



High Protein Meal Prep With Ontario Apples

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Fruits

- ☐ 6 Apple

Breakfast

- ☐ 2 tbsps All Natural Peanut Butter
- ☐ 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 tbsp Cinnamon
- ☐ 1 tsp Liquid Smoke
- ☐ 2 tbsps Taco Seasoning

Vegetables

- ☐ 1 Carrot
- ☐ 2 tbsps Cilantro
- ☐ 2 cups Kale Leaves
- ☐ 3 Red Bell Pepper
- ☐ 2/3 cup Red Cabbage
- ☐ 1/2 cup Red Onion
- ☐ 1 Sweet Potato
- ☐ 1/2 Yellow Onion

Boxed & Canned

- ☐ 10 ozs Chickpea Pasta
- ☐ 2 cups Diced Tomatoes
- ☐ 2 cups Red Kidney Beans
- ☐ 2 tbsps Tomato Paste

Baking

- ☐ 1 tsp Baking Powder
- ☐ 1/4 cup Brown Sugar
- ☐ 2 tbsps Nutritional Yeast
- ☐ 3 cups Oats

Bread, Fish, Meat & Cheese

- ☐ 4 Keto Wraps
- ☐ 2 cups Textured Vegetable Protein

Condiments & Oils

- ☐ 2 tbsps Cilantro Lime Dressing
- ☐ 2 1/3 tbsps Extra Virgin Olive Oil
- ☐ 1/4 cup Soy Sauce, Low Sodium

Cold

- ☐ 3 tbsps Guacamole
- ☐ 2 cups Unsweetened Almond Milk
- ☐ 1 cup Unsweetened Coconut Yogurt

Other

- ☐ 2 Egg Replacer
- ☐ 1 1/8 cups Vanilla Protein Powder



Apple Pie Baked Oatmeal

4 servings

50 minutes

Ingredients

3 cups Oats
2/3 cup Vanilla Protein Powder
4 Apple (Ontario - sliced)
1 tsp Baking Powder
1/4 cup Brown Sugar
1 tbsp Cinnamon
1/4 cup Unsweetened Coconut Yogurt
2 Egg Replacer
2 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	461
Fat	6g
Carbs	84g
Fiber	13g
Sugar	33g
Protein	22g
Cholesterol	3mg
Sodium	240mg
Vitamin A	354IU
Vitamin C	8mg
Calcium	474mg
Iron	4mg

Directions

- 1 Heat a large skillet over medium heat with avocado oil spray. Sprinkle the cinnamon and brown sugar over the top. Cook until the sugar has reduced and the apples have become soft.
- 2 Preheat your oven to 375°F.
- 3 In a large bowl, mix together the oats, protein powder, and baking powder. In a separate bowl, whisk together the egg replacer, milk, and the yogurt. Pour over the top of the apples and oats and mix. Add the oat mixture and apples to a 13"x9" pan.
- 4 Bake for 30-35 minutes. You can use vanilla yogurt as a frosting if you wish.



Chickpea Pasta Chili

4 servings

25 minutes

Ingredients

10 ozs Chickpea Pasta
1 tbsp Extra Virgin Olive Oil
1/2 cup Red Onion (chopped)
1 Carrot (large, diced small)
1 Red Bell Pepper (large, chopped)
2 tbsps Tomato Paste
2 cups Diced Tomatoes (from the can, with juices)
1 1/2 tbsps Taco Seasoning
2 cups Red Kidney Beans (cooked)

Nutrition

Amount per serving	
Calories	441
Fat	8g
Carbs	73g
Fiber	21g
Sugar	14g
Protein	28g
Cholesterol	0mg
Sodium	403mg
Vitamin A	4104IU
Vitamin C	55mg
Calcium	154mg
Iron	11mg

Directions

- 1 Cook the chickpea pasta to al dente according to the package directions.
- 2 Meanwhile, heat the oil in a large pot over medium-high heat. Add the onions, carrots, and peppers and cook for three to five minutes or until softened.
- 3 Add the tomato paste and diced tomatoes and stir in the taco seasoning. Bring the mixture to a simmer. Once the mixture is bubbling, add the beans. Cook until warmed through.
- 4 Add the cooked pasta to the pot. Cook for another minute or until warmed through. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Use salsa instead of diced tomatoes.



