



Shift NUTRITION
BY BONNIE WISENER

WEEK 7 SHIFT MEAL PLAN &
RECIPE CLUB

Bonnie Wisener

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Dinner

Mon



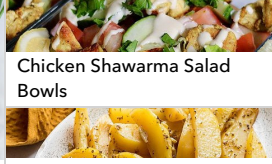
Orange Beef Stir Fry

Tue



Red Curry Poached Cod

Wed



Chicken Shawarma Salad Bowls



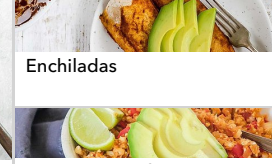
Greek Lemon Potatoes

Thu



Orange Sesame Tofu with Greens & Rice

Fri



Enchiladas



Mexican Cauliflower Rice

Sat



Tofu Tikka Masala JPN

Sun



Spicy Coconut Lentil Soup



Bruschetta Flatbread

Fruits

- 2 Avocado
- 1/2 Lemon
- 2 tbsps Lemon Juice
- 2 1/3 Lime
- 1 Navel Orange

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 1 2/3 tsps Chili Powder
- 1/2 tsp Cinnamon
- 1 3/4 tbsps Cumin
- 1 tbsp Oregano
- 1 tsp Red Pepper Flakes
- 1 1/16 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Smoked Paprika
- 3/4 tsp Turmeric

Frozen

- 8 Brown Rice Tortilla

Vegetables

- 1/2 cup Basil Leaves
- 8 cups Bok Choy
- 4 cups Broccoli
- 4 cups Cauliflower Rice
- 2 tbsps Chives
- 1/4 cup Cilantro
- 1 Cucumber
- 14 1/3 Garlic
- 3 tbsps Ginger
- 2 cups Green Beans
- 2/3 Jalapeno Pepper
- 1/4 cup Parsley
- 1 1/3 Red Bell Pepper
- 1/3 cup Red Onion
- 8 leaves Romaine
- 3 cups Snap Peas
- 1 Sweet Onion
- 6 Tomato
- 1/2 White Onion
- 2/3 Yellow Onion
- 5 Yellow Potato

Boxed & Canned

- 1/2 cup Basmati Rice
- 1 1/8 cups Black Beans
- 1/2 cup Brown Basmati Rice
- 2 cups Brown Rice
- 1 3/4 cups Canned Coconut Milk
- 3/4 cup Chicken Broth
- 1/2 cup Dry Lentils
- 1 1/3 cups Enchilada Sauce
- 1 cup Jasmine Rice
- 2 2/3 tbsps Salsa
- 1 cup Tomato Purée

Baking

- 1 tsp Tapioca Flour
- 1/4 cup Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- 12 ozs Beef Tenderloin
- 1 1/4 lbs Chicken Breast
- 12 ozs Chicken Breast, Cooked
- 1 Cod Fillet
- 1/2 cup Feta Cheese
- 1 2/3 lbs Tofu

Condiments & Oils

- 1 1/8 tbsps Avocado Oil
- 1 tbsp Balsamic Vinegar
- 1 tbsp Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 2 1/8 tbsps Sesame Oil
- 1/4 cup Tahini
- 1/3 cup Tamari
- 2 tbsps Thai Red Curry Paste
- 1/3 cup Tikka Masala Paste

Cold

- 1 cup Orange Juice
- 1/2 cup Plain Greek Yogurt

Other

- 8 1/8 cups Water



Orange Beef Stir Fry

5 servings

50 minutes

Ingredients

- 1 cup Brown Rice (uncooked)
- 1 cup Water
- 1 tbsp Extra Virgin Olive Oil (divided)
- 12 ozs Beef Tenderloin (sliced into thin strips)
- 1 Navel Orange (juiced)
- 2 tbsps Tamari
- 1/2 tsp Sesame Oil
- 1 tsp Red Pepper Flakes
- 1 Sweet Onion (diced)
- 2 Garlic (cloves, minced)
- 3 cups Snap Peas
- 4 cups Broccoli (cut into florets)
- 1 tbsp Ginger (grated)

Directions

- 1 Get your brown rice started by combining brown rice and water in a saucepan. Bring to a boil uncovered stirring occasionally. Once boiling, reduce to low heat and cover. Let simmer for 45 minutes or until all water is absorbed.
- 2 Meanwhile, heat half of your olive oil in a large wok over medium high heat. Cook beef strips to desired doneness. Remove from heat and wrap in foil to keep warm.
- 3 Combine orange juice, tamari, sesame oil and red pepper flakes together in a bowl. Add ¼ cup water and mix well.
- 4 Pour juice out of wok and place back over medium heat with remaining olive oil. Add diced sweet onion and garlic and saute for 5 minutes or until translucent.
- 5 Add in orange juice sauce, broccoli, and snap peas. Saute for another 8 to 10 minutes or until broccoli is tender.
- 6 Add cooked beef back into wok. Add in grated ginger with 1 tbsp warm water. Saute for 1 minute and remove from heat.
- 7 Serve stir fry over a bed of brown rice. Enjoy!



