



Karina Jones

Created by Holistic Nutrition and Lifestyle



Karina Jones

2 days

	Mon	Tue
Breakfast	Cinnamon Protein Oats	Chocolate Chia Pudding by Zoe copy
Snack 1	Cinnamon Flax Muffins	Blueberry Chia Baked Oatmeal
Lunch	Protein Bowl	Brussels Sprouts Slaw with protein by Zoe
Snack 2	Apple with Almond Butter	Banana Yogurt Bowl by Zoe
Dinner	Brussels Sprouts Slaw with protein by Zoe	Salmon, Broccoli & Quinoa copy
Snack 3	Lindt 70% Dark Chocolate	Lindt 70% Dark Chocolate

Zoe Cooper

<https://www.holisticnutritionandlifestyle.com.au/>



Karina Jones

38 items

Fruits

- ☐ 1 Apple
- ☐ 1 Avocado
- ☐ 1/2 Banana
- ☐ 3 tbsps Lemon Juice

Breakfast

- ☐ 1 tbsp All Natural Peanut Butter
- ☐ 2 tbsps Almond Butter
- ☐ 2 cups Steel Cut Oats

Seeds, Nuts & Spices

- ☐ 1/3 cup Chia Seeds
- ☐ 1 1/3 tbsps Cinnamon
- ☐ 1 1/8 cups Ground Flax Seed
- ☐ 1 tsp Onion Powder
- ☐ 1 tsp Paprika
- ☐ 1 3/4 tps Sea Salt

Frozen

- ☐ 1/2 cup Frozen Blueberries
- ☐ 4 cups Frozen Broccoli

Vegetables

- ☐ 4 cups Baby Spinach
- ☐ 6 cups Brussels Sprouts
- ☐ 2/3 cup Cherry Tomatoes
- ☐ 1 tsp Garlic
- ☐ 4 cups Purple Cabbage

Boxed & Canned

- ☐ 1 1/2 cups Quinoa

Baking

- ☐ 1 1/2 tps Baking Powder
- ☐ 2 tbsps Cocoa Powder
- ☐ 40 grams Dark Chocolate
- ☐ 1/2 cup Oats
- ☐ 1 tsp Stevia Powder
- ☐ 1/4 cup Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- ☐ 400 grams Chicken Breast
- ☐ 4 grams Salmon Fillet

Condiments & Oils

- ☐ 1/2 cup Coconut Oil
- ☐ 3 tbsps Extra Virgin Olive Oil
- ☐ 2 tbsps Soy Sauce

Cold

- ☐ 7 Egg
- ☐ 1 cup Soy Milk
- ☐ 1 serving Soy Yoghurt

Other

- ☐ 1 tbsp Protein Powder
- ☐ 3/4 cup Vanilla Protein Powder
- ☐ 5 3/4 cups Water

Cinnamon Protein Oats

4 ingredients · 10 minutes · 1 serving



Directions

1. Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about seven to eight minutes or until oats are tender and most of the water is absorbed. Stir in the protein powder and cinnamon.
2. Transfer the cooked oats to a bowl and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Additional Toppings

Fruit, nuts, or seeds.

Ingredients

1 cup Water

1/2 cup Oats

1/4 cup Vanilla Protein Powder

1/8 tsp Cinnamon

Chocolate Chia Pudding by Zoe copy

4 ingredients · 3 hours · 1 serving



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

1 cup Soy Milk (Vita-Soy Brand)

2 tbsps Cocoa Powder

1 tsp Cinnamon (1-2 tsp)

3 tbsps Chia Seeds

Cinnamon Flax Muffins

7 ingredients · 30 minutes · 6 servings



Directions

1. Preheat the oven to 120°C and line a muffin tray with liners or use a silicone muffin tray.
2. In a medium bowl, mix together ground flax seed, baking powder, salt, and cinnamon. Use a whisk to stir until well combined.
3. In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add coconut oil and water, 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. Divide the batter between muffin cups and bake for 20 minutes, or until a toothpick inserted into the centre comes out clean.
6. Let cool and enjoy!

Notes

Storage

Store in an airtight container in the fridge for up to 5 days, or in the freezer for longer.

Serving Size

One serving is equal to one muffin.

Likes it Sweet

If you want these muffins to be sweet, use 1/3 cup coconut sugar, or granulated stevia.

Ingredients

- 1 cup** Ground Flax Seed
- 1 1/2 tsps** Baking Powder
- 1/8 tsp** Sea Salt
- 1 tbsp** Cinnamon
- 3** Egg (room temperature)
- 2 2/3 tsps** Coconut Oil (melted)
- 1/4 cup** Water (warm)

Blueberry Chia Baked Oatmeal

8 ingredients · 45 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (175°C) and line a baking dish with parchment paper.
2. In a mixing bowl, gently combine all the ingredients, folding in the blueberries last.
3. Transfer to the baking dish and bake until a toothpick comes out clean, about 40 to 45 minutes. Let cool before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days or freeze for up to three months.

