



## Jennifer Lin Meal Plan

Created by Holistic Nutrition and Lifestyle



# Jennifer Lin Meal Plan

Holistic Nutrition and Lifestyle

Hi Jenn,

This is your meal plan. As discussed, contact me for any changes, or use the Swap button by pressing the ... (three dots) on the recipe images. I leave two days out, as I know eating out is a common event. This allows you to not waste ingredients and for you to still enjoy social meals.

These daily meals and snacks have been worked out to fit your nutritional needs. It is now up to you to figure out what works for you (e.g. how much can you actually consume on work days). Take note of anything you notice to be difficult, cannot achieve or do not like in the recipes, as we can discuss and hopefully work through these things in the future.

These have been created for two servings (so just you), 1 for dinner and then leftover serving for lunch the following day. Through the online platform, you can change the servings to suit how many servings you need. Just click on the recipe and change the serving sizes on the left-hand side.

As mentioned in the recipes, feel free to add/swap protein meats. Also, consume as many non-starchy vegetables as you want, these are like capsicum, cucumber, leafy greens etc. basically vegetables you can eat raw. These have very low carbs and are high in micronutrients. Starchy vegetables are potatoes, pumpkin, carrots, beetroot etc. These are high in carb content and can alter the macro ratio very quickly.

All the best,  
Zoe

# Jennifer Lin Meal Plan

5 days

	Mon	Tue	Wed	Thu	Fri
Breakfast	Yogurt Overnight Oats by Zoe	Yogurt Overnight Oats by Zoe	Chocolate Nut Butter Chia Pudding by Zoe	Chocolate Nut Butter Chia Pudding by Zoe	Mocha Smoothie
Snack 1	Tuna & Hummus Snack Plate	Tuna & Hummus Snack Plate	Banana Yogurt Bowl by Zoe	Almonds & Dark Chocolate	Banana Yogurt Bowl by Zoe
Lunch	Spicy Smashed Chickpea & Avocado Wraps by Zoe	Chicken, Kale & Sweet Potato Skillet by Zoe	Baked Salmon with Broccoli & Quinoa by Zoe	Lentil, Sweet Potato & Arugula Salad by Zoe	Chickpea Pasta with Veggie Sauce by Zoe
Snack 2	Almonds & Dark Chocolate	Banana Yogurt Bowl by Zoe	Banana Yogurt Bowl by Zoe	Apple with tahini by Zoe	Apple with tahini by Zoe
Dinner	Chicken, Kale & Sweet Potato Skillet by Zoe	Baked Salmon with Broccoli & Quinoa by Zoe	Lentil, Sweet Potato & Arugula Salad by Zoe	Chickpea Pasta with Veggie Sauce by Zoe	One Pan Lemon Salmon with cabbge and kale by Zoe
					Quinoa
Snack 3	Cherry Yogurt Bowl by Zoe	Cherry Yogurt Bowl by Zoe	Cherry Yogurt Bowl by Zoe	Cherry Yogurt Bowl by Zoe	Cherry Yogurt Bowl by Zoe

Zoe Cooper

[zoe.nutrition.hnl@outlook.com](mailto:zoe.nutrition.hnl@outlook.com)



# Jennifer Lin Meal Plan

56 items

## Fruits

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- ☐ 2 Apple
- ☐ 1/2 Avocado
- ☐ 3 Banana
- ☐ 1/2 cup Blackberries
- ☐ 2 1/2 cups Cherries
- ☐ 1/4 Lemon
- ☐ 2 1/4 tsps Lemon Juice
- ☐ 1/2 cup Raspberries

## Breakfast

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- ☐ 3/4 cup All Natural Peanut Butter
- ☐ 1/4 cup Coffee
- ☐ 1 2/3 tsps Maple Syrup

## Seeds, Nuts & Spices

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- ☐ 1/4 cup Almonds
- ☐ 3/4 cup Chia Seeds
- ☐ 1 tsp Dried Chives
- ☐ 1/2 tsp Garlic Powder
- ☐ 3 tsps Ground Flax Seed
- ☐ 1 tbsp Oregano
- ☐ 1/3 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper

## Vegetables

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- ☐ 4 cups Broccoli
- ☐ 2 Carrot
- ☐ 5 Cremini Mushrooms
- ☐ 1/2 Cucumber
- ☐ 1 1/2 cups Kale Leaves
- ☐ 1 cup Purple Cabbage
- ☐ 5 grams Rocket Leaves
- ☐ 3 Sweet Potato
- ☐ 1 Yellow Onion
- ☐ 1 Zucchini