Red Curry Poached Cod

2 servings

20 minutes

Ingredients

- 1/2 cup Basmati Rice (uncooked)
- 2 cups Green Beans (trimmed)
- 1 cup Canned Coconut Milk
- 2 tbsps Thai Red Curry Paste
- 1/2 White Onion (small, thinly sliced)
- 1 Cod Fillet
- 1 Lime (juiced)
- 2 tbsps Chives (finely chopped)

Directions

- 1 Cook the rice according to the package directions.
- 2 Add the green beans to a steamer over boiling water, cover, and steam for about four minutes, or until tender.
- 3 Place the coconut milk, curry paste, and onions in a pan over medium-high heat. Bring to a boil, reduce the heat to low, and simmer for two minutes.
- 4 Add the fish, cover, and cook for five minutes, or until cooked through.
- 5 To serve, divide the rice, green beans, fish, and the poaching liquid evenly between plates. Top with lime juice and chives. Enjoy!



Chicken Shawarma Salad Bowls

4 servings

30 minutes

Ingredients

- 1 1/4 lbs Chicken Breast (diced into cubes)
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/2 tsp Cinnamon
- 1/2 tsp Turmeric
- 1 tbsp Cumin
- 2 tbsps Extra Virgin Olive Oil
- 1/4 cup Tahini
- 2 tbsps Water
- 1/2 Lemon (juiced)
- 8 leaves Romaine (chopped)
- 2 Tomato (diced)
- 1 Cucumber (diced)
- 1/4 cup Parsley (chopped)

Directions

- 1 Combine the diced chicken breast, sea salt, black pepper, cinnamon, turmeric, cumin and olive oil in a bowl. Toss well to coat.
- 2 Transfer the chicken into a skillet over medium heat. Cook for about 10 minutes, or until chicken is cooked through.
- 3 Meanwhile, combine the tahini, water and lemon juice together in a jar. Mix well and set aside.
- 4 Divide the romaine, tomatoes and cucumber into bowls and top with the cooked chicken breast. Drizzle tahini dressing over top and sprinkle with chopped parsley. Enjoy!



Greek Lemon Potatoes

4 servings

1 hour 10 minutes

Ingredients

- 5 Yellow Potato (medium, cut into wedges)
- 2 tbsps Extra Virgin Olive Oil
- 6 Garlic (cloves, minced)
- 3/4 cup Chicken Broth
- 2 tbsps Lemon Juice
- 1 tbsp Oregano
- 1 tsp Sea Salt

Directions

- 1 Preheat oven to 400°F (205°C).
- 2 In a large baking dish, toss together all the ingredients. Cover with a lid or aluminum foil and bake for 30 minutes. Remove lid and bake for another 30 to 40 minutes, until the potatoes are fork-tender.
- 3 Serve warm and enjoy!



Orange Sesame Tofu with Greens & Rice

4 servings

30 minutes

Ingredients

- 1 cup Brown Rice
- 1 cup Orange Juice
- 3 tbsps Tamari
- 2 tbsps Sesame Oil
- 2 tbsps Ginger (fresh, grated or minced)
- 14 1/8 ozs Tofu (extra-firm, cut into thin strips)
- 1 tbsp Coconut Oil
- 8 cups Bok Choy (chopped)
- 1 tsp Tapioca Flour

Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, combine the orange juice, tamari, sesame oil, and ginger in a zipper-lock bag or shallow bowl. Add the tofu strips and marinate for at least 15 minutes or up to overnight.
- 3 Heat the coconut oil in a large, non-stick pan over medium heat. Gently shake the excess marinade off the tofu strips and place in the pan. Be sure to reserve the marinade. Cook for four to five minutes per side or until browned and slightly crispy (cook in batches if necessary to avoid overcrowding the pan). Transfer to a plate and set aside.
- 4 Add the bok choy to the same pan and cook until wilted and tender, about five to six minutes. Transfer to a plate and set aside.
- 5 Whisk the tapioca flour into the reserved marinade. Add the marinade to the same pan and stir well for about a minute until the sauce has thickened. Add the tofu strips back to the pan and toss to coat in the sauce. To serve, divide the rice, bok choy, and saucy tofu between plates and enjoy!



