



Pink Protein-Packed Prep

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Fruits

- 1 Lemon
- 3 1/3 tbsps Lemon Juice
- 2 cups Raspberries

Breakfast

- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 3/4 cup Cashews
- 1/4 cup Chia Seeds
- 1/4 cup Pistachios
- 1/2 tsp Sea Salt

Frozen

- 2 cups Frozen Raspberries

Vegetables

- 2 Cucumber
- 2 Garlic
- 2 cups Purple Cabbage
- 2 cups Radishes

Boxed & Canned

- 4 Canned Beets
- 8 ozs Chickpea Pasta
- 1/2 cup Vegetable Broth
- 1 cup Wild Rice

Baking

- 1 tsp Baking Soda
- 1/2 cup Cornstarch
- 6 ozs Graham Crackers
- 1 1/2 cups Oats
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 1 1/4 lbs Tofu
- 1/4 Cups Vegan Feta

Condiments & Oils

- 2 tbsps Avocado Oil
- 4 ozs Pickled Red Onions
- 1/2 cup Teriyaki Sauce

Cold

- 1/2 cup Unsweetened Almond Milk
- 3 1/3 cups Unsweetened Coconut Yogurt
- 4 ozs Vegan Cream Cheese

Other

- 4 Egg Replacer
- 1 1/3 cups Vanilla Protein Powder



Sticky Tofu Bowls W/ Pink Veggies

4 servings

15 minutes

Ingredients

- 1 cup Wild Rice
- 1 1/4 lbs Tofu (pressed and drained)
- 1/2 cup Cornstarch
- 1/2 cup Teriyaki Sauce
- 2 tbsps Avocado Oil
- 2 cups Radishes (sliced fine)
- 2 Cucumber (sliced fine)
- 4 ozs Pickled Red Onions
- 2 cups Purple Cabbage (shredded)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 471 |
| Fat | 17g |
| Carbs | 66g |
| Fiber | 7g |
| Sugar | 14g |
| Protein | 24g |
| Cholesterol | 0mg |
| Sodium | 1792mg |
| Vitamin A | 666IU |
| Vitamin C | 38mg |
| Calcium | 476mg |
| Iron | 5mg |

Directions

- 1 Cook the rice according to package directions.
- 2 Slice the pressed tofu into triangles or tofu cubes and coat with cornstarch in a bowl.
- 3 Heat the oil in a non-stick pan over medium-high heat and add the tofu pieces in a single layer. Pan fry for a few minutes on both sides until you have golden and crispy tofu.
- 4 Pour the teriyaki marinade into the pan which will become very bubbly instantly. Quickly turn all the tofu pieces over so they are coated on both sides and serve on a dish straight away. Garnish with the sesame seeds.
- 5 Create bowls by combining the wild rice, tofu, pickled onions, sliced radishes, shredded purple cabbage and cucumber. Enjoy!



Beet Pasta

4 servings

15 minutes

Ingredients

4 Canned Beets
 3/4 cup Cashews (soaked overnight)
 2 Garlic
 1/2 cup Vegetable Broth (or water)
 1/2 tsp Sea Salt
 1 Lemon (juiced)
 1/4 cup Pistachios (or walnuts)
 1/4 Cups Vegan Feta
 8 ozs Chickpea Pasta

Directions

- 1 In a blender, combine the cashews, beets, coconut milk, garlic and lemon juice until smooth.
- 2 Boil pasta according to package directions, reserving a 1/3 a cup of pasta water.
- 3 Add the pink sauce to a pan, with the cooked pasta and pasta water, and combine until coated. Serve immediately with vegan feta and crushed pistachios.

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 392 |
| Fat | 20g |
| Carbs | 44g |
| Fiber | 10g |
| Sugar | 7g |
| Protein | 20g |
| Cholesterol | 0mg |
| Sodium | 453mg |
| Vitamin A | 106IU |
| Vitamin C | 6mg |
| Calcium | 64mg |
| Iron | 7mg |



Protein Waffles

4 servings

20 minutes

Ingredients

2 cups Frozen Raspberries
 1/4 cup Chia Seeds
 2 tbsps Lemon Juice
 4 Egg Replacer
 1 1/3 cups Unsweetened Coconut Yogurt
 1/2 cup Unsweetened Almond Milk
 2/3 cup Vanilla Protein Powder
 1 1/2 cups Oats
 1 tsp Baking Soda

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 310 |
| Fat | 9g |
| Carbs | 40g |
| Fiber | 12g |
| Sugar | 5g |
| Protein | 20g |
| Cholesterol | 3mg |
| Sodium | 383mg |
| Vitamin A | 115IU |
| Vitamin C | 15mg |
| Calcium | 408mg |
| Iron | 3mg |

Directions

- 1 To make the chia jam: heat fruit in a small saucepan over medium-high heat, stirring occasionally. Use a potato masher to mash the fruit to your desired consistency. Stir in the chia seeds and lemon juice until combined. Remove from heat and let cool for 5 minutes.
- 2 For the waffles, combine the rest of the ingredients in a blender and blend on high until smooth.
- 3 Grease the waffle maker. Add the batter to cover the bottom of your maker, about 1/2 cup at a time.
- 4 Cook the waffles for about three to four minutes or until golden brown. Repeat the process until all the batter is cooked. Serve with the chia jam and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to two months. Reheat in a toaster or toaster oven.

Serving Size: One serving is one waffle.

Nut-Free: Use another type of milk such as cow's milk, oat milk or soy milk.

More Flavor: Add cinnamon and/or chocolate chips to the batter.

Additional Toppings: Top with berries, butter, or nut/seed butter.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.



No Bake Raspberry Cheesecake Cups

4 servings
1 hour 15 minutes

Ingredients

2 cups Raspberries (chopped)
6 ozs Graham Crackers
2 cups Unsweetened Coconut Yogurt
4 ozs Vegan Cream Cheese
1 1/3 tbsps Lemon Juice (divided)
2/3 cup Vanilla Protein Powder
1 tsp Vanilla Extract
2 tbsps Maple Syrup

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 429 |
| Fat | 14g |
| Carbs | 59g |
| Fiber | 8g |
| Sugar | 20g |
| Protein | 19g |
| Cholesterol | 3mg |
| Sodium | 431mg |
| Vitamin A | 22IU |
| Vitamin C | 18mg |
| Calcium | 534mg |
| Iron | 3mg |

Directions

- 1 Add the graham crackers to a food processor and blend until a fine crumb has formed. Place aside.
- 2 Wipe out the food processor and add the yogurt, cream cheese, vanilla, protein powder, lemon juice, and maple syrup. Blend until the mixture comes together.
- 3 Divide the crumbs evenly between jars, followed by the yogurt mixture. Top with the raspberries. Refrigerate for one hour and then enjoy!

Notes

Leftovers: Refrigerate in airtight jars or containers for up to four days.

Serving Size: One serving is one 7 fl oz (205 mL) jar.

Gluten-Free: Use gluten-free graham crackers instead.