## Boxed & Canned

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- ☐ 170 grams Chickpea Pasta
- ☐ 3/4 cup Chickpeas
- ☐ 2 cups Crushed Tomatoes
- ☐ 2 cups Lentils
- ☐ 3/4 cup Quinoa
- ☐ 26 grams Rice Crackers
- ☐ 2 cans Tuna
- ☐ 2 cups Vegetable Broth, Low Sodium

## Baking

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- ☐ 1/3 cup Cocoa Powder
- ☐ 50 grams Dark Chocolate
- ☐ 1/2 cup Oats
- ☐ 2 tsps Vanilla Extract

## Bread, Fish, Meat & Cheese

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- ☐ 227 grams Extra Lean Ground Chicken
- ☐ 1/4 cup Hummus
- ☐ 425 grams Salmon Fillet
- ☐ 1 Whole Wheat Tortilla

## Condiments & Oils

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- ☐ 1 tbsp Coconut Oil
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 1 tbsp Mayonnaise
- ☐ 1/2 tsp Sriracha
- ☐ 1/2 cup Tahini

## Cold

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- ☐ 3 1/2 cups Unsweetened Almond Milk
- ☐ 3 3/4 cups Unsweetened Coconut Yogurt
- ☐ 5 servings Yopro Yoghurt

## Other

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- ☐ 1/4 cup Protein Powder
- ☐ 1/4 cup Vanilla Protein Powder
- ☐ 1 1/3 cups Water

# Yogurt Overnight Oats by Zoe

7 ingredients · 8 hours · 2 servings



## Directions

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1. In a bowl, combine the yogurt, milk, maple syrup, and vanilla extract. Stir in the oats.
2. Divide evenly between jars and top with blackberries and raspberries. Refrigerate overnight or for at least eight hours. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately one cup.

### Make it Vegan

Use plant-based yogurt and milk of choice.

### Additional Toppings

Top with cinnamon, coconut flakes, nut butter, nuts and seeds.

## Ingredients

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**1 serving** Yopro Yoghurt

**1/2 cup** Unsweetened Almond Milk

**2 tsps** Maple Syrup (Optional)

**1 tsp** Vanilla Extract

**1/2 cup** Oats (Rolled Oats)

**1/2 cup** Blackberries

**1/2 cup** Raspberries



# Chocolate Nut Butter Chia Pudding by Zoe

5 ingredients · 3 hours · 2 servings



## Directions

1. Add all ingredients to a jar and shake well until combined. Refrigerate overnight or for at least three hours until all liquid is absorbed.
2. Stir well before serving. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Nut-Free

Use oat milk instead of almond milk and sunflower seed butter instead of peanut butter.

### Additional Toppings

Cacao nibs, chopped peanuts, chopped strawberries, and/or sea salt.

### No Stevia Powder

Use liquid stevia, monk fruit sweetener drops, or liquid sweetener of choice to taste.

## Ingredients

**2 cups** Unsweetened Almond Milk

**1/4 cup** All Natural Peanut Butter (Can be swapped for any other nut butter (e.g. Almond))

**1/4 cup** Cocoa Powder

**1/3 cup** Chia Seeds

**3 tbsps** Ground Flax Seed (If you dont have, add an additional 1Tbsp of chia seeds to recipe )

# Mocha Smoothie

6 ingredients · 5 minutes · 1 serving



## Directions

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1. Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

## Notes

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### Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

### No Protein Powder

Omit, or add a few spoonfuls of hemp seeds instead.

### Nut-Free

Use nut-free milk such as oat milk.

## Ingredients

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**1 cup** Unsweetened Almond Milk

**1/4 cup** Coffee (brewed)

**1** Banana (medium)

**1/4 cup** Vanilla Protein Powder

**1 tbsp** Cocoa Powder

**1 tsp** Vanilla Extract

# Tuna & Hummus Snack Plate

4 ingredients · 5 minutes · 1 serving



## Directions

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1. In a small bowl, stir together the tuna and hummus to combine.
2. Serve on a plate with rice crackers and sliced cucumber. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### More Flavor

Use flavored hummus or add seasonings like garlic powder, onion powder, fresh dill, and/or lemon juice.

### Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

## Ingredients

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**1 can** Tuna (drained)

**2 tbsps** Hummus

**13 grams** Rice Crackers

**1/4** Cucumber (medium, sliced)



# Banana Yogurt Bowl by Zoe

4 ingredients · 5 minutes · 1 serving



## Directions

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1. Add the yogurt to a bowl and stir in the peanut butter and protein powder. Top with the banana slices and enjoy!

## Notes

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### Leftovers

Refrigerate the yogurt in an airtight container for up to three days. Slice the banana just before serving.

### More Flavor

Add vanilla extract, cinnamon, or sweetener of choice to taste.