Enchiladas

4 servings

40 minutes

Ingredients

- 2 tsps Avocado Oil
- 1/3 cup Red Onion (small, chopped)
- 2/3 Jalapeno Pepper (seeded, minced)
- 2 Garlic (cloves, minced)
- 1 1/8 cups Black Beans (cooked, rinsed)
- 8 ozs Chicken Breast, Cooked (shredded)
- 1 1/3 cups Enchilada Sauce (divided)
- Sea Salt & Black Pepper (to taste)
- 4 Brown Rice Tortilla (slightly warmed up)
- 2/3 Avocado (sliced)

Directions

- 1 Preheat the oven to 375°F (191°C).
- 2 In a large skillet over medium heat, pour in the oil. Once hot, add in the onion and jalapeno pepper. Cook for five minutes, until softened. Reduce the heat to medium-low. Add the garlic and cook for another one to two minutes. Set aside.
- 3 Add the beans, chicken, and 1/3 of the enchilada sauce to the skillet and season with salt and pepper. Stir to combine.
- 4 Pour another 1/3 of the enchilada sauce on the bottom of the baking dish.
- 5 Place the tortilla on a flat surface and scoop out the chicken and bean mixture into the tortilla in a line down the center. Roll tightly and transfer to the prepared baking dish, seam side down. Repeat with the remaining tortillas.
- 6 Pour the remaining enchilada sauce on top of the tortillas. Place in the oven and bake for 20 minutes. Remove, let cool slightly before serving. Top with avocado. Enjoy!



Mexican Cauliflower Rice

4 servings

15 minutes

Ingredients

- 1 1/3 tsps Avocado Oil
- 2/3 Yellow Onion (chopped)
- 1 1/3 Red Bell Pepper (chopped)
- 1 1/3 tsps Cumin
- 2/3 tsp Chili Powder
- 1/8 tsp Sea Salt
- 1 1/3 Garlic (clove, minced)
- 4 cups Cauliflower Rice
- 2 2/3 tbsps Salsa
- 1 1/3 Avocado (sliced)
- 1 1/3 Lime

Directions

- 1 In a skillet over medium-low heat, add the oil along with the onion and bell pepper. Cook for 3 to 4 minutes, then add the cumin, chili powder and sea salt along with the garlic and cauliflower rice. Continue cooking for 5 minutes, stirring often to mix, until the cauliflower rice is cooked.
- 2 Add the salsa to the skillet and stir to combine. Serve with sliced avocado on top and a slice of lime. Enjoy!



Tofu Tikka Masala JPN

4 servings

15 minutes

Ingredients

- 1 cup Jasmine Rice (dry)
- 1/3 cup Tikka Masala Paste
- 12 1/3 ozs Tofu (extra firm, cut into 1-inch cubes)
- 1 cup Tomato Purée
- 1/2 cup Plain Greek Yogurt
- 3/4 cup Canned Coconut Milk
- 1 tsp Sea Salt (to taste)

Directions

- 1 Cook the rice according to package instructions and set aside.
- 2 In a large dutch oven or pot over medium heat, add the tikka masala paste and cook, stirring often for two minutes. Add the tofu, tomato purée, yogurt, coconut milk, and salt. Cover and reduce the heat to a simmer. Cook for 15 minutes.
- 3 Divide the rice and tofu evenly between bowls and enjoy!



Spicy Coconut Lentil Soup

4 servings

40 minutes

Ingredients

- 1/2 cup Brown Basmati Rice (uncooked)
- 1/2 cup Dry Lentils (uncooked)
- 1/4 cup Unsweetened Shredded Coconut
- 2 tsps Smoked Paprika
- 1 tsp Chili Powder
- 1/4 tsp Turmeric (ground)
- 1 tsp Cumin (ground)
- 1/2 tsp Sea Salt
- 7 cups Water
- 1/4 cup Cilantro (optional, chopped)

Directions

- 1 Rinsing the dry rice and lentils in a fine mesh sieve and adding to a large pot along with the shredded coconut, smoked paprika, chili powder, turmeric, cumin, and sea salt. Adding the water to the pot and bringing to a boil. Once boiling, reducing the heat to a simmer.
- 2 Cooking for about 25 to 30 minutes, or until the lentils and rice are cooked through. Dividing into bowls and garnishing with cilantro (optional). Enjoy!



Bruschetta Flatbread

4 servings

35 minutes

Ingredients

- 4 Tomato (finely diced)
- 3 Garlic (cloves, minced)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 cup Basil Leaves (chopped)
- 1 tbsp Balsamic Vinegar
- 1/2 cup Feta Cheese (crumbled)
- Sea Salt & Black Pepper (to taste)
- 4 Brown Rice Tortilla
- 4 ozs Chicken Breast, Cooked (diced)

Directions

- 1 Preheat oven to 410°F (210°C). Add the tomatoes, garlic, basil, vinegar, olive oil, feta, salt and pepper to a mixing bowl. Toss well and let sit for 15 minutes to marinate.
- 2 Spread the mixture over the brown rice tortillas using a slotted spoon to drain the excess liquid (too much liquid will make the tortilla soggy). Top with cooked, diced chicken breast (optional). Place on a piece of foil and bake for 14 minutes.
- 3 Remove from oven. Run a spatula between the foil and tortilla to detach any parts that might have become stuck while baking. Slide onto a plate and slice with a pizza cutter. Enjoy!