



Nicole Osinga

Fall Protein Comfort Food Meal Prep

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Fruits

-
- 4 Apple

Breakfast

-
- 1/4 cup Almond Butter
-
-
- 1/3 cup Maple Syrup

Seeds, Nuts & Spices

-
- 2 tsps Cinnamon
-
-
- 1 tsp Cumin
-
-
- 1/4 tsp Garlic Powder
-
-
- 2 tsps Ground Flax Seed
-
-
- 1 tbsp Liquid Smoke
-
-
- 1/4 tsp Onion Powder
-
-
- 2 tsps Paprika

Vegetables

-
- 8 cups Baby Spinach
-
-
- 2 tsps Fresh Dill
-
-
- 1 stalk Green Onion
-
-
- 1 Red Bell Pepper
-
-
- 9 Sweet Potato
-
-
- 2 Tomato

Boxed & Canned

-
- 3/4 cup Canned Coconut Milk
-
-
- 10 ozs Chickpea Pasta
-
-
- 4 cups Lentils

Baking

-
- 2 tsps All Purpose Gluten-Free Flour
-
-
- 1/2 cup Almond Flour
-
-
- 1 tsp Baking Powder
-
-
- 3 tsps Nutritional Yeast
-
-
- 2 cups Oats
-
-
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

-
- 14 ozs Tofu
-
-
- 1/2 Cups Vegan Feta

Condiments & Oils

-
- 1 tsp Avocado Oil
-
-
- 1 oz Avocado Oil Spray
-
-
- 1 tbsp Balsamic Vinaigrette
-
-
- 1/4 cup Pickled Red Onions
-
-
- 1 oz Pickled Red Onions
-
-
- 1/4 cup Tamari

Cold

-
- 1 cup Hummus
-
-
- 1/4 cup Sour Cream
-
-
- 1 cup Soy Milk
-
-
- 4 cups Soy Yogurt
-
-
- 1 oz Vegan Cheese Shreds

Other

-
- 1/4 cup Vanilla Protein Powder



Roasted Sweet Potato Bowls

4 servings
30 minutes

Ingredients

3 Sweet Potato (peeled and diced)
1 tsp Cinnamon
1 tsp Cumin
4 cups Lentils
4 cups Baby Spinach (chopped)
2 Apple (sliced)
1 oz Pickled Red Onions
1/2 Cups Vegan Feta
1 tbsp Balsamic Vinaigrette

Directions

- 1 Preheat oven to 400 F.
- 2 Add the peeled and diced sweet potatoes to a baking sheet. Sprinkle with cumin and cinnamon plus some avocado oil spray. Roast in the oven for 30 minutes, tossing halfway through.
- 3 Once the sweet potatoes are done roasting, combine all of the ingredients into salad bowls and drizzle with balsamic vinaigrette when ready to serve. Enjoy!

Nutrition

Amount per serving	
Calories	399
Fat	4g
Carbs	75g
Fiber	22g
Sugar	18g
Protein	21g
Cholesterol	0mg
Sodium	217mg
Vitamin A	16719IU
Vitamin C	18mg
Calcium	113mg
Iron	9mg



Apple Baked Oatmeal Cups

6 servings

30 minutes

Ingredients

1/4 cup Almond Butter
 1/4 cup Maple Syrup
 1 cup Soy Milk
 2 tbsps Ground Flax Seed
 1 tsp Vanilla Extract
 1 tsp Avocado Oil
 2 cups Oats
 1/2 cup Almond Flour
 1 tsp Cinnamon
 1 tsp Baking Powder
 1/4 cup Vanilla Protein Powder
 2 Apple (diced)
 4 cups Soy Yogurt

Directions

- 1 Preheat the oven to 350°F and grease a muffin tin with oil, or use liners.
- 2 In a medium sized bowl, add the wet ingredients, from the almond butter through to the oil and mix well to combine.
- 3 In a large bowl, add the dry ingredients from the rolled oats through to the protein powder and mix well.
- 4 Add the wet ingredients into the dry and stir until combined. Fold in the diced apples and stir once again. Divide the mixture into the muffin cups and place in the oven to bake for 20 minutes.
- 5 Remove from the oven, let cool and then take out the muffins and cool on a cooling rack for 15 to 20 minutes. Serve with yogurt and enjoy!

