



Nicole Osinga

Costco Breakfast

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Fruits

- 1 Avocado
- 1 Banana
- 1 tsp Lemon Juice
- 1/2 Lime
- 1/2 cup Raspberries
- 1 cup Strawberries

Breakfast

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

Seeds, Nuts & Spices

- 2 tbsps Almonds
- 2 tbsps Chia Seeds
- 1/4 tsp Cinnamon
- 1/2 tsp Garlic Powder
- 1 tbsp Ground Flax Seed
- 2 2/3 tbsps Hemp Seeds
- 1/4 tsp Paprika
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Taco Seasoning

Frozen

- 1/2 cup Frozen Edamame
- 1 cup Frozen Raspberries

Vegetables

- 1/3 cup Arugula
- 1 1/4 cups Cherry Tomatoes
- 2/3 cup Mushrooms
- 1/4 cup Shallot

Boxed & Canned

- 1 1/2 cups Chickpeas

Baking

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

Bread, Fish, Meat & Cheese

- 4 Corn Tortilla
- 4 slices Gluten-Free Bread
- 6 ozs Silken Tofu
- 5 1/4 ozs Sourdough Bread
- 11 ozs Tofu

Condiments & Oils

- 2 tbsps Extra Virgin Olive Oil

Cold

- 1/4 cup Plain Greek Yogurt
- 1 1/4 cups Soy Milk
- 1 cup Unsweetened Almond Milk
- 2 1/2 cups Unsweetened Coconut Yogurt

Other

- 1/2 cup Protein Powder
- 1 1/8 cups Vanilla Protein Powder



Peanut Butter & Berry Toasted Wraps

2 servings

10 minutes

Ingredients

2 tbsps All Natural Peanut Butter
 4 Corn Tortilla (I used mini keto tortillas)
 1 cup Frozen Raspberries
 2 tpsps Extra Virgin Olive Oil
 1 cup Unsweetened Coconut Yogurt
 2 tpsps Hemp Seeds
 1/2 cup Protein Powder

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 474 |
| Fat | 20g |
| Carbs | 48g |
| Fiber | 8g |
| Sugar | 7g |
| Protein | 27g |
| Cholesterol | 4mg |
| Sodium | 68mg |
| Vitamin A | 52IU |
| Vitamin C | 12mg |
| Calcium | 590mg |
| Iron | 2mg |

Directions

- 1 Preheat the oven to 400 F.
- 2 Assemble the wraps by dividing the peanut butter evenly down the middle of each tortilla. Divide the raspberries between each tortilla and mash with a fork. Fold each side of the tortilla inward to close the wrap. Repeat with each tortilla.
- 3 Place each tortilla folded side down in a large casserole dish and cook for 15 minutes. Gently flip halfway.
- 4 Mix the yogurt and protein powder together. Place the wraps onto a plate and top them with yogurt and hemp seeds. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is two wraps.

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

More Flavor: Top with maple syrup or raw honey. Cook in coconut oil to sweeten the flavor profile.

Gluten-Free: Use a gluten-free tortilla instead.

No Peanut Butter: Use another nut or seed butter.



Raspberry Protein Overnight Oats

1 serving

8 hours

Ingredients

1 cup Unsweetened Almond Milk
 1/2 cup Oats (rolled)
 2 tbsps Chia Seeds
 3 tbsps Vanilla Protein Powder
 1/4 tsp Cinnamon (plus more for garnish)
 1/2 cup Raspberries
 2 tbsps Almonds (chopped)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 497 |
| Fat | 22g |
| Carbs | 51g |
| Fiber | 20g |
| Sugar | 4g |
| Protein | 29g |
| Cholesterol | 3mg |
| Sodium | 196mg |
| Vitamin A | 522IU |
| Vitamin C | 16mg |
| Calcium | 781mg |
| Iron | 5mg |

Directions

- 1 Add the milk, oats, chia seeds, protein powder, and cinnamon to a bowl or container and stir to combine.
- 2 Refrigerate overnight then top with raspberries, chopped almonds, and cinnamon (optional) before eating. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/2 cups.

Additional Toppings: Unsweetened coconut flakes, flax seeds, and/or hemp seeds.

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



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.



Strawberry Vanilla Protein Yogurt Parfait

1 serving
10 minutes

Ingredients

1/4 cup Vanilla Protein Powder
1 1/2 cups Unsweetened Coconut Yogurt
1 cup Strawberries (chopped, divided)
1 tbsp Almond Butter (divided)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 393 |
| Fat | 20g |
| Carbs | 34g |
| Fiber | 10g |
| Sugar | 9g |
| Protein | 25g |
| Cholesterol | 4mg |
| Sodium | 115mg |
| Vitamin A | 17IU |
| Vitamin C | 85mg |
| Calcium | 940mg |
| Iron | 2mg |

Directions

- 1 Mix the protein powder into the coconut yogurt.
- 2 Place half the coconut yogurt in a glass jar or bowl. Top with half the strawberries and half the almond butter. Add the remaining coconut yogurt, strawberries, and almond butter. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add berries of your choice.

Additional Toppings: Add chia seeds, cinnamon, or chopped fresh mint.

