



<http://www.nicoleosinga.com>

Pre & Post Workout Nutrition

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Fruits

- ☐ 1 Banana
- ☐ 2 tbsps Lemon Juice
- ☐ 1 cup Pomegranate Seeds

Breakfast

- ☐ 3/4 cup Almond Butter
- ☐ 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/3 cup Almonds
- ☐ 1 1/2 tps Cinnamon
- ☐ 3 tbsps Hemp Seeds
- ☐ 1 tsp Italian Seasoning
- ☐ 1/4 tsp Sea Salt
- ☐ 1/3 cup Sunflower Seeds
- ☐ 1/3 cup Walnuts

Frozen

- ☐ 8 ozs Veggie Burger Patty

Vegetables

- ☐ 1 cup Cherry Tomatoes
- ☐ 2 Garlic
- ☐ 1/4 head Iceberg Lettuce
- ☐ 1/2 cup Red Onion
- ☐ 12 ozs Roasted Red Peppers

Boxed & Canned

- ☐ 2 tbsps Peanut Butter Powder
- ☐ 1/4 cup Wheat Germ
- ☐ 8 ozs Whole Wheat Rotini Pasta

Baking

- ☐ 1/2 cup Dried Unsweetened Cranberries
- ☐ 2 tbsps Nutritional Yeast
- ☐ 3 tbsps Unsweetened Shredded Coconut
- ☐ 1/2 cup Wheat Bran
- ☐ 1/2 cup Whole Wheat Flour

Bread, Fish, Meat & Cheese

- ☐ 1 2/3 lbs Silken Tofu
- ☐ 2 ozs Sourdough Bread
- ☐ 2 ozs Whole Wheat Bun
- ☐ 1 Whole Wheat Tortilla

Condiments & Oils

- ☐ 1 1/2 tps Coconut Oil
- ☐ 1 tbsp Extra Virgin Olive Oil
- ☐ 1 oz Pickled Red Onions

Cold

- ☐ 1 tbsp Guacamole
- ☐ 1 1/2 cups Soy Milk
- ☐ 2 1/2 cups Unsweetened Coconut Yogurt
- ☐ 1 oz Vegan Cheese Shreds

Other

- ☐ 2 Egg Replacer
- ☐ 1 cup Vanilla Protein Powder



Roasted Red Pepper Tofu Pasta

4 servings

25 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
8 ozs Whole Wheat Rotini Pasta
1/2 cup Red Onion (diced)
2 Garlic (diced)
14 ozs Silken Tofu
1 cup Soy Milk
2 tbsps Lemon Juice
1 tsp Italian Seasoning
2 tbsps Nutritional Yeast
12 ozs Roasted Red Peppers
1 cup Cherry Tomatoes

Nutrition

Amount per serving	
Calories	366
Fat	9g
Carbs	56g
Fiber	8g
Sugar	10g
Protein	17g
Cholesterol	0mg
Sodium	296mg
Vitamin A	1445IU
Vitamin C	36mg
Calcium	135mg
Iron	4mg

Directions

- 1 Preheat oven to 400 F.
- 2 Cook the pasta according to package directions.
- 3 Meanwhile, in a large skillet, heat the olive oil over medium heat. Add in the onion and garlic and sauté for 5 minutes, stirring often.
- 4 Add the onion + garlic mixture to a blender with the remaining ingredients (except the pasta and tomatoes). Blend until creamy and smooth.
- 5 Mix sauce with pasta, along with 1 cup of cherry tomatoes, in a baking dish. Bake for 20-25 minutes, until the tomatoes burst. Enjoy!



Veggie Burger

1 serving
20 minutes

Ingredients

8 ozs Veggie Burger Patty (1-2 patty's)
1/4 head Iceberg Lettuce
1 oz Pickled Red Onions (sliced)
1 tbsp Guacamole
1 oz Vegan Cheese Shreds
2 ozs Whole Wheat Bun (one bun)

Nutrition

Amount per serving	
Calories	490
Fat	17g
Carbs	81g
Fiber	12g
Sugar	8g
Protein	15g
Cholesterol	0mg
Sodium	1616mg
Vitamin A	7914IU
Vitamin C	8mg
Calcium	419mg
Iron	5mg

Directions

- 1 Cook the veggie burger patty according to package directions. Assemble on a whole wheat burger bun, with the rest of the ingredients. Enjoy!

Notes

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

No Vegan Mayonnaise: Use regular mayonnaise or your favorite dressing instead.

Veggie Burger Patty: One veggie burger patty is 94 grams or 3 1/3 ounces.



