



Nicole Osinga

Postpartum

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	Mon	Tue
Breakfast	<p>Blended Chocolate Strawberry Protein Chia...</p>	<p>Blueberry Lemon Sheet Pan Pancakes</p>
Snack 1	<p>Avocado Toast with Hemp Seeds</p>	<p>Mint Chocolate Shake</p>
Lunch	<p>Broccoli Almond Protein Salad</p>	<p>Sweet Potato & Tofu Tacos</p>
Snack 2	<p>Blueberry Yogurt Flaxseed Cookies</p>	<p>Chocolate Protein Muffin Cups</p>
Dinner	<p>Creamy Squash & Sweet Potato Chickpea Pasta</p>	<p>Vegan Sloppy Joes</p>

Mon

Fat  40%

Carbs  39%

Protein  21%

Calories 1568

Fat 75g

Carbs 163g

Fiber 54g

Sugar 42g

Protein 86g

Cholesterol 14mg

Sodium 1371mg

Vitamin A 10647IU

Vitamin C 158mg

Calcium 1266mg

Iron 19mg

Tue

Fat  22%

Carbs  55%

Protein  23%

Calories 1700

Fat 43g

Carbs 246g

Fiber 49g

Sugar 80g

Protein 103g

Cholesterol 22mg

Sodium 2497mg

Vitamin A 14105IU

Vitamin C 91mg

Calcium 1852mg

Iron 22mg

Fruits

- 1/2 Avocado
- 4 Banana
- 1/2 cup Blueberries
- 1 tbsp Lemon Zest
- 1/2 cup Strawberries

Breakfast

- 1/3 cup Almond Butter
- 1/2 cup Maple Syrup

Seeds, Nuts & Spices

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

Frozen

- 1/2 cup Frozen Blueberries
- 2 cups Frozen Edamame

Vegetables

- 3 1/2 cups Baby Spinach
- 4 cups Broccoli
- 1 cup Butternut Squash
- 4 Garlic
- 1 Green Bell Pepper
- 4 stalks Green Onion
- 1 cup Matchstick Carrots
- 1/2 cup Mint Leaves
- 2 cups Mushrooms
- 1 1/2 lbs Portobello Mushroom Caps
- 1/2 Sweet Onion
- 2 Sweet Potato

Boxed & Canned

- 8 ozs Chickpea Pasta
- 2 cups Crushed Tomatoes
- 4 cups Lentils

Baking

- 1 3/4 tsps Baking Powder
- 2 tsps Cocoa Powder
- 1 tbsp Dark Chocolate Chips
- 1/3 cup Nutritional Yeast
- 3/4 cup Oat Flour
- 2 1/3 cups Oats
- 1 tsp Vanilla Extract
- 2 tsps White Chocolate Chips

Bread, Fish, Meat & Cheese

- 8 Corn Tortilla
- 1 1/2 lbs Tofu
- 1 slice Whole Grain Bread

Condiments & Oils

- 3 tsps Avocado Oil
- 2 tsps Extra Virgin Olive Oil
- 1 tbsp Rice Vinegar
- 1 tbsp Sesame Oil
- 3 tsps Tamari
- 3 tsps Yellow Mustard

Cold

- 1 Egg
- 1/2 cup Guacamole
- 2/3 cup Plain Greek Yogurt
- 1/4 cup Soy Milk
- 1/4 cup Soy Yogurt
- 2 3/4 cups Unsweetened Almond Milk
- 3/4 cup Unsweetened Cashew Milk

Other

- 1/4 cup Chocolate Protein Powder
- 1 Egg Replacer
- 1 1/8 cups Vanilla Protein Powder
- 2 tsps Water



Blended Chocolate Strawberry Protein Chia pudding

1 serving
35 minutes

Ingredients

3/4 cup Unsweetened Almond Milk
1/4 cup Plain Greek Yogurt
1/4 cup Chocolate Protein Powder
3 tbsps Chia Seeds
1 tbsp Maple Syrup
1 tbsp Cocoa Powder
1/2 cup Strawberries (sliced)

Nutrition

Amount per serving	
Calories	409
Fat	15g
Carbs	42g
Fiber	17g
Sugar	17g
Protein	33g
Cholesterol	12mg
Sodium	203mg
Vitamin A	695IU
Vitamin C	46mg
Calcium	846mg
Iron	5mg

Directions

- 1 In a blender, combine the milk, yogurt, protein powder, chia seeds, maple syrup, and cocoa powder. Blend on high until combined and relatively smooth.
- 2 Pour into a container and place in the fridge for 30 minutes to thicken.
- 3 When ready to serve, top with strawberries and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 3/4 cups, including strawberries.

Additional Toppings: Cacao nibs, sliced banana, and/or chopped nuts.



