













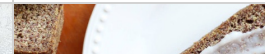























WEEK 10 MEAL PLAN &
RECIPES

Shift NUTRITION
BY BONNIE WISENER

Bonnie Wisener

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Dinner							
							
	One Pot Creamy Chicken & Artichoke Stew	Ginger Beef Lettuce Wraps	Spinach Tuna Crepes	Tomato Chickpea Soup	Miso Baked Tofu & Rice	Lentil Pot Pie	Turkey & Barley Soup
	House Salad	Mushroom Garlic Quinoa	Chopped Veggie Salad	Sourdough Bread		Celery Root Soup	Grain-Free Flax Bread

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  62%	Fat  41%	Fat  41%	Fat  6%	Fat  23%	Fat  31%	Fat  40%
Carbs  12%	Carbs  27%	Carbs  35%	Carbs  79%	Carbs  55%	Carbs  59%	Carbs  32%
Protein  26%	Protein  32%	Protein  24%	Protein  15%	Protein  22%	Protein  10%	Protein  28%
Calories 404	Calories 569	Calories 461	Calories 333	Calories 413	Calories 489	Calories 396
Fat 28g	Fat 25g	Fat 22g	Fat 2g	Fat 11g	Fat 17g	Fat 18g
Carbs 12g	Carbs 38g	Carbs 42g	Carbs 64g	Carbs 59g	Carbs 74g	Carbs 32g
Fiber 5g	Fiber 4g	Fiber 9g	Fiber 7g	Fiber 5g	Fiber 14g	Fiber 10g
Sugar 5g	Sugar 8g	Sugar 7g	Sugar 6g	Sugar 9g	Sugar 8g	Sugar 4g
Protein 26g	Protein 45g	Protein 28g	Protein 12g	Protein 23g	Protein 12g	Protein 28g
Cholesterol 108mg	Cholesterol 116mg	Cholesterol 123mg	Cholesterol 0mg	Cholesterol 0mg	Cholesterol 31mg	Cholesterol 133mg
Sodium 528mg	Sodium 791mg	Sodium 362mg	Sodium 1511mg	Sodium 1434mg	Sodium 954mg	Sodium 869mg
Vitamin A 4727IU	Vitamin A 1576IU	Vitamin A 4373IU	Vitamin A 3976IU	Vitamin A 90IU	Vitamin A 6479IU	Vitamin A 9575IU
Vitamin C 26mg	Vitamin C 5mg	Vitamin C 93mg	Vitamin C 10mg	Vitamin C 0mg	Vitamin C 19mg	Vitamin C 7mg
Calcium 94mg	Calcium 99mg	Calcium 351mg	Calcium 55mg	Calcium 486mg	Calcium 123mg	Calcium 200mg
Iron 3mg	Iron 5mg	Iron 5mg	Iron 4mg	Iron 5mg	Iron 4mg	Iron 4mg
Vitamin D 1IU	Vitamin D 10IU	Vitamin D 110IU	Vitamin D 0IU	Vitamin D 0IU	Vitamin D 0IU	Vitamin D 27IU



One Pot Creamy Chicken & Artichoke Stew

4 servings

20 minutes

Ingredients

- 2 tsps Extra Virgin Olive Oil
- 1 lb Chicken Thighs (chopped)
- 10 stalks Green Onion (tops only, chopped, divided)
- 2/3 cup Artichoke Hearts (from the can, drained, chopped)
- 2/3 cup Canned Coconut Milk (full fat)
- 1 cup Chicken Broth
- 1 cup Frozen Green Beans (chopped)
- 3 cups Baby Spinach

Nutrition

Amount per serving	
Calories	263
Fat	14g
Carbs	7g
Fiber	4g
Sugar	4g
Protein	25g
Cholesterol	108mg
Sodium	501mg
Vitamin A	3596IU
Vitamin C	15mg
Calcium	78mg
Iron	2mg
Vitamin D	1IU

Directions

- 1 Heat the oil in a large pot over medium heat. Once hot, add the chicken and half of the green onions. Sauté for three to five minutes.
- 2 Add the artichoke hearts, coconut milk, broth, and green beans. Bring everything to a simmer and cook for five to seven minutes or until the chicken is cooked through. Add the baby spinach in the final minutes of cooking.
- 3 Garnish with the remaining green onions and enjoy!



House Salad

4 servings

10 minutes

Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Red Wine Vinegar
- 1/2 head Green Lettuce (roughly chopped)
- 2 Tomato (medium, sliced)
- 1 Cucumber (sliced)

Directions

- 1 In a small bowl, whisk together the olive oil and vinegar.
- 2 Add remaining ingredients to a large bowl and drizzle the dressing over top. Toss until well coated. Divide onto plates and enjoy!

