 cup Basmati Rice
- 1 cup Canned Coconut Milk
- 6 2/3 ozs Canned Wild Salmon
- 3 cups Chicken Broth
- 1 cup Quinoa
- 8 ozs Rice Vermicelli Noodles
- 2 cups Vegetable Broth

Baking

- 2 tbsps Arrowroot Powder
- 2 2/3 tbsps Coconut Flour
- 1 1/8 tbsps Monk Fruit Sweetener
- 1/4 cup Nutritional Yeast
- 1/4 cup Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- 8 ozs Brie Cheese
- 1 lb Chicken Breast
- 1 lb Extra Lean Ground Turkey
- 1 lb Flank Steak
- 1 1/16 lbs Tofu
- 8 slices Whole Grain Bread

Condiments & Oils

- 2 tbsps Apple Cider Vinegar
- 2 1/2 tsps Avocado Oil
- 2 tbsps Balsamic Vinegar
- 1 tsp Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1/3 cup Fig Jam
- 1 tbsp Fish Sauce
- 2 tbsps Miso Paste
- 1 1/2 tsps Rice Vinegar
- 1/4 cup Tamari

Cold

- 2 tbsps Butter
- 10 2/3 Egg
- 1 cup Unsweetened Almond Milk

Other

- 8 Barbecue Skewers
- 1 3/4 cups Water



Maple Miso Chicken Skillet

4 servings

20 minutes

Ingredients

- 2 tbsps Maple Syrup
- 2 tbsps Miso Paste
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 lb Chicken Breast (cubed)
- 1 Red Bell Pepper (medium, sliced)
- 1 Yellow Bell Pepper (medium, sliced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	217
Fat	6g
Carbs	13g
Fiber	2g
Sugar	8g
Protein	27g
Cholesterol	82mg
Sodium	469mg
Vitamin A	1058IU
Vitamin C	123mg
Calcium	23mg
Iron	1mg
Vitamin D	1IU

Directions

- 1 In a small bowl, whisk together the maple syrup and miso paste. Set aside.
- 2 Heat half the oil in a pan over medium-high heat. Add the chicken and cook until browned and cooked through, about seven to eight minutes. Remove from pan.
- 3 Add the remaining oil and the peppers. Cook for ten minutes or until soft. Add the chicken and the maple miso sauce and warm through. Season with salt and pepper. Divide evenly between plates and enjoy!



Quinoa

4 servings

15 minutes

Ingredients

1 cup Quinoa (uncooked)

1 1/2 cups Water

Nutrition

Amount per serving	
Calories	156
Fat	3g
Carbs	27g
Fiber	3g
Sugar	0g
Protein	6g
Cholesterol	0mg
Sodium	4mg
Vitamin A	6IU
Vitamin C	0mg
Calcium	29mg
Iron	2mg
Vitamin D	0IU

Directions

1

Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!



Tofu Vermicelli Bowl

4 servings

15 minutes

Ingredients

- 1/4 cup Water (hot)
- 1 tbsp Lime Juice
- 2 tbsps Tamari
- 1 1/2 tsps Rice Vinegar
- 1 tbsp Monk Fruit Sweetener
- 1 1/16 lbs Tofu (extra firm, patted dry, cubed)
- 8 ozs Rice Vermicelli Noodles
- 1 Carrot (shredded)
- 1 Cucumber (thinly sliced)
- 1 cup Cilantro
- 1/2 cup Mint Leaves (stems removed)

Directions

- 1 In a large bowl, whisk together the water, lime juice, tamari, rice vinegar, and monk fruit sweetener until dissolved. Adjust as needed. Add the tofu and toss until well coated. Let it marinate in the fridge.
- 2 Meanwhile, cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
- 3 Divide the vermicelli, carrot, cucumber, cilantro, mint, and marinated tofu into bowls. Drizzle your desired amount of leftover marinade over top and enjoy!

