



Pre & Post Workout Nutrition

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Fruits

- 1 Apple
- 2 Banana
- 1 Lemon

Breakfast

- 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- 1 1/4 cups Cashews
- 1/4 tsp Cinnamon
- 1/2 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 2 tbsps Hemp Seeds
- 1/4 cup Pistachios
- 1 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Turmeric

Frozen

- 1 1/2 cups Frozen Edamame

Vegetables

- 1/2 cup Baby Spinach
- 2 Garlic
- 2 cups Parsley

Boxed & Canned

- 2 cups Brown Rice Spaghetti
- 4 Canned Beets
- 8 ozs Chickpea Pasta
- 1/2 cup Vegetable Broth

Baking

- 1 tsp Baking Powder
- 2 tbsps Nutritional Yeast
- 1 cup Oat Flour
- 1 cup Oats

Bread, Fish, Meat & Cheese

- 1/4 Cups Vegan Feta
- 2 slices Whole Grain Bread

Condiments & Oils

- 1 1/2 tsps Extra Virgin Olive Oil
- 1/4 cup Sauerkraut

Cold

- 1/2 cup Hummus
- 2 1/4 cups Soy Milk

Other

- 1 1/8 cups Vanilla Protein Powder
- 1 cup Water



Cinnamon & Banana Protein Oatmeal

1 serving
15 minutes

Ingredients

- 1 cup Soy Milk
- 1/2 cup Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Hemp Seeds
- 1/8 tsp Cinnamon
- 1 Banana (sliced)

Nutrition

Amount per serving	
Calories	505
Fat	12g
Carbs	69g
Fiber	9g
Sugar	24g
Protein	35g
Cholesterol	4mg
Sodium	157mg
Vitamin A	78IU
Vitamin C	10mg
Calcium	451mg
Iron	4mg

Directions

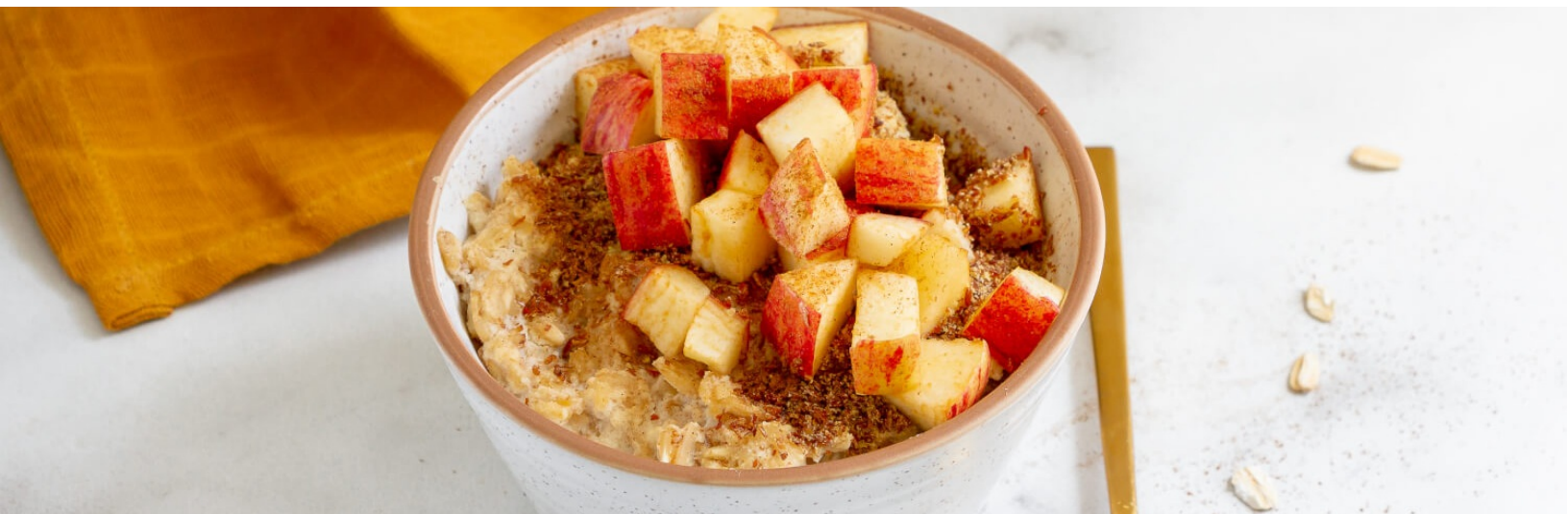
- 1 In a small saucepan, bring the soy milk to a boil. Add the oats and reduce the heat to a steady simmer. Cook, stirring occasionally for about six to eight minutes or until the oats are tender and most of the soy milk is absorbed.
- 2 Stir in the protein powder, hemp seeds, and cinnamon. Add a splash of water or more milk if needed for desired consistency.
- 3 Transfer the cooked oats to a bowl and top with sliced banana. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/4 cups.