Nutrition

Amount per serving	
Calories	141
Fat	14g
Carbs	5g
Fiber	1g
Sugar	1g
Protein	1g
Cholesterol	0mg
Sodium	27mg
Vitamin A	1131IU
Vitamin C	11mg
Calcium	16mg
Iron	1mg
Vitamin D	0IU



Ginger Beef Lettuce Wraps

4 servings

20 minutes

Ingredients

- 1/2 cup Coconut Aminos
- 3 tbsps Ginger (fresh, grated or minced)
- 2 Garlic (clove, minced)
- 8 stalks Green Onion (sliced, divided)
- 1 1/2 lbs Flank Steak (thinly sliced)
- 1/4 tsp Sea Salt
- 2 tbsps Coconut Oil
- 1 head Romaine Hearts (separated into leaves)

Nutrition

Amount per serving	
Calories	385
Fat	21g
Carbs	9g
Fiber	1g
Sugar	7g
Protein	37g
Cholesterol	116mg
Sodium	784mg
Vitamin A	1570IU
Vitamin C	4mg
Calcium	64mg
Iron	3mg
Vitamin D	7IU

Directions

- 1 In a small mixing bowl combine the coconut aminos, ginger, garlic, and half of the green onion. Set aside.
- 2 Season the sliced beef on both sides with salt. Heat the coconut oil in a pan over medium-high heat. In batches, add the beef to the pan and cook for two to three minutes per side until browned and cooked through. Transfer to a plate.
- 3 To the same pan with the drippings, add the sauce and stir well, scraping any browned bits off the bottom of the pan. Let the sauce bubble for about 30-seconds or until thickened slightly. Add the cooked beef strips back to the pan and stir well to coat in the sauce.
- 4 To serve, divide the beef between lettuce leaves and top with the remaining green onion. Enjoy!



Mushroom Garlic Quinoa

4 servings

20 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 1 3/4 cups Water
- 1 1/2 tsps Extra Virgin Olive Oil
- 2 cups Mushrooms (thinly sliced)
- 2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	184
Fat	4g
Carbs	29g
Fiber	3g
Sugar	1g
Protein	8g
Cholesterol	0mg
Sodium	7mg
Vitamin A	6IU
Vitamin C	1mg
Calcium	35mg
Iron	2mg
Vitamin D	3IU

Directions

- 1 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
- 2 While the quinoa cooks, heat olive oil in a saucepan over medium heat. Saute sliced mushrooms until soft. Add garlic and saute for another 1 to 2 more minutes.
- 3 In a bowl, combine mushrooms with quinoa and season with salt and pepper. Enjoy!



Spinach Tuna Crepes

4 servings

35 minutes

Ingredients

- 2 cups Baby Spinach
- 1/4 cup Parsley
- 2 cups Unsweetened Almond Milk
- 2 Egg
- 1 1/3 cups Whole Wheat Flour
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Extra Virgin Olive Oil
- 2 cans Tuna (drained and flaked)
- 1 1/2 cups Cherry Tomatoes (halved)
- 1 tbsp Fresh Dill (chopped)

Nutrition

Amount per serving	
Calories	343
Fat	13g
Carbs	33g
Fiber	7g
Sugar	2g
Protein	26g
Cholesterol	123mg
Sodium	337mg
Vitamin A	2634IU
Vitamin C	17mg
Calcium	306mg
Iron	4mg
Vitamin D	110IU

Directions

- 1 Blend the spinach, parsley, almond milk, and eggs until smooth. Slowly add the flour until thoroughly combined. Season with salt and pepper to taste.
- 2 Brush a medium skillet with olive oil over medium heat. Once hot, pour 1/4 cup of the batter at a time and gently swirl to spread it into a thin layer. Cook for about one to two minutes. Flip and cook for another 30 seconds. Repeat with the remaining batter.
- 3 Divide crepes onto plates. Spoon tuna in the middle along with cherry tomatoes. Sprinkle dill on top. Roll the crepes and enjoy.



Chopped Veggie Salad

4 servings

15 minutes

Ingredients

2 cups Broccoli (chopped)
1 cup Cherry Tomatoes (chopped)
1/2 Red Bell Pepper (chopped)
1/2 Cucumber (chopped)
2 1/2 tbsps Extra Virgin Olive Oil
2 1/2 tbsps Balsamic Vinegar
1/2 cup Parsley (chopped)
Sea Salt & Black Pepper

Directions

1

Add broccoli, tomatoes, bell pepper and cucumber to a large mixing bowl. Toss with the oil, vinegar and parsley. Season liberally with sea salt and black pepper to taste. Enjoy!