Nutrition

Amount per serving	
Calories	338
Fat	7g
Carbs	57g
Fiber	3g
Sugar	3g
Protein	13g
Cholesterol	0mg
Sodium	533mg
Vitamin A	3034IU
Vitamin C	6mg
Calcium	351mg
Iron	3mg
Vitamin D	0IU



Thai Basil Beef Stir Fry

4 servings

30 minutes

Ingredients

- 1 1/2 tps Avocado Oil
- 1 lb Flank Steak
- 2 1/2 tbsps Tamari
- 1 tbsp Fish Sauce
- 1 tsp Lime Juice
- 1/2 tsp Monk Fruit Sweetener
- 1/2 Yellow Onion (chopped)
- 3 cups Broccoli (florets, chopped)
- 1 Red Bell Pepper (sliced)
- 1 Green Bell Pepper (sliced)
- 1/2 cup Thai Basil (chopped)

Nutrition

Amount per serving	
Calories	255
Fat	12g
Carbs	11g
Fiber	3g
Sugar	5g
Protein	28g
Cholesterol	77mg
Sodium	1068mg
Vitamin A	1747IU
Vitamin C	124mg
Calcium	87mg
Iron	3mg
Vitamin D	5IU

Directions

- 1 Heat a cast-iron skillet over medium-high heat. Add the oil. Place the steak in the pan and cook for about 18 to 20 minutes, flipping once. The timing will depend on how thick your steak is. Remove, let rest for 10 minutes and then slice against the grain and set aside.
- 2 While the beef cooks, in a small bowl, add the tamari, fish sauce, lime juice, and monk fruit sweetener and stir to combine.
- 3 In the same skillet, add the onion, broccoli, and peppers. Cook until slightly softened, about four to five minutes.
- 4 Add the sauce to the skillet and toss to combine. Add the steak back into the skillet and cook for an additional minute or two to heat through. Remove from the heat and add the Thai basil. Divide onto plates and enjoy!



Cilantro Lime Rice

4 servings

20 minutes

Ingredients

- 1 cup Basmati Rice
- 1/4 cup Cilantro (chopped)
- 2 Lime (medium, juiced)

Nutrition

Amount per serving	
Calories	186
Fat	0g
Carbs	42g
Fiber	1g
Sugar	0g
Protein	4g
Cholesterol	0mg
Sodium	1mg
Vitamin A	78IU
Vitamin C	7mg
Calcium	4mg
Iron	0mg
Vitamin D	0IU

Directions

- 1 Cook the rice according to the package directions.
- 2 Once the rice is cooked, stir in the cilantro and lime juice. Serve and enjoy!



Apple & Brie Grilled Cheese Sandwich

4 servings

10 minutes

Ingredients

- 2 tbsps Butter
- 8 slices Whole Grain Bread
- 1/3 cup Fig Jam
- 8 ozs Brie Cheese
- 1 Apple (sliced thin)

Nutrition

Amount per serving	
Calories	528
Fat	25g
Carbs	53g
Fiber	7g
Sugar	19g
Protein	23g
Cholesterol	72mg
Sodium	673mg
Vitamin A	538IU
Vitamin C	2mg
Calcium	193mg
Iron	2mg
Vitamin D	11IU

Directions

- 1 Heat a skillet over medium-low heat.
- 2 Spread the butter on the outside of both slices of bread. Spread the fig jam on the inside. Add the brie and apple slices on top of the jam. Close the sandwich and transfer it to the skillet. Cook for about four minutes per side, until golden-brown on both sides.
- 3 Remove the sandwich from the skillet and slice in half. Enjoy!