### Additional Toppings

Fresh berries or other chopped fruit, chopped nuts, chia seeds, hemp seeds, and/or granola.

## Ingredients

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**1 serving** Yopro Yoghurt

**2 tbsps** All Natural Peanut Butter (or almond butter )

**1/2** Banana (sliced)

**1 tbsp** Protein Powder (only if not using protein yoghurt)

# Almonds & Dark Chocolate

2 ingredients · 3 minutes · 1 serving



## Directions

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1. Divide between bowls. Enjoy!

## Ingredients

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**25 grams** Dark Chocolate (at least 70% cacao)

**2 tbsps** Almonds

# Spicy Smashed Chickpea & Avocado Wraps by Zoe

7 ingredients · 15 minutes · 1 serving



## Directions

1. In a food processor, combine the chickpeas, mayonnaise, sriracha, salt, and pepper. Pulse until just combined, but the chickpeas still have texture. Or mash the chickpeas in a bowl and mix in the mayo and sauce.
2. Place the tortilla on a plate and top with leafy greens, the chickpea mixture, and avocado. Fold in the sides of the tortilla and roll it up. Slice the wrap in half. Enjoy!

## Notes

### Leftovers

Best enjoyed immediately. Ingredients can be refrigerated separately in airtight containers for up to three days.

### Serving Size

One serving is equal to one wrap.

### Make it Vegan

Use a vegan mayonnaise or dairy-free unsweetened yogurt.

### No Sriracha

Use hot sauce.

### Gluten-Free

Use a gluten-free tortilla.

### No Food Processor

Mash the chickpeas with a fork or potato masher until your desired texture has been reached.

## Ingredients

**3/4 cup** Chickpeas (Canned, drained )

**1 tbsp** Mayonnaise

**1/2 tsp** Sriracha

Sea Salt & Black Pepper (to taste)

**1** Whole Wheat Tortilla

**500 milligrams** Rocket Leaves

**1/2** Avocado (sliced)



# Apple with tahini by Zoe

2 ingredients · 5 minutes · 1 serving



## Directions

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1. Serve the apple slices with the tahini. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Don't like tahini

Use any nut butter of choice or hummus.

## Ingredients

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1 Apple (cored, sliced)

2 tbsps Tahini



# Chicken, Kale & Sweet Potato Skillet by Zoe

7 ingredients · 20 minutes · 2 servings



## Directions

1. Heat a skillet or pan over medium heat. Add the chicken to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, season with the chives, garlic powder, and half of the salt or flavouring of choice. Transfer to a bowl and set aside.
2. Add the coconut oil to the pan. Add the sweet potatoes and cook for eight to 10 minutes, stirring often, until the sweet potatoes are tender and browned.
3. Add the kale and the cooked chicken to the pan with the sweet potatoes and continue to cook for one to two minutes until the kale has wilted and the chicken has warmed through. Season with the remaining salt.
4. Divide between plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately equal to two cups.

### More Flavor

Add other dried herbs and spices to taste.

### No Chicken

Use turkey or pork instead.

### No Coconut Oil

Use avocado oil or extra virgin olive oil instead.

### No Chives

Use another dried herb instead.

### Sweet Potato

One medium sweet potato is approximately equal to two cups diced.

## Ingredients

**227 grams** Extra Lean Ground Chicken (or meat protein of choice)

**1 tsp** Dried Chives

**1/2 tsp** Garlic Powder

**1/4 tsp** Sea Salt (divided)

**1 tbsp** Coconut Oil

**1** Sweet Potato (medium, peeled and diced)

**1 cup** Kale Leaves (finely chopped)

# Baked Salmon with Broccoli & Quinoa by Zoe

7 ingredients · 20 minutes · 2 servings



## Directions

1. Preheat the oven to 230°C and line a baking sheet with parchment paper.
2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
3. Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork. Or alternatively, steam the broccoli in a pot on the stovetop. Add the olive oil and seasoning after.
4. While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
5. Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!
6. Feel free to have an additional salad on the side.

## Notes

### Leftovers

Store covered in the fridge up to 2 days.

### Speed it Up

Cook the quinoa ahead of time.

### Vegan

Use tofu steaks instead of salmon fillets. Use the same peanut marinade sauce as the day previous dinner or chose your own.

### More flavour to quinoa

Cooked in stoke water.