Serving Size

One serving equals one square when making 12 servings in a 9 by 13-inch baking dish.

More Flavor

Add vanilla extract, cinnamon, or chopped nuts. Use milk instead of water.

Additional Toppings

Serve it with milk, nut butter, seed butter, honey, or maple syrup.

Ingredients

3 cups Water

2 cups Steel Cut Oats

1/2 cup Vanilla Protein Powder

1/4 cup Unsweetened Shredded Coconut

3 tbsps Ground Flax Seed

2 tbsps Chia Seeds

1 tsp Stevia Powder

1/2 cup Frozen Blueberries (or fresh)

Protein Bowl

7 ingredients · 25 minutes · 2 servings



Directions

1. Place two separate pots of water on the stove to boil. Add a pinch of salt to each.
2. Add quinoa to one of the pots of water and bring to a low boil. Once boiling, reduce heat to a simmer, cover and let cook for about 12 to 15 minutes. When done, remove the pot from the heat and fluff the quinoa with a fork.
3. In the other pot place eggs (still in shells). Cook for 2-4 minutes until hard-boiled to your liking.
4. Add quinoa to a bowl or container and add the eggs, greens, cherry tomatoes and mashed avocado. Squeeze the juice of a fresh lemon or lime over the greens and season to taste with salt and pepper. Enjoy!

Notes

Prep Ahead

Make the quinoa in advance and used hard boiled eggs to save time.

Extra Nutrients

Top with sprouts or microgreens.

Ingredients

- 1/2 cup** Quinoa (dry, uncooked)
- 1 1/2 cups** Water
- 4** Egg
- 4 cups** Baby Spinach
- 2/3 cup** Cherry Tomatoes (halved)
- 1** Avocado (mashed)
- 1/4 tsp** Sea Salt (or more to taste)

Apple with Almond Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Serve the apple slices with the almond nut butter. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

No Macadamia Nut Butter

Use sunflower seed butter, tahini, almond butter, or pumpkin seed butter instead.

Ingredients

1 Apple (cored, sliced)

2 tbsps Almond Butter

Banana Yogurt Bowl by Zoe

4 ingredients · 5 minutes · 1 serving



Directions

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

Notes

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

1 serving Soy Yoghurt

1 tbsp All Natural Peanut Butter (or almond butter)

1/2 Banana (sliced)

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

Brussels Sprouts Slaw with protein by Zoe

8 ingredients · 20 minutes · 4 servings



Directions

1. Cut chicken/tempeh into cubes and add to a small bowl with additional sauce. Toss to combine. Leave to marinate in the sauce.
2. Cut or grate brussels sprouts and cabbage to a bowl. Add the lemon juice, soy sauce, remaining oil and salt. Mix well with your hands to combine.
3. Heat a skillet over medium heat and add 1/3 of the oil. Once hot, add the chicken/tempeh and cook for 10 to 12 minutes or until cooked through. Remove and set aside.
4. Divide the slaw evenly between plates (2 1/2 cups salad). You can then cook the slaw on the same pan to heat it up and soften the slaw mix. Top with chicken/tempeh (100-120g chicken) and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Sliced onion, avocado, slivered almonds, sesame or sunflower seeds.

Make it Vegan

Use grilled tofu or tempeh.

Brussel Sprout Alternative

Replace Brussel sprouts for white cabbage or any other green leafy vegetable. Be aware that Brussel sprouts and cabbage are cruciferous vegetables and support liver detoxification and estrogen clearance

Ingredients

400 grams Chicken Breast (Or Tempeh)

1 tsp Garlic (add as much to your liking)

1/2 tsp Sea Salt (divided)

3 tbsps Extra Virgin Olive Oil (divided)

6 cups Brussels Sprouts (shredded)

4 cups Purple Cabbage (sliced thin)

3 tbsps Lemon Juice

2 tbsps Soy Sauce

Salmon, Broccoli & Quinoa copy

7 ingredients · 25 minutes · 4 servings



Directions

1. Preheat the oven to 230°C and line a baking sheet with parchment paper.
2. Cook the quinoa according to package directions.
3. Place the salmon fillets and broccoli onto the parchment paper. In a small bowl, whisk together the coconut oil, onion powder, paprika, and sea salt. Brush the mixture onto the haddock and broccoli.
4. Bake the salmon and broccoli for 20 minutes, or until the fish is cooked through. Serve with the quinoa and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Fillet Size

Each haddock fillet is equal to 150 grams or 5.3 ounces.

Ingredients

- 1 cup Quinoa (uncooked)
- 4 grams Salmon Fillet
- 4 cups Frozen Broccoli
- 1/4 cup Coconut Oil
- 1 tsp Onion Powder
- 1 tsp Paprika
- 1 tsp Sea Salt

Lindt 70% Dark Chocolate

1 ingredient · 1 minute · 2 servings



Directions

1. Break apart chocolate into 20g pieces (around 2 squares) and divide into bowls. Enjoy!

Ingredients

40 grams Dark Chocolate (at least 70% cacao)