Creamy Roasted Tomato Soup

4 servings

1 hour

Ingredients

- 7 Tomato (sliced into quarters)
- 2 Sweet Onion (coarsley chopped)
- 4 Garlic (cloves, peeled)
- 1 tbsp Extra Virgin Olive Oil
- 2 cups Vegetable Broth
- 1 tbsp Thyme
- 1 tsp Oregano
- 1/8 tsp Cayenne Pepper
- 1 tbsp Apple Cider Vinegar
- 1/2 cup Basil Leaves (chopped)
- 1 cup Unsweetened Almond Milk
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Baby Spinach (chopped)

Directions

- 1 Preheat the oven to 410°F (210°C). Toss your tomatoes, onion and garlic cloves in olive oil and season with sea salt and pepper. Place on large parchment-lined baking sheet and bake for 40 to 50 minutes.
- 2 In the mean time, add your vegetable broth, thyme, oregano, cayenne pepper, basil leaves and apple cider vinegar to a large stock pot. When your veggies are done roasting also add them to your stock pot. Stir in almond milk.
- 3 Transfer mixture to blender and blend in batches until pureed. Ensure you leave a place for the steam to escape to avoid the lid bursting off during blending.
- 4 Transfer pureed soup back to stock pot and warm through over low heat. Serve topped with chopped spinach and a slice of bread for dipping.

Nutrition

Amount per serving	
Calories	135
Fat	5g
Carbs	22g
Fiber	4g
Sugar	9g
Protein	5g
Cholesterol	0mg
Sodium	466mg
Vitamin A	3983IU
Vitamin C	43mg
Calcium	184mg
Iron	2mg
Vitamin D	25IU



Turkey Meatball Skewers

4 servings

25 minutes

Ingredients

- 1 lb Extra Lean Ground Turkey
- 3 tbsps Cilantro (chopped)
- 1/2 White Onion (small, finely diced)
- 3 Garlic (cloves, minced)
- 1/2 tsp Sea Salt
- 1/2 cup Red Onion (cut into chunks)
- 8 Barbecue Skewers
- 2 tsps Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	199
Fat	12g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	22g
Cholesterol	84mg
Sodium	374mg
Vitamin A	134IU
Vitamin C	2mg
Calcium	32mg
Iron	1mg
Vitamin D	16IU

Directions

- 1 Mix the ground turkey, cilantro, white onion, garlic, and salt together in a bowl. Form the meat mixture into balls approximately two inches in diameter.
- 2 Thread the meatballs and red onion onto the skewers.
- 3 Heat the oil in a cast-iron skillet over medium-high heat. Cook the skewers for about four to five minutes per side or until cooked through.
- 4 Divide the skewers between plates and enjoy!



Winter Kale Salad

4 servings

20 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Apple Cider Vinegar
- 1 tsp Dijon Mustard
- 1 tsp Maple Syrup
- 1/8 tsp Sea Salt
- 6 cups Kale Leaves (thinly sliced)
- 1/2 cup Pomegranate Seeds
- 1 Pear (cored and thinly sliced)
- 1/4 cup Pumpkin Seeds
- 1/4 cup Unsweetened Coconut Flakes (toasted)

Directions

- 1 Add the extra virgin olive oil, apple cider vinegar, mustard, maple syrup and sea salt into a small bowl and whisk together.
- 2 Add the kale to a large bowl and drizzle the dressing over top. Massage with your hands to ensure it is evenly coated.
- 3 Top the massaged kale with pomegranate seeds, sliced pear, pumpkin seeds and toasted coconut flakes. Toss before serving. Enjoy!

Nutrition

Amount per serving	
Calories	196
Fat	15g
Carbs	15g
Fiber	5g
Sugar	8g
Protein	4g
Cholesterol	0mg
Sodium	107mg
Vitamin A	1528IU
Vitamin C	33mg
Calcium	92mg
Iron	2mg
Vitamin D	0IU



Spinach & Sweet Potato Frittata

4 servings

25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Potato (medium, peeled and cut into small cubes)
- 3 cups Baby Spinach (chopped)
- 8 Egg (whisked)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	206
Fat	13g
Carbs	8g
Fiber	1g
Sugar	2g
Protein	14g
Cholesterol	372mg
Sodium	178mg
Vitamin A	7261IU
Vitamin C	7mg
Calcium	88mg
Iron	3mg
Vitamin D	82IU

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
- 3 Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 4 Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!



