



High Protein Cost-Effective Comfort Foods

Nicole Osinga

<https://nicoleosinga.com/>

Fruits

- ☐ 2 tbsps Lemon Juice
- ☐ 1 cup Raspberries

Breakfast

- ☐ 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- ☐ 2 tbsps Chia Seeds
- ☐ 1 tbsp Chili Powder
- ☐ 2 1/2 tps Garlic Powder
- ☐ 1 tbsp Paprika
- ☐ 1 tsp Sesame Seeds

Frozen

- ☐ 13 1/4 ozs Puff Pastry

Vegetables

- ☐ 5 cups Baby Spinach
- ☐ 1/4 cup Basil Leaves
- ☐ 1 Red Bell Pepper
- ☐ 1 cup Red Onion

Boxed & Canned

- ☐ 3 cups Chickpeas
- ☐ 2 cups Crushed Tomatoes
- ☐ 15 units Jumbo Pasta Shells
- ☐ 4 cups Marinara Sauce
- ☐ 1 tbsp Tomato Paste
- ☐ 5 cups Vegetable Broth
- ☐ 1 cup White Navy Beans

Baking

- ☐ 2 tbsps Cocoa Powder
- ☐ 3/4 cup Nutritional Yeast
- ☐ 1 cup Oats
- ☐ 1/2 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 2 lbs Tofu

Condiments & Oils

- ☐ 1 1/3 tbsps Avocado Oil
- ☐ 1/2 cup Sun Dried Tomatoes

Cold

- ☐ 8 3/4 ozs Potato Gnocchi
- ☐ 1 cup Soy Milk
- ☐ 2 cups Unsweetened Almond Milk
- ☐ 1 cup Unsweetened Coconut Yogurt

Other

- ☐ 1/4 cup Protein Powder



Layered Chocolate Oat Parfait

2 servings

12 minutes

Ingredients

- 1 cup Oats
- 2 tbsps Cocoa Powder
- 2 cups Unsweetened Almond Milk
- 1/2 tsp Vanilla Extract
- 1 tbsp Maple Syrup
- 2 tbsps Chia Seeds
- 1 cup Unsweetened Coconut Yogurt
- 1/4 cup Protein Powder
- 1 cup Raspberries

Directions

- 1 In a blender, add all of the ingredients except the yogurt, protein powder and raspberries. Blend until smooth.
- 2 In a medium-sized bowl, mix together the yogurt and protein powder.
- 3 Divide the blended oats into containers. Top with the yogurt mixture and then the raspberries. Leave in the fridge overnight or for 4 hours minimum. Enjoy cold and heat before consuming.

Nutrition

Amount per serving	
Calories	410
Fat	14g
Carbs	57g
Fiber	17g
Sugar	10g
Protein	20g
Cholesterol	2mg
Sodium	212mg
Vitamin A	519IU
Vitamin C	16mg
Calcium	888mg
Iron	5mg



Puff Pastry Vegan Sausage Rolls

8 servings
30 minutes

Ingredients

13 1/4 ozs Puff Pastry
1/2 cup Red Onion (diced)
1/2 cup Sun Dried Tomatoes
2 cups Chickpeas
1/4 cup Nutritional Yeast
1 1/8 lbs Tofu
1 tbsp Paprika
1 tbsp Chili Powder
1 tbsp Avocado Oil
1 tsp Sesame Seeds

Nutrition

Amount per serving	
Calories	431
Fat	25g
Carbs	38g
Fiber	7g
Sugar	5g
Protein	17g
Cholesterol	0mg
Sodium	168mg
Vitamin A	756IU
Vitamin C	3mg
Calcium	222mg
Iron	5mg

Directions

- 1 Preheat oven at 350 F.
- 2 In a food processor, process the chickpeas, tofu, sundried tomatoes, onions and spices.
- 3 Unroll (or roll if you bought a block of pastry) your puff pastry and move it onto a piece of parchment paper. Cut the pastry down the middle lengthways, so you have two long strips and spread the filling in a sausage shape down the middle of both strips of pastry.
- 4 Dampen one long edge of pastry with water and pull over the filling and press it down on the other edge of pastry, so the filling is encased. Use a fork to press down and seal all along the edge where the pastry is joined, leaving a pattern all along the edge. Cut each long sausage roll shape into 4 pieces and cut 3 diagonal slits in the top of each sausage roll to let the steam escape.
- 5 Brush each one with avocado oil, then sprinkle with sesame seeds.
- 6 Bake for 20 minutes until golden (15 minutes or less in the air fryer). Serve with side of choice and enjoy!



Gnocchi Tomato Soup

4 servings
40 minutes

Ingredients

1 tsp Avocado Oil
1 Red Bell Pepper (diced)
1/2 cup Red Onion (diced)
2 tsps Garlic Powder
1 tbsp Tomato Paste
1/4 cup Nutritional Yeast
5 cups Vegetable Broth
2 cups Crushed Tomatoes
1 cup Chickpeas (cooked)
1 cup White Navy Beans
1 cup Soy Milk
8 3/4 ozs Potato Gnocchi
2 cups Baby Spinach

Directions

- 1 Heat a large pot over medium heat, then add oil to warm through. Add in the onions and sauté until the onions has softened and become translucent. Add in the bell pepper and garlic powder and continue to sauté for 2 minutes to help the bell pepper soften. Add the tomato paste. Cook the paste for 2-3 minutes.
- 2 Add in the chickpeas and stir to coat. Pour in the crushed tomatoes, vegetable broth and nutritional yeast. Stir well to combine, bring to a simmer and then cover and cook for 15 minutes.
- 3 Pour in the soy milk, gnocchi and spinach and then stir well and allow to cook according to the recommended cooking time for the gnocchi. Once cooked, taste and adjust with salt and pepper to taste before serving topped with fresh herbs as desired.

Nutrition

Amount per serving	
Calories	379
Fat	5g
Carbs	67g
Fiber	15g
Sugar	16g
Protein	21g
Cholesterol	4mg
Sodium	1429mg
Vitamin A	3328IU
Vitamin C	67mg
Calcium	219mg
Iron	6mg



Basil Tofu "Ricotta" Stuffed Shells

4 servings

45 minutes

Ingredients

15 units Jumbo Pasta Shells
2 cups Marinara Sauce (plus extra for topping - optional)
14 ozs Tofu
1/4 cup Basil Leaves
3 cups Baby Spinach
1/4 cup Nutritional Yeast
2 tbsps Lemon Juice
1/2 tsp Garlic Powder
2 cups Marinara Sauce

Nutrition

Amount per serving	
Calories	476
Fat	10g
Carbs	66g
Fiber	7g
Sugar	7g
Protein	28g
Cholesterol	0mg
Sodium	317mg
Vitamin A	2650IU
Vitamin C	22mg
Calcium	333mg
Iron	4mg

Directions

- 1 Preheat oven to 400°F (205°C).
- 2 Cook jumbo pasta shells according to instructions.
- 3 In a food processor, combine extra-firm tofu, spinach, nutritional yeast, basil, lemon juice, garlic powder, and 4 tbsp water. Do not overprocess, the tofu should still have a slightly grainy texture.
- 4 Pour 2 cups of marinara sauce into the bottom of a 9" x 9" casserole dish. Fill cooked jumbo pasta shells with tofu ricotta. Place stuffed shells on top of marinara sauce. Optional: Spoon shells with extra marinara sauce and vegan cheese shreds.
- 5 Cover with foil and bake for 20 minutes. Uncover and bake for another 10 minutes.