Nutrition

Amount per serving	
Calories	118
Fat	9g
Carbs	9g
Fiber	2g
Sugar	5g
Protein	2g
Cholesterol	0mg
Sodium	25mg
Vitamin A	1739IU
Vitamin C	76mg
Calcium	45mg
Iron	1mg
Vitamin D	0IU



Tomato Chickpea Soup

4 servings

25 minutes

Ingredients

- 4 cups Vegetable Broth (divided)
- 1/2 Yellow Onion (finely chopped)
- 1 Carrot (small, peeled, finely chopped)
- 2 Garlic (large cloves, minced)
- 1 cup Chickpeas (cooked, rinsed)
- 3/4 cup Diced Tomatoes
- 1 tsp Italian Seasoning
- 1 tsp Sea Salt
- 1 cup Brown Rice Fusilli
- 1 cup Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	209
Fat	2g
Carbs	40g
Fiber	6g
Sugar	6g
Protein	7g
Cholesterol	0mg
Sodium	1272mg
Vitamin A	3976IU
Vitamin C	9mg
Calcium	55mg
Iron	3mg
Vitamin D	0IU

Directions

- 1 Add a few splashes of the vegetable broth to a large pot. Bring to a gentle boil over medium heat then add the onion, carrot, and garlic. Cook for 3 to 5 minutes or until the onions have softened and the broth has mostly evaporated. Stir in the chickpeas, tomatoes, Italian seasoning, and salt. Continue to cook for 2 to 3 minutes more.
- 2 Transfer about half of the chickpea and vegetable mixture to a blender along with 1/3 of the remaining vegetable broth. Blend the chickpea and vegetable mixture with the broth until mostly smooth. Transfer it back to the pot, along with the remaining broth, and stir to combine.
- 3 Bring the soup to a gentle boil and stir in the pasta. Cook the pasta for about 7 minutes or until al dente.
- 4 Remove the soup from the heat and stir in the spinach until wilted. Season the soup with additional salt if needed. Divide between bowls and enjoy!



Sourdough Bread

4 servings

1 minute

Ingredients

7 ozs Sourdough Bread

Nutrition

Amount per serving	
Calories	124
Fat	0g
Carbs	24g
Fiber	1g
Sugar	0g
Protein	5g
Cholesterol	0mg
Sodium	239mg
Vitamin A	0IU
Vitamin C	1mg
Calcium	0mg
Iron	1mg
Vitamin D	0IU

Directions

1

Top with your desired spread or filling, or serve as a side to soups, salads or entree. Enjoy!



Miso Baked Tofu & Rice

3 servings

40 minutes

Ingredients

- 2 tbsps Miso Paste
- 2 tbsps Tamari
- 1 1/2 tbsps Maple Syrup
- 1 1/16 lbs Tofu (extra firm, drained and cubed)
- 1 cup Brown Rice
- 1 3/4 cups Water
- 1/4 tsp Sea Salt
- 1/4 cup Cilantro (roughly chopped)

Nutrition

Amount per serving	
Calories	413
Fat	11g
Carbs	59g
Fiber	5g
Sugar	9g
Protein	23g
Cholesterol	0mg
Sodium	1434mg
Vitamin A	90IU
Vitamin C	0mg
Calcium	486mg
Iron	5mg
Vitamin D	0IU

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, whisk together the miso paste, tamari and maple syrup. Add the tofu to a large bowl. Pour the mixture over top and mix well. Let it marinate for 10 minutes.
- 3 Meanwhile, combine the brown rice 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 it simmer for 30 to 35 minutes or until water is absorbed. Remove lid, season with sea salt and fluff with a fork.
- 4 While the rice is cooking, add the marinated tofu to the baking sheet. Cook for 25 minutes, flipping halfway through.
- 5 Plate the rice and add the tofu on top. Garnish with cilantro. Enjoy!



Lentil Pot Pie

8 servings

1 hour

Ingredients

- 1 1/2 cups Cassava Flour
- 1/3 cup Arrowroot Powder
- 1/2 tsp Sea Salt
- 1/2 cup Butter
- 2/3 cup Water
- 1 tsp Extra Virgin Olive Oil
- 3 cups Frozen Vegetable Mix
- 2 1/2 cups Lentils (cooked, rinsed)
- 3/4 cup Canned Coconut Milk
- 1 tbsp Cornstarch
- 1 tsp Garlic Powder

Nutrition

Amount per serving	
Calories	382
Fat	16g
Carbs	51g
Fiber	10g
Sugar	4g
Protein	8g
Cholesterol	31mg
Sodium	181mg
Vitamin A	3279IU
Vitamin C	3mg
Calcium	50mg
Iron	3mg
Vitamin D	0IU