No Soy Milk: Use other milk alternative.



Protein Cinnamon & Apple Oats

1 serving
10 minutes

Ingredients

1 cup Water
1/2 cup Oats
1/4 cup Vanilla Protein Powder
1 tbsp Ground Flax Seed
1/8 tsp Cinnamon
1 Apple (diced)

Nutrition

Amount per serving	
Calories	369
Fat	6g
Carbs	56g
Fiber	11g
Sugar	19g
Protein	26g
Cholesterol	4mg
Sodium	47mg
Vitamin A	99IU
Vitamin C	8mg
Calcium	183mg
Iron	3mg

Directions

- 1 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about seven to eight minutes or until oats are tender and most of the water is absorbed. Stir in the protein powder, ground flax seed, and cinnamon.
- 2 Transfer the cooked oats to a bowl and top with the apple. Enjoy!

Notes

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

Additional Toppings: Chopped pecans, walnuts, and/or banana.



Banana Oat Protein Pancakes

2 servings

15 minutes

Ingredients

- 1 cup Oat Flour
- 2/3 cup Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tbsp Ground Flax Seed
- 1/8 tsp Sea Salt
- 1 Banana (medium, mashed)
- 1 1/4 cups Soy Milk
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Maple Syrup (optional)

Nutrition

Amount per serving	
Calories	549
Fat	12g
Carbs	71g
Fiber	10g
Sugar	19g
Protein	41g
Cholesterol	5mg
Sodium	515mg
Vitamin A	38IU
Vitamin C	5mg
Calcium	523mg
Iron	4mg

Directions

- 1 In a mixing bowl, combine the flour, protein powder, baking powder, flax seed, and salt.
- 2 Add the mashed banana and milk to the bowl. Stir until well combined.
- 3 Heat a large non-stick skillet over medium heat and lightly grease with oil. Scoop 1/4 cup of batter at a time into the pan and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
- 4 Divide onto plates and top with maple syrup, if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat on the stove or in the toaster.

Serving Size: One serving is approximately three pancakes.

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

Soy-Free: Use oat milk instead.

Additional Toppings: Serve with berries, yogurt, and/or nut butter.



Cheesy Edamame & Parsley Pasta

4 servings

15 minutes

Ingredients

2 cups Brown Rice Spaghetti
 1/2 cup Cashews
 2 tbsps Nutritional Yeast
 1/2 tsp Garlic Powder
 1/2 tsp Sea Salt
 1 1/2 cups Frozen Edamame (thawed)
 2 cups Parsley (finely chopped)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	598
Fat	14g
Carbs	101g
Fiber	10g
Sugar	2g
Protein	21g
Cholesterol	0mg
Sodium	331mg
Vitamin A	2734IU
Vitamin C	44mg
Calcium	89mg
Iron	6mg

Directions

- 1 Bring a large pot of water to a boil and add brown rice spaghetti. Cook according to the directions on the package. Remove from heat, strain and run cold water over pasta to prevent from over-cooking.
- 2 Meanwhile, make your 'parmesan' seasoning by adding cashews, nutritional yeast, garlic powder and sea salt to your food processor. Blend well until it reaches a spice-like consistency. Set aside.
- 3 In a large bowl, toss pasta with edamame, chopped parsley, salt and pepper to taste, and your desired amount of 'parmesan' seasoning. Divide into bowls and enjoy!

Notes

No Edamame: Use frozen peas or any leftover veggies.

Make it Spicy: Garnish with red pepper flakes.



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



Sauerkraut & Hummus Sandwich

1 serving
10 minutes

Ingredients

1/2 cup Hummus
1 tbsp Hemp Seeds
1/4 tsp Turmeric
Sea Salt & Black Pepper (to taste)
2 slices Whole Grain Bread
1/4 cup Sauerkraut (drained)
1/2 cup Baby Spinach

Nutrition

Amount per serving	
Calories	578
Fat	30g
Carbs	58g
Fiber	15g
Sugar	7g
Protein	25g
Cholesterol	0mg
Sodium	1086mg
Vitamin A	1442IU
Vitamin C	10mg
Calcium	176mg
Iron	7mg

Directions

- 1 Mix together the hummus, hemp seeds, and turmeric, until well combined. Season with salt and pepper.
- 2 Scoop the hummus mixture onto one slice of bread. Add the sauerkraut and spinach on top. Close the sandwich and enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to one day.

Serving Size: One serving is one sandwich.

Additional Toppings: Sliced bell peppers, green onions, fresh herbs, or sprouts.

Gluten-Free: Use gluten-free bread instead.