Nut-Free: Use pumpkin or sunflower seed butter instead of almond butter.



Smashed Edamame & Mushroom Sandwich

1 serving
20 minutes

Ingredients

1 1/2 tps Extra Virgin Olive Oil (divided)
2/3 cup Mushrooms (sliced)
Sea Salt & Black Pepper (to taste)
1/2 cup Frozen Edamame (thawed)
1 tsp Lemon Juice
1/3 cup Arugula
3 1/2 ozs Sourdough Bread (toasted)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 418 |
| Fat | 11g |
| Carbs | 57g |
| Fiber | 7g |
| Sugar | 3g |
| Protein | 21g |
| Cholesterol | 0mg |
| Sodium | 487mg |
| Vitamin A | 389IU |
| Vitamin C | 11mg |
| Calcium | 62mg |
| Iron | 5mg |

Directions

- 1 In a pan over medium-high heat, add half of the oil and mushrooms. Sauté until golden brown and season with salt and pepper.
- 2 In a bowl, add the edamame, lemon juice, and the remaining oil. Lightly smash with a fork and season with salt and pepper.
- 3 Spread the smashed edamame on the toasted bread. Top with mushrooms and arugula. Close the sandwich and enjoy!

Notes

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

Serving Size: One serving is equal to one sandwich.

More Flavor: Add chili flakes and onion powder.

Additional Toppings: Add cucumber and tomato.

Gluten-Free: Use gluten-free bread instead of sourdough.

Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



Chickpea & Tofu Taco Scramble

1 serving
10 minutes

Ingredients

1 tsp Extra Virgin Olive Oil
 1/4 cup Shallot (minced)
 1/4 cup Cherry Tomatoes (chopped)
 11 ozs Tofu (extra firm, drained, pressed and crumbled)
 1/2 cup Chickpeas (cooked)
 1/2 tsp Taco Seasoning
 1/2 Lime (juiced)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 479 |
| Fat | 23g |
| Carbs | 37g |
| Fiber | 11g |
| Sugar | 11g |
| Protein | 40g |
| Cholesterol | 0mg |
| Sodium | 153mg |
| Vitamin A | 345IU |
| Vitamin C | 16mg |
| Calcium | 946mg |
| Iron | 10mg |

Directions

- 1 Warm the oil in a pan over medium heat. Sauté the shallot and tomatoes until softened, about two to three minutes.
- 2 Add the tofu, chickpeas, and taco seasoning and mix well. Cook for three minutes to heat through.
- 3 Divide the scramble evenly between plates and squeeze the lime over top. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add nutritional yeast, salsa, and/or hot sauce.

Additional Toppings: Chopped green onions, cilantro, and/or red chili flakes.



Avocado Toast with Tofu Scramble

1 serving
15 minutes

Ingredients

6 ozs Silken Tofu (drained)
1 1/2 tsps Nutritional Yeast
1/2 tsp Garlic Powder
1/4 tsp Paprika
1/8 tsp Sea Salt
1 3/4 ozs Sourdough Bread (toasted)
1/2 Avocado (sliced)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 402 |
| Fat | 19g |
| Carbs | 40g |
| Fiber | 9g |
| Sugar | 3g |
| Protein | 18g |
| Cholesterol | 0mg |
| Sodium | 563mg |
| Vitamin A | 430IU |
| Vitamin C | 11mg |
| Calcium | 70mg |
| Iron | 4mg |

Directions

- 1 In a pan over medium heat, add the tofu, nutritional yeast, garlic powder, paprika, and salt. Use the spatula to stir and gently break up the tofu. Cook until the edges are firm and liquid is gone, about 15 minutes.
- 2 Top the sourdough with avocado and the scrambled tofu. Add more salt if desired. Enjoy!

Notes

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

More Flavor: Add black pepper, turmeric, and black salt.

Additional Toppings: Serve it with salsa or fresh fruit.

Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



Avocado Toast with Chickpeas & Tomatoes

2 servings

10 minutes

Ingredients

1/2 Avocado (large, peeled, and diced)
 1/4 cup Plain Greek Yogurt
 Sea Salt & Black Pepper (to taste)
 4 slices Gluten-Free Bread (toasted)
 1 cup Chickpeas (drained, rinsed)
 1 cup Cherry Tomatoes (halved)
 2 tbsps Hemp Seeds

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 461 |
| Fat | 20g |
| Carbs | 57g |
| Fiber | 13g |
| Sugar | 12g |
| Protein | 18g |
| Cholesterol | 4mg |
| Sodium | 286mg |
| Vitamin A | 873IU |
| Vitamin C | 18mg |
| Calcium | 153mg |
| Iron | 4mg |

Directions

- 1 Combine the avocado, yogurt, salt, and pepper to taste in a bowl and mash with a fork until smooth.
- 2 Evenly spread the avocado and yogurt mash over the toast. Top with chickpeas, cherry tomatoes, and hemp seeds. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to two slices of toast with toppings.

More Flavor: Add garlic powder to the avocado and yogurt mash.

Additional Toppings: Fresh parsley.

No Gluten-Free Bread: Use sourdough bread instead.