Creamy Broccoli Soup

4 servings

20 minutes

Ingredients

- 1 tsp Avocado Oil
- 1/2 Yellow Onion (chopped)
- 2 Garlic (cloves, minced)
- 2 tbsps Arrowroot Powder
- 3 cups Chicken Broth
- 1 cup Canned Coconut Milk (full fat)
- 4 cups Broccoli (florets, roughly chopped)
- 1/4 cup Nutritional Yeast
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	214
Fat	13g
Carbs	17g
Fiber	5g
Sugar	4g
Protein	10g
Cholesterol	4mg
Sodium	911mg
Vitamin A	571IU
Vitamin C	82mg
Calcium	65mg
Iron	2mg
Vitamin D	0IU

Directions

- 1 In a large pot or dutch oven over medium heat, add the avocado oil and then the onion. Cook for 3 to 4 minutes or until the onion becomes translucent. Add the garlic and cook for one minute. Add the arrowroot powder and chicken broth and whisk until no clumps remain.
- 2 Bring to a boil over medium heat, and then reduce to a simmer. Add the coconut milk, broccoli, nutritional yeast and salt and stir to combine. Cook for 10 minutes or until the broccoli is cooked through.
- 3 Using a handheld blender, blend the soup until smooth or until desired consistency is reached. Serve and enjoy!



Salmon Cakes

4 servings

40 minutes

Ingredients

- 2 2/3 Carrot (medium, peeled, and roughly chopped)
- 1/3 cup Red Onion (roughly chopped)
- 2 2/3 Garlic (clove, minced)
- 1 1/3 tbsps Lemon Juice
- 2/3 tsp Dried Dill
- 1/3 tsp Sea Salt
- 6 2/3 ozs Canned Wild Salmon (drained)
- 2 2/3 Egg (whisked)
- 2 2/3 tbsps Coconut Flour

Nutrition

Amount per serving	
Calories	169
Fat	7g
Carbs	9g
Fiber	3g
Sugar	3g
Protein	18g
Cholesterol	155mg
Sodium	466mg
Vitamin A	7073IU
Vitamin C	6mg
Calcium	60mg
Iron	2mg
Vitamin D	433IU

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the carrot and onion in the bowl of a food processor and pulse until the carrots form a rice-like consistency. Add the garlic, lemon juice, dill, salt, and salmon and pulse until combined.
- 3 Transfer the salmon and carrot mixture to a mixing bowl and fold in the egg and coconut flour (the mixture should be wet but not soggy). Form the mixture into equal patties, approximately 1/4 cup each and place on the prepared baking sheet.
- 4 Bake for 20 minutes then carefully flip and continue to bake for 10 minutes more.
- 5 Divide between plates and season with additional salt or lemon juice if desired. Enjoy!



Roasted Veggies

4 servings

40 minutes

Ingredients

- 2 Carrot (medium, chopped)
- 2 Zucchini (medium, chopped)
- 2 cups Mushrooms (chopped)
- 2 cups Green Beans (trimmed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Balsamic Vinegar
- 1 tsp Oregano (dried)
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper

Nutrition

Amount per serving	
Calories	93
Fat	4g
Carbs	13g
Fiber	4g
Sugar	8g
Protein	4g
Cholesterol	0mg
Sodium	331mg
Vitamin A	5642IU
Vitamin C	26mg
Calcium	53mg
Iron	1mg
Vitamin D	3IU

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Arrange the chopped veggies on the baking sheet. Drizzle with oil, vinegar, oregano, salt and pepper. Toss until everything is well coated.
- 3 Roast in the oven for 25 to 30 minutes, or until very tender, stirring once about halfway through.
- 4 Remove from oven and transfer to a bowl. Enjoy!