Banana Toaster Quesadilla

1 serving

5 minutes

Ingredients

- 1 Whole Wheat Tortilla
- 2 tbsps Almond Butter
- 1 Banana (sliced thin)

Nutrition

Amount per serving	
Calories	429
Fat	22g
Carbs	52g
Fiber	10g
Sugar	17g
Protein	12g
Cholesterol	0mg
Sodium	256mg
Vitamin A	78IU
Vitamin C	10mg
Calcium	217mg
Iron	3mg

Directions

- 1 Lay the tortilla out flat. Spread the almond butter to the top half of the tortilla. Add half of the sliced banana. Repeat these steps on the bottom half.
- 2 Fold the bottom half of the tortilla up. Fold on side over into the middle. Fold the opposite side over into the middle.
- 3 Place the quesadilla into the toaster with the open part of the quesadilla up. Toast it!
- 4 Use silicone tongs to remove it. It will be very hot! Dig in!



Protein Bars

8 servings

1 hour

Ingredients

1 cup Vanilla Protein Powder
 1/2 cup Wheat Bran
 1/2 cup Whole Wheat Flour
 1/4 cup Wheat Germ
 1/2 cup Dried Unsweetened Cranberries
 12 ozs Silken Tofu
 1/2 cup Soy Milk
 2 tbsps Maple Syrup
 2 Egg Replacer
 2/3 cup Almond Butter

Nutrition

Amount per serving	
Calories	285
Fat	14g
Carbs	25g
Fiber	6g
Sugar	10g
Protein	19g
Cholesterol	2mg
Sodium	30mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	175mg
Iron	2mg

Directions

- 1 Line the bottom of a 13 by 9-inch glass baking dish with parchment paper and lightly coat with canola oil. Set aside. Preheat the oven to 350 degrees F.
- 2 In a large mixing bowl, combine the protein powder, oat bran, wheat flour, wheat germ, and salt. Set aside.
- 3 Coarsely chop the dried fruit and place in a small bowl and set aside.
- 4 In a third mixing bowl, whisk the tofu until smooth. Add the soy milk, maple syrup, egg replacer, and almond butter, 1 at a time, and whisk to combine after each addition. Add this to the protein powder mixture and stir well to combine. Fold in the dried fruit. Spread evenly in the prepared baking dish and bake in the oven for 35 minutes. Cut into squares and store in an airtight container for up to a week.



Nut & Seed Granola Yogurt Bowl

4 servings

10 minutes

Ingredients

- 1/3 cup Almonds
- 1/3 cup Sunflower Seeds
- 1/3 cup Walnuts
- 1/2 tsp Cinnamon
- 1 1/2 tps Coconut Oil (melted)
- 1/4 tsp Sea Salt
- 3 tbsps Unsweetened Shredded Coconut
- 3 tbsps Hemp Seeds
- 2 cups Unsweetened Coconut Yogurt
- 1 cup Pomegranate Seeds (thawed)

Nutrition

Amount per serving	
Calories	364
Fat	29g
Carbs	21g
Fiber	7g
Sugar	7g
Protein	10g
Cholesterol	0mg
Sodium	175mg
Vitamin A	3IU
Vitamin C	4mg
Calcium	312mg
Iron	2mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a large bowl, mix together the almonds, sunflower seeds, walnuts, cinnamon, coconut oil, and sea salt. Spread the mixture onto the baking sheet.
- 3 Bake the granola for eight minutes, stirring halfway. Be sure to watch the granola closely so that it does not burn.
- 4 Remove the granola from the oven and pour it into a large bowl. Add the shredded coconut and hemp seeds to the bowl and mix well.
- 5 Divide the coconut yogurt, pomm seeds, and granola evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate the granola in an airtight container for up to one week.

More Flavor: Add cacao powder to the granola mixture before baking.

Additional Toppings: Top with other fresh berries, peaches, cacao nibs, or maple syrup for sweetness.



Cinnamon Yogurt Toast

1 serving

5 minutes

Ingredients

1/2 cup Unsweetened Coconut Yogurt
2 tbsps Peanut Butter Powder
2 ozs Sourdough Bread (One slice)
1 tsp Cinnamon

Directions

1

Toast the bread. Mix the yogurt and peanut butter powder in a separate bowl. Spread on the toast and sprinkle with cinnamon.

Nutrition

Amount per serving	
Calories	263
Fat	5g
Carbs	40g
Fiber	5g
Sugar	3g
Protein	12g
Cholesterol	0mg
Sodium	388mg
Vitamin A	8IU
Vitamin C	1mg
Calcium	286mg
Iron	2mg