Apple Slices with Peanut Butter Yogurt

2 servings

5 minutes

Ingredients

3/4 cup Unsweetened Coconut Yogurt
2 tbsps All Natural Peanut Butter
1 Apple (cored and sliced)
1/2 cup Vanilla Protein Powder

Directions

- 1 In a bowl, combine the yogurt with the peanut butter and protein powder and mix well.
- 2 Serve with apple slices for dipping and enjoy!

Nutrition

Amount per serving	
Calories	270
Fat	11g
Carbs	22g
Fiber	5g
Sugar	12g
Protein	23g
Cholesterol	4mg
Sodium	60mg
Vitamin A	49IU
Vitamin C	4mg
Calcium	314mg
Iron	1mg

Notes

Leftovers: Refrigerate the yogurt in an airtight container for up to four days and cut the apple just before serving.

Serving Size: One serving is approximately one cup of dip with one apple.

Make it Vegan: Use a plant-based yogurt alternative.

More Flavor: Add a drizzle of honey or maple syrup.

Additional Toppings: Add chocolate chips to the dip.



Sweet Potato & Vegan Sausage Hash

2 servings

30 minutes

Ingredients

- 1 cup Textured Vegetable Protein
- 1/4 cup Soy Sauce, Low Sodium
- 1 tsp Liquid Smoke
- 1 tbsp Maple Syrup
- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Potato (peeled, chopped into cubes)
- 1/2 Yellow Onion (chopped)
- 2 Red Bell Pepper (chopped)
- 2 cups Kale Leaves (chopped)
- 2 tbsps Nutritional Yeast
- 1 Apple (Ontario - cored, cubed)

Nutrition

Amount per serving	
Calories	402
Fat	8g
Carbs	60g
Fiber	16g
Sugar	31g
Protein	29g
Cholesterol	0mg
Sodium	1234mg
Vitamin A	14007IU
Vitamin C	177mg
Calcium	204mg
Iron	7mg

Directions

- 1 Make the vegan sausage crumbles. In a medium bowl add the TVP granules, warm vegetable broth, liquid smoke, soy sauce, and maple syrup. Mix and set aside to rest for about 10 minutes until most of the liquid has been absorbed. Set aside.
- 2 In the same skillet over medium-high heat, warm the avocado oil. Add the sweet potato, onions and peppers and cook for 10 minutes or until the squash is soft. Lower the heat to medium and add in the kale. Cook for about 2 minutes or until the kale is soft.
- 3 Add the vegan sausage back in along with the nutritional yeast and sea salt. Stir until everything is combined and warmed through.
- 4 Remove from heat and stir in the chopped apples. Divide between plates and enjoy!

Notes

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

Serving Size: One serving is approximately 1 cup of the hash mixture.

More Fiber: Stir in cooked quinoa or rice.

Make it Vegan: Use black beans or lentils instead of sausage.

Meal Prep: Cook the acorn squash in advance to save time.



Vegan TVP Tacos

2 servings

25 minutes

Ingredients

1 cup Textured Vegetable Protein (crumbs)
 1 tsp Extra Virgin Olive Oil
 1 1/2 tsps Taco Seasoning
 3 tsps Guacamole
 4 Keto Wraps
 2/3 cup Red Cabbage (finely sliced)
 2 tsps Cilantro
 2 tsps Cilantro Lime Dressing

Nutrition

Amount per serving	
Calories	411
Fat	17g
Carbs	45g
Fiber	11g
Sugar	7g
Protein	29g
Cholesterol	0mg
Sodium	381mg
Vitamin A	97IU
Vitamin C	13mg
Calcium	305mg
Iron	5mg

Directions

- 1 Rehydrate the textured vegetable protein by placing it in a bowl and covering it with boiling water. Cover the bowl and let sit for 10 minutes.
- 2 In a pan over medium heat add the oil. Add the textured vegetable protein and taco seasoning and cook for 12 to 15 minutes.
- 3 Add the guac to the tacos. Add the texture vegetable protein and cabbage to the tacos. Top with the dressing and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Assemble the tacos just before enjoying.

Serving Size: One serving is equal to two tacos.

Additional Toppings: Add red onion and salsa.