



10 Minute Protein-Packed Meals

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Fruits

- 2 Navel Orange
- 3/4 cup Pomegranate Seeds
- 2 cups Raspberries

Breakfast

- 1/2 cup Granola
- 1 2/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Chili Flakes
- 1 cup Pumpkin Seeds
- 0 Sea Salt & Black Pepper

Frozen

- 4 cups Frozen Spinach

Vegetables

- 1 cup Baby Spinach
- 1/4 cup Basil Leaves
- 3 cups Brussels Sprouts
- 2 Cucumber
- 3 Garlic
- 2 cups Kale Leaves

Boxed & Canned

- 8 ozs Chickpea Pasta
- 1 1/2 cups Lentils

Baking

- 1/4 cup Cocoa Powder

Bread, Fish, Meat & Cheese

- 8 slices Bread
- 1 cup Feta Cheese
- 1 1/2 lbs Tofu

Condiments & Oils

- 1/2 tsp Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 1/3 tbsps Hot Sauce
- 2 tpsps White Wine Vinegar

Cold

- 1/4 cup Orange Juice
- 4 cups Unsweetened Coconut Yogurt

Other

- 1 cup Chocolate Protein Powder
- 2 cups Water



Sweet & Spicy Tofu Sandwich

4 servings

10 minutes

Ingredients

- 1 1/3 tbsps Maple Syrup
- 1 1/3 tbsps Extra Virgin Olive Oil
- 1 1/3 tbsps Hot Sauce
- Sea Salt & Black Pepper
- 1 1/2 lbs Tofu (extra firm, pressed, sliced thick)
- 8 slices Bread (high protien bread)
- 1 cup Baby Spinach
- 2 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	377
Fat	18g
Carbs	37g
Fiber	5g
Sugar	13g
Protein	22g
Cholesterol	0mg
Sodium	382mg
Vitamin A	861IU
Vitamin C	6mg
Calcium	548mg
Iron	5mg

Directions

- 1 Heat a large pan over medium heat.
- 2 Mix the maple syrup, oil, hot sauce, salt, and pepper together. Brush the mixture on the tofu slices and sear them for two minutes on each side or until sear marks appear.
- 3 Brush any remaining hot sauce mixture onto the toast. Assemble the sandwiches with the tofu slices, cucumber and baby spinach. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate the tofu for up to three days and reheat and assemble just before enjoying.

Serving Size: One serving is one piece of toast with toppings.

More Flavor: Add mashed avocado or cheese slices to the toast.

Additional Toppings: Red chili flakes, chopped cilantro, and/or lemon juice.

Gluten-Free: Use gluten-free bread.



Chocolate Protein Yogurt with Raspberries

4 servings

10 minutes

Ingredients

4 cups Unsweetened Coconut Yogurt
 1 cup Chocolate Protein Powder
 2 cups Raspberries
 1/2 cup Granola
 1/4 cup Cocoa Powder

Nutrition

Amount per serving	
Calories	314
Fat	12g
Carbs	32g
Fiber	11g
Sugar	7g
Protein	24g
Cholesterol	4mg
Sodium	93mg
Vitamin A	23IU
Vitamin C	16mg
Calcium	647mg
Iron	2mg

Directions

- 1 Add the yogurt, protein powder and cocoa powder into a large bowl. Mix well.
- 2 Place in a serving bowl and top with raspberries and granola. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Add the raspberries and granola just before serving.

Serving Size: One serving is about 1 3/4 cups.

Protein Powder: This recipe was developed and tested using whey protein powder. If using another type of protein powder, results may vary.

Likes it Sweet: Drizzle with honey.

Additional Toppings: Top with different fruits such as strawberries, cherries, banana, or apple. Drizzle with nut/seed butter.



Pressure Cooker Feta & Spinach Chickpea Pasta

4 servings

10 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 3 Garlic (clove, minced)
- 2 cups Water
- 4 cups Frozen Spinach (thawed, drained)
- 1/2 tsp Chili Flakes (optional)
- 8 ozs Chickpea Pasta (dry)
- Sea Salt & Black Pepper (to taste)
- 1 cup Feta Cheese (Vegan)
- 1/4 cup Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	397
Fat	19g
Carbs	41g
Fiber	13g
Sugar	6g
Protein	25g
Cholesterol	33mg
Sodium	605mg
Vitamin A	18591IU
Vitamin C	10mg
Calcium	446mg
Iron	9mg

Directions

- 1 Add the oil, garlic, water, spinach, chili flakes, and pasta to the pressure cooker. Stir well to combine. Season with salt and pepper.
- 2 Add the feta cheese but do not break it. Simply nestle it whole into the pasta.
- 3 Close the lid and set to "sealing". Press manual/pressure cooker and cook for three minutes on high pressure. Once the cooking time is complete, release the pressure manually and carefully open the lid.
- 4 Stir in the basil. Mix well to break-up the cheese, and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately two cups.



Shaved Brussels Sprouts & Kale Salad

4 servings

10 minutes

Ingredients

3 tbsps Extra Virgin Olive Oil
 1/4 cup Orange Juice (freshly squeezed)
 2 tps White Wine Vinegar
 1 tsp Maple Syrup
 1/2 tsp Dijon Mustard
 Sea Salt & Black Pepper (to taste)
 3 cups Brussels Sprouts (shaved)
 2 cups Kale Leaves (shredded)
 2 Navel Orange (small, segmented)
 3/4 cup Pomegranate Seeds
 1 cup Pumpkin Seeds (chopped)
 1 1/2 cups Lentils (roasted)

Nutrition

Amount per serving	
Calories	457
Fat	27g
Carbs	41g
Fiber	13g
Sugar	15g
Protein	20g
Cholesterol	0mg
Sodium	34mg
Vitamin A	1218IU
Vitamin C	120mg
Calcium	121mg
Iron	7mg

Directions

- 1 In a jar with a lid, add the oil, orange juice, vinegar, maple syrup, dijon, salt, and pepper. Close the lid tightly and shake well until combined and emulsified.
- 2 In a large bowl, add the Brussels spouts and kale. Add a splash of the dressing and massage with your hands to soften the Brussels sprouts and kale. Add the orange pieces, pomegranate seeds, pumpkin seeds and roasted lentils.
- 3 Add the remaining dressing all over and toss to combine. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups.

More Flavor: Add a smashed clove of garlic to the dressing. Discard when ready to serve.

No White Wine Vinegar: Use apple cider vinegar.