



High Protein Plant-Based Day Of Eating



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Fruits

- ☐ 1/2 Apple
- ☐ 1/2 Banana
- ☐ 1 cup Cherries

Breakfast

- ☐ 3 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/2 tsp Cinnamon
- ☐ 1 tsp Garlic Powder
- ☐ 1 tbsp Hemp Seeds
- ☐ 2 tsps Onion Powder
- ☐ 2 tbsps Pistachios
- ☐ 1 tsp Sea Salt

Frozen

- ☐ 1 cup Frozen Broccoli
- ☐ 1 cup Frozen Edamame

Vegetables

- ☐ 1 1/2 Cucumber
- ☐ 1 Garlic
- ☐ 1 cup Matchstick Carrots
- ☐ 1/2 cup Purple Cabbage

Boxed & Canned

- ☐ 4 ozs Edamame Pasta
- ☐ 1 oz Seed Crackers

Baking

- ☐ 2 tbsps Almond Flour
- ☐ 1/2 tsp Arrowroot Powder
- ☐ 1/2 cup Oats

Bread, Fish, Meat & Cheese

- ☐ 4 ozs Sourdough Baguette
- ☐ 10 ozs Tofu

Condiments & Oils

- ☐ 2 tbsps Extra Virgin Olive Oil
- ☐ 1 tbsp Teriyaki Sauce

Cold

- ☐ 2 tbsps Hummus
- ☐ 1 cup Plain Greek Yogurt
- ☐ 2 cups Unsweetened Almond Milk

Other

- ☐ 2 tbsps Vanilla Protein Powder
- ☐ 1/4 cup Vega Sport Chocolate Protein Powder
- ☐ 1 tbsp Water



Creamy Apple Pie Protein Oatmeal

1 serving
20 minutes

Ingredients

1/2 Apple (diced small)
1 tbsp Water
1 tbsp Maple Syrup (plus more for garnish)
1/2 tsp Cinnamon (plus more for garnish)
1/2 cup Oats (rolled)
2 tbsps Vanilla Protein Powder
1 cup Plain Greek Yogurt
1 tbsp Hemp Seeds

Nutrition

Amount per serving	
Calories	535
Fat	13g
Carbs	68g
Fiber	8g
Sugar	28g
Protein	40g
Cholesterol	36mg
Sodium	166mg
Vitamin A	1304IU
Vitamin C	19mg
Calcium	625mg
Iron	4mg

Directions

- 1 Combine the apples, water, syrup, and cinnamon in a saucepan. Cover and cook over low heat until the apples are soft, about 10 to 12 minutes.
- 2 Cook the oats according to the package directions.
- 3 Stir the protein powder into the yogurt.
- 4 Top the oatmeal with Greek yogurt, warm apples, and hemp seeds. Add extra cinnamon and maple syrup, if desired. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate for up to three days and reheat before serving.

Serving Size: One serving is approximately two cups.

Additional Toppings: Cinnamon, chia seeds, ground flax seeds, nuts.



Teriyaki Tofu Sandwich

2 servings
40 minutes

Ingredients

10 ozs Tofu (firm, drained)
2 tbsps Maple Syrup
1 tbsp Teriyaki Sauce
1 tbsp Extra Virgin Olive Oil
1 Garlic (clove, minced)
4 ozs Sourdough Baguette
1 Cucumber (chopped)
1 cup Matchstick Carrots
1/2 cup Purple Cabbage (shredded)

Nutrition

Amount per serving	
Calories	454
Fat	15g
Carbs	63g
Fiber	4g
Sugar	22g
Protein	22g
Cholesterol	0mg
Sodium	729mg
Vitamin A	4884IU
Vitamin C	22mg
Calcium	485mg
Iron	6mg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Slice the tofu into triangles and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish.
- 3 In a small bowl, mix together the maple syrup, teriyaki, olive oil, garlic, sea salt, and black pepper. Pour over the tofu and let sit for 10 minutes (or you can also marinate overnight in the fridge).
- 4 Place the baking dish in the oven and bake for 20 minutes, uncovered.
- 5 Assemble the sandwich with the beet hummus, cooked tofu, sliced cabbage, carrot and cucumber. Enjoy!

Notes

Leftovers: Keeps well in an airtight container in the fridge for up to 5 days.



Snack Box

1 serving

5 minutes

Ingredients

2 tbsps Hummus
1 oz Seed Crackers
2 tbsps Pistachios
1/2 Cucumber (sliced)

Directions

- 1 Arrange Ingredients in a snack box. Enjoy!

Nutrition

Amount per serving	
Calories	308
Fat	17g
Carbs	32g
Fiber	9g
Sugar	4g
Protein	10g
Cholesterol	0mg
Sodium	301mg
Vitamin A	244IU
Vitamin C	5mg
Calcium	118mg
Iron	3mg



Creamy Edamame Pasta

2 servings
25 minutes

Ingredients

4 ozs Edamame Pasta
1 tbsp Extra Virgin Olive Oil
1 cup Unsweetened Almond Milk
2 tsps Onion Powder
1 tsp Garlic Powder
1/2 tsp Arrowroot Powder
2 tsps Almond Flour
1 tsp Sea Salt
1 cup Frozen Broccoli (Thawed)
1 cup Frozen Edamame

Nutrition

Amount per serving	
Calories	352
Fat	14g
Carbs	29g
Fiber	16g
Sugar	5g
Protein	32g
Cholesterol	0mg
Sodium	105mg
Vitamin A	283IU
Vitamin C	43mg
Calcium	393mg
Iron	10mg

Directions

- 1 Bring a large pot of water to a boil and cook edamame pasta as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
- 2 In a saucepan over medium heat, add almond milk, onion powder, garlic powder, arrowroot powder, almond flour and salt. Bring to a boil, whisking occasionally.
- 3 Reduce heat and let simmer for 15 minutes, stirring occasionally until the sauce becomes thicker.
- 4 Add edamame and broccoli. When sauce is simmering again and spinach has wilted, add pasta and stir until well coated. Divide into bowls and enjoy!

Notes

Storage: Best enjoyed immediately after cooking, but you can refrigerate in an air-tight container up to 3-4 days. Reheat in a skillet with a splash of almond milk.

More Protein: Serve with diced chicken breast, shrimp or add extra edamame.

Likes it Spicy: Add red pepper flakes.



Cherry Banana Smoothie

1 serving

5 minutes

Ingredients

1 cup Unsweetened Almond Milk (from a carton)
1 cup Cherries (frozen)
1/2 Banana (frozen)
1/4 cup Vega Sport Chocolate Protein Powder

Nutrition

Amount per serving	
Calories	264
Fat	3g
Carbs	41g
Fiber	6g
Sugar	27g
Protein	22g
Cholesterol	4mg
Sodium	199mg
Vitamin A	636IU
Vitamin C	16mg
Calcium	588mg
Iron	1mg

Directions

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

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is approximately 1 1/2 cups.

No Sunflower Seed Butter: Use other nut or seed butter.

No Coconut Milk: Use any other milk.