## Ingredients

**283 grams** Salmon Fillet

Sea Salt & Black Pepper (to taste)

**4 cups** Broccoli (sliced into small florets)

**1 tbsp** Extra Virgin Olive Oil

**1/2 cup** Quinoa (uncooked)

**3/4 cup** Water

**1/4** Lemon (sliced into wedges)



# Lentil, Sweet Potato & Arugula Salad by Zoe

8 ingredients · 35 minutes · 2 servings



## Directions

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1. Preheat oven to 200°C and line a baking sheet with parchment paper.
2. Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, stirring at the halfway point.
3. Meanwhile, prepare the dressing by combining the tahini, water and maple syrup in a jar. Season with a pinch of sea salt and black pepper to taste. Seal with a lid and shake well to mix. Set aside.
4. Divide leafy greens into bowls and divide the lentils on top. Next, divide the roasted sweet potato between bowls. Drizzle with tahini dressing and enjoy!
5. Add additional animal protein if you want.

## Notes

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### No Lentils

Use chickpeas, grilled tofu, edamame, or tempeh instead.

### No Tahini

Use sunflower seed butter instead.

### No Arugula

Use baby spinach, kale or mixed greens instead.

### Likes it Spicy

Add cajun spice or hot sauce into the tahini dressing.

## Ingredients

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- 2 Sweet Potato (medium, diced)
- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1/4 **cup** Tahini
- 1/4 **cup** Water
- 1 **tbsp** Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 4 **grams** Rocket Leaves (or spinach or any other leafy greens)
- 2 **cups** Lentils (cooked)

# Chickpea Pasta with Veggie Sauce by Zoe

10 ingredients · 20 minutes · 6 servings



## Directions

1. Cook the pasta according to the package directions. Drain and set aside.
2. Meanwhile, heat the oil in a pan over medium-high heat. Add the onions, carrot, zucchini, mushrooms, oregano, salt and pepper. Cook until fork tender, about 15 minutes. This is the time to cook any additional meat.
3. Transfer the veggies to a blender, along with the crushed tomatoes and broth. Blend until smooth.
4. Divide the pasta and sauce evenly between plates. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days, or freeze if longer.

### Serving Size

One serving equals approximately 1 1/2 cup.

### More Flavor

Add garlic, more fresh or dried herbs, or cheese.

### Additional Toppings

Add bell peppers.

### No Chickpea Pasta

Use pasta of choice.

## Ingredients

**170 grams** Chickpea Pasta (Pulse pasta, dry)

**2 tbsps** Extra Virgin Olive Oil

**1** Yellow Onion (medium, diced)

**2** Carrot (large, diced)

**1** Zucchini (small, chopped)

**5** Cremini Mushrooms (or any mushrooms, chopped)

**1 tbsp** Oregano

Sea Salt & Black Pepper

**2 cups** Crushed Tomatoes

**2 cups** Vegetable Broth, Low Sodium



# One Pan Lemon Salmon with cabbage and kale by Zoe

6 ingredients · 15 minutes · 1 serving



## Directions

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1. Heat a pan over medium heat and add 1/4 of the oil. Once hot, add the cabbage and sear on all sides, until charred, about five minutes total. Remove, set aside, and season with half the salt.
2. In the same pan over medium heat add 1/4 of the oil. Season the salmon with the remaining salt, then add it to the pan skin-side down, cooking for about three minutes. Flip and cook for an additional one to two minutes, until the flesh is opaque throughout. Remove and set aside.
3. Meanwhile, in a small bowl, add the remaining oil and lemon juice. Mix to combine.
4. Divide the cabbage and salmon onto plates and top with seasoning of your choice mixture. Enjoy!

## Notes

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### Leftovers

For best results, store the salmon and chive mixture separately in sealed containers. Refrigerate the fish for up to three days.

### More Flavor

Add red pepper flakes and black pepper to the chive mixture.

## Ingredients

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- 2 **tbsps** Extra Virgin Olive Oil (divided)
- 1 **cup** Purple Cabbage (sliced )
- 1/16 **tsp** Sea Salt (divided)
- 142 **grams** Salmon Fillet
- 1/2 **cup** Kale Leaves
- 2 1/4 **tsp**s Lemon Juice

# Quinoa

2 ingredients · 15 minutes · 1 serving



## Directions

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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!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is approximately 3/4 cup.

## Ingredients

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**1/4 cup** Quinoa (uncooked)

**1/3 cup** Water



# Cherry Yogurt Bowl by Zoe

3 ingredients · 5 minutes · 1 serving



## Directions

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1. Add the coconut yogurt to a bowl and stir in the chia seeds. Top with sliced cherries and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days. Add chia seeds just before serving.

### Additional Toppings

Chopped nuts, seeds, a drizzle of honey, cinnamon, granola, other chopped fruit.

### No Coconut Yogurt

Use Greek yogurt instead.

### No Chia Seeds

Use ground flaxseeds or hemp seeds instead.

## Ingredients

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**3/4 cup** Unsweetened Coconut Yogurt

**1 1/2 tbsps** Chia Seeds

**1/2 cup** Cherries (pits removed)