Nutrition

Amount per serving	
Calories	399
Fat	17g
Carbs	50g
Fiber	7g
Sugar	17g
Protein	17g
Cholesterol	1mg
Sodium	111mg
Vitamin A	34IU
Vitamin C	3mg
Calcium	209mg
Iron	2mg



Sweet Potato Fries Supreme

4 servings

45 minutes

Ingredients

14 ozs Tofu (extra firm)
 1/4 cup Tamari
 2 tbsps Maple Syrup
 1 tbsp Liquid Smoke
 1 tsp Paprika
 6 Sweet Potato (cut into matchstick shapes, skin on)
 1 oz Avocado Oil Spray
 1 tsp Paprika
 3/4 cup Canned Coconut Milk
 3 tbsps Nutritional Yeast
 2 tbsps All Purpose Gluten-Free Flour
 1/4 tsp Onion Powder
 1/4 tsp Garlic Powder
 1/4 cup Sour Cream (vegan)
 1 Red Bell Pepper (diced)
 1 stalk Green Onion (chopped)
 2 Tomato (diced)
 1 oz Vegan Cheese Shreds

Directions

- 1 For the tofu bacon crumbles, preheat oven to 425 degrees. Into a medium bowl, place crumbled tofu. In a separate small bowl, whisk together tamari, maple syrup, liquid smoke, and paprika. Pour tamari mixture over tofu, toss to combine, and marinate for 15 minutes. Onto a parchment-lined baking sheet, spread crumbles in an even layer. Bake for 25 to 30 minutes, tossing halfway through. Remove from oven, place on plate, and set aside.
- 2 Line 2 baking sheets with parchment paper. Toss potatoes with oil and paprika until evenly coated. Lay out on baking sheets spaced 1/4-inch apart, being careful not to overcrowd. Bake for 30-40 minutes, flipping halfway through, until golden brown and crisp.
- 3 For the nacho cheese, place the coconut milk, nutritional yeast, flour, onion, garlic and paprika into a saucepan and stir with a whisk. Once everything is combined, turn on the heat and bring the mixture to a boil while stirring constantly. Let simmer until it is stretchy.
- 4 Divide the sweet potato fries into four servings. Top with the vegan cheese and tofu bacon crumbles. Finish with sour cream and the diced veggies. Enjoy!

Nutrition

Amount per serving	
Calories	474
Fat	17g
Carbs	62g
Fiber	11g
Sugar	18g
Protein	21g
Cholesterol	7mg

Sodium	1248mg
Vitamin A	29883IU
Vitamin C	52mg
Calcium	442mg
Iron	5mg



Creamy Dill Pickle Pasta

4 servings

10 minutes

Ingredients

- 10 ozs Chickpea Pasta
- 4 cups Baby Spinach
- 1 cup Hummus (Dill Pickle Hummus)
- 2 tbsps Fresh Dill
- 1/4 cup Pickled Red Onions (chopped)

Nutrition

Amount per serving	
Calories	390
Fat	15g
Carbs	50g
Fiber	14g
Sugar	7g
Protein	23g
Cholesterol	0mg
Sodium	370mg
Vitamin A	2849IU
Vitamin C	9mg
Calcium	109mg
Iron	9mg

Directions

- 1 Bring a large pot of water to a boil. Add the pasta and cook until al dente, according to the package instructions. Drain and rinse the pasta. While the pasta is still hot, mix in the spinach and hummus until everything is well combined.
- 2 Portion out into four containers and top with pickled red onions and fresh dill. Enjoy!