Directions

- 1 Preheat the oven to 375°F (190°C). In a bowl, mix the cassava flour, arrowroot powder, and salt. Cut in the butter until crumbly. Add the water and mix until a dough forms. Knead the dough with your hands until smooth. If the dough is too dry, add more water one tablespoon at a time.
- 2 Between two pieces of parchment paper, roll out 2/3 of the dough with a rolling pin until it is one to two inches larger than your pie plate. Transfer it to the pie plate and bake for seven minutes.
- 3 Roll out the remaining dough until it is about the same diameter as your pie plate. Set it aside.
- 4 Warm the oil in a pan over medium heat. Add the frozen vegetable mix and cook until it has thawed completely. Add the lentils and continue to cook for another five minutes. Add the coconut milk, stir, and let simmer for a couple of minutes. Add the cornstarch and garlic powder. Continue to stir until it has thickened. Season with additional salt, if needed.
- 5 Add the lentil mixture to the pie crust. Top it with the remaining rolled-out dough and press the edges of the crust together with your hands. Bake in the oven for 30 minutes or until the edges turn golden and cooked through. Slice, serve, and enjoy!



Celery Root Soup

4 servings

30 minutes

Ingredients

- 3 cups Celery Root (peeled, cut into cubes)
- 2 stalks Green Onion (chopped)
- 1 Carrot (small, peeled and chopped)
- 1 Russet Potato (medium, peeled and cut into cubes)
- 3 cups Vegetable Broth
- 1 tsp Dried Parsley
- 1 tsp Dried Chives
- 1/4 tsp Sea Salt

Directions

- 1 Combine all of the ingredients in a pot over medium-high heat and bring to a gentle boil. Reduce the heat to medium and continue to cook for 20 to 25 minutes or until the vegetables are tender.
- 2 Transfer the soup to a blender or food processor and blend until smooth. Add more vegetable broth or water to thin, if needed. Divide between bowls and enjoy!

Nutrition

Amount per serving	
Calories	107
Fat	1g
Carbs	23g
Fiber	4g
Sugar	4g
Protein	4g
Cholesterol	0mg
Sodium	773mg
Vitamin A	3200IU
Vitamin C	16mg
Calcium	73mg
Iron	1mg
Vitamin D	0IU



Turkey & Barley Soup

8 servings

30 minutes

Ingredients

- 8 2/3 cups Water
- 6 2/3 Carrot (medium, diced)
- 2/3 Sweet Onion (diced)
- 2 tsps Italian Seasoning
- 1 1/3 tsps Sea Salt (to taste)
- 1 cup Pearl Barley (uncooked)
- 1 lb Turkey Breast, Cooked (roughly chopped)
- 2 2/3 cups Baby Spinach

Directions

- 1 In a pot over medium-high heat, add the water, carrots, onions, Italian seasoning, and salt. Once boiling, lower to a simmer and cook until the carrots are tender-crisp, about five to seven minutes.
- 2 Stir in the barley and cook for 15 more minutes.
- 3 Add the turkey and spinach and cook until the turkey is warmed through and spinach is wilted, about three minutes. Divide into bowls and enjoy!

Nutrition

Amount per serving	
Calories	187
Fat	2g
Carbs	25g
Fiber	5g
Sugar	4g
Protein	20g
Cholesterol	40mg
Sodium	510mg
Vitamin A	9440IU
Vitamin C	7mg
Calcium	72mg
Iron	2mg
Vitamin D	6IU



Grain-Free Flax Bread

10 servings

1 hour

Ingredients

- 2 cups Ground Flax Seed
- 1 tbsp Baking Powder
- 3/4 tsp Sea Salt
- 5 Egg (room temp)
- 1/2 cup Water (room temp)
- 1/3 cup Coconut Oil (melted)

Nutrition

Amount per serving	
Calories	209
Fat	16g
Carbs	7g
Fiber	5g
Sugar	0g
Protein	8g
Cholesterol	93mg
Sodium	359mg
Vitamin A	135IU
Vitamin C	0mg
Calcium	128mg
Iron	2mg
Vitamin D	21IU

Directions

- 1 Preheat oven to 350°F (177°C). Grease the inside of a loaf pan or line it with parchment paper.
- 2 In a medium size bowl, mix together flax, baking powder, and salt. Use a whisk to stir until well combined.
- 3 In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add water and coconut oil, mixing until combined.
- 4 Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
- 5 Pour batter into loaf pan and smooth out the top with a spoon. Bake for about 50 minutes, or until the top feels set and the loaf is browned.
- 6 Once cooled, slice and store in the fridge or freezer.