



25 g Protein & 25 Min Recipes

Nicole Osinga

Nicole Osinga
nicoleosinga@gmail.com

Fruits

- 1 tbsp Lemon Juice

Breakfast

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

Seeds, Nuts & Spices

- 2 tbsps Chia Seeds
- 1 tsp Cinnamon
- 1/2 cup Slivered Almonds

Frozen

- 5 cups Frozen Edamame

Vegetables

- 2 cups Baby Spinach
- 3 Carrot
- 3 cups Coleslaw Mix
- 1 Cucumber
- 4 cloves Garlic
- 1 tbsp Ginger
- 1 cup Radishes
- 2 1/2 cups Red Cabbage

Boxed & Canned

- 8 ozs Edamame Pasta
- 1 Cups Sushi Rice

Baking

- 1 cup Oats
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 4 Protein Tortilla
- 1 1/4 lbs Tofu

Condiments & Oils

- 1 oz Avocado Oil Spray
- 2 tbsps Rice Vinegar
- 3 tbsps Soy Sauce
- 1 tbsp Sriracha
- 1/3 cup Vegan Mayonnaise

Cold

- 1 cup Soy Milk
- 1 cup Soy Yogurt

Other

- 1/4 cup Vanilla Protein Powder
- 1/4 cup Water



Shredded Tofu Coleslaw Wraps

4 servings

15 minutes

Ingredients

- 1 1/4 lbs Tofu (Extra Firm)
- 1 oz Avocado Oil Spray
- 2 tbsps Soy Sauce
- 3 cups Coleslaw Mix
- 1 cup Red Cabbage (shredded)
- 1 tbsp Lemon Juice
- 4 Protein Tortilla

Directions

- 1 Shred the tofu with a mandolin slicer. Once it is shredded, spray a frying pan with avocado oil spray and add the shredded tofu. Pan fry over medium heat, until the tofu is crispy - about 5-7 minutes. Toss often. Once tofu is browned, add soy sauce and toss so that it is evenly distributed.
- 2 Add coleslaw and shredded red cabbage to a large bowl and toss with lemon juice. Add the coleslaw mix to the protein tortilla and add the shredded tofu. Roll up the tortilla and cut in half.

Nutrition

Amount per serving	
Calories	267
Fat	10g
Carbs	28g
Fiber	12g
Sugar	4g
Protein	26g
Cholesterol	0mg
Sodium	470mg
Vitamin A	2272IU
Vitamin C	37mg
Calcium	541mg
Iron	4mg



Veggie Sushi Bowls

4 servings
25 minutes

Ingredients

1 Cups Sushi Rice
1/3 cup Vegan Mayonnaise
1 tbsp Sriracha
5 cups Frozen Edamame
2 Carrot (shredded)
1 Cucumber (chopped)
1 cup Radishes (sliced)

Nutrition

Amount per serving	
Calories	461
Fat	24g
Carbs	42g
Fiber	12g
Sugar	8g
Protein	26g
Cholesterol	0mg
Sodium	289mg
Vitamin A	5879IU
Vitamin C	21mg
Calcium	152mg
Iron	5mg

Directions

- 1 Cook the rice and edamame according to package directions. Place aside.
- 2 To prepare the spicy mayo sauce, whisk together the mayonnaise and sriracha in a small bowl until well blended. Add more sriracha if you'd like a spicier sauce.
- 3 Divide the rice between four bowls. Top with edamame, carrots, radishes and cucumber. Drizzle chili-mayo sauce on top, sprinkle with sesame seeds and serve.



Easy Edamame Almond Noodles

4 servings
20 minutes

Ingredients

8 ozs Edamame Pasta
 1/4 cup Almond Butter
 2 tbsps Rice Vinegar
 1 tbsp Soy Sauce
 4 cloves Garlic (minced,)
 1 tbsp Ginger (grated)
 1/4 cup Water
 1 Carrot (shredded)
 1 1/2 cups Red Cabbage (shredded)
 2 cups Baby Spinach
 1/2 cup Slivered Almonds

Directions

- 1 Bring a pot of water to a boil. Add noodles and cook 5 minutes, or until tender. Drain and set aside.
- 2 In the meantime, whisk together almond butter, rice vinegar, soy sauce, garlic, ginger, and water in a large bowl. If the sauce is too thick, add another tablespoon of water and whisk again.
- 3 Transfer noodles and steamed edamame to the bowl and stir in the vegetables.
- 4 Transfer to a serving dish and garnish with fresh herbs, almonds, lime wedges, and chili pepper if desired.

Nutrition

Amount per serving	
Calories	425
Fat	21g
Carbs	32g
Fiber	17g
Sugar	7g
Protein	33g
Cholesterol	0mg
Sodium	249mg
Vitamin A	3987IU
Vitamin C	17mg
Calcium	237mg
Iron	10mg



Cinnamon Roll Overnight Oats

2 servings

5 minutes

Ingredients

- 1 cup Oats
- 1 cup Soy Milk
- 2 tbsps Chia Seeds
- 1 tbsp Maple Syrup
- 1 tsp Vanilla Extract
- 1 tsp Cinnamon
- 1 cup Soy Yogurt
- 1/4 cup Vanilla Protein Powder

Directions

- 1 Stir together oats, milk, maple syrup, vanilla and cinnamon in a large bowl. Divide among two 8-ounce jars. Layer yogurt in. Screw on lids and refrigerate overnight or for up to five days.

Nutrition

Amount per serving	
Calories	386
Fat	10g
Carbs	52g
Fiber	9g
Sugar	11g
Protein	24g
Cholesterol	2mg
Sodium	82mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	328mg
Iron	3mg