Blueberry Lemon Sheet Pan Pancakes

2 servings

20 minutes

Ingredients

1 Banana
 1 Egg Replacer
 1/4 cup Soy Yogurt
 3/4 cup Oat Flour
 1/4 cup Vanilla Protein Powder
 1/4 cup Soy Milk
 2 tbsps Maple Syrup
 1/2 tsp Vanilla Extract
 3/4 tsp Baking Powder
 1/2 cup Frozen Blueberries
 1 tbsp Lemon Zest

Nutrition

Amount per serving	
Calories	377
Fat	5g
Carbs	69g
Fiber	8g
Sugar	24g
Protein	18g
Cholesterol	2mg
Sodium	220mg
Vitamin A	57IU
Vitamin C	10mg
Calcium	246mg
Iron	2mg

Directions

- 1 Preheat oven to 350°F and fold a 15 cm x 15 cm (7 inch x 7 inch) brownie pan with parchment paper.
- 2 In a large bowl, mash the banana. Once mashed, combine the banana purée with the egg/egg replacer, the yogurt, the maple syrup and the vanilla extract.
- 3 Sift in the oat flour and protein powder and the baking powder. Start mixing, adding the milk gradually until you get a smooth batter.
- 4 Transfer the healthy pancake batter to the prepared baking pan and top with the blueberries and lemon zest.
- 5 Bake the pancakes hot oven for 15 to 20 minutes, or until a toothpick inserted in the center comes out clean. Before serving, slice your pancakes and place.



Avocado Toast with Hemp Seeds

1 serving

5 minutes

Ingredients

1/2 Avocado (medium)
1 slice Whole Grain Bread (toasted)
1 tsp Hemp Seeds
1/4 tsp Sea Salt (flaky)

Nutrition

Amount per serving	
Calories	289
Fat	18g
Carbs	27g
Fiber	10g
Sugar	3g
Protein	9g
Cholesterol	0mg
Sodium	755mg
Vitamin A	147IU
Vitamin C	10mg
Calcium	57mg
Iron	2mg

Directions

- 1 Mash the avocado onto the toast. Top with hemp seeds and salt. Enjoy!

Notes

Leftovers: Best enjoyed fresh.

More Flavor: Add a squeeze of lemon or lime juice and top with cilantro.

Gluten-Free: Use gluten-free bread instead.



Mint Chocolate Shake

1 serving

5 minutes

Ingredients

1 cup Unsweetened Almond Milk
 1 Banana (frozen)
 1 1/2 cups Baby Spinach
 1/4 cup Vanilla Protein Powder
 1/2 cup Mint Leaves
 1 tbsp Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	328
Fat	9g
Carbs	41g
Fiber	7g
Sugar	22g
Protein	24g
Cholesterol	4mg
Sodium	239mg
Vitamin A	5338IU
Vitamin C	27mg
Calcium	646mg
Iron	3mg

Directions

- 1 Add all the ingredients except the chocolate chips to a blender and blend until smooth. Serve in a glass and top with the chocolate chips. Enjoy!

Notes

Leftovers: Best enjoyed fresh.

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

No Fresh Mint: Use peppermint extract.

Likes It Crunchy: Add the chocolate chips or cacao nibs to the blender for the last 10 seconds.



Broccoli Almond Protein Salad

4 servings
20 minutes

Ingredients

4 cups Broccoli (chopped into small florets)
2 cups Frozen Edamame (shelled)
4 stalks Green Onion (sliced)
1/2 cup Almonds (chopped)
1/4 cup Almond Butter
1 tbsp Rice Vinegar
1 tbsp Tamari (or Coconut Aminos)
1 tbsp Maple Syrup
1 tbsp Sesame Oil
1 Garlic (clove, minced)
2 tbsps Water

Nutrition

Amount per serving	
Calories	374
Fat	25g
Carbs	24g
Fiber	11g
Sugar	8g
Protein	19g
Cholesterol	0mg
Sodium	290mg
Vitamin A	1278IU
Vitamin C	88mg
Calcium	208mg
Iron	4mg

Directions

- 1 In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
- 2 To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
- 3 Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

Notes

Leftovers: Keeps well in the fridge up to 3 days.



Sweet Potato & Tofu Tacos

4 servings
40 minutes

Ingredients

2 tbsps Tamari
3 tbsps Avocado Oil (divided)
2 tbsps Taco Seasoning (divided)
3 tbsps Nutritional Yeast
Sea Salt & Black Pepper (to taste)
1 1/2 lbs Tofu (extra-firm, pressed, crumbled)
1 Sweet Potato (large, chopped into small cubes)
1/2 cup Guacamole
8 Corn Tortilla (small, warmed)

Nutrition

Amount per serving	
Calories	494
Fat	25g
Carbs	46g
Fiber	9g
Sugar	4g
Protein	26g
Cholesterol	0mg
Sodium	972mg
Vitamin A	4611IU
Vitamin C	4mg
Calcium	713mg
Iron	6mg

Directions

- 1 Preheat the oven to 400°F (205°C) and lightly grease a baking sheet. Line a second baking sheet with parchment paper.
- 2 In a large bowl, whisk together the tamari, 2/3 of the oil, half of the taco seasoning, nutritional yeast, salt, and pepper. Add the crumbled tofu and toss well. Transfer to the greased baking sheet and toss well.
- 3 In the same bowl, toss the sweet potato with the remaining oil and the remaining taco seasoning. Transfer to the parchment-lined baking sheet.
- 4 Place both baking sheets in the oven. Cook for 22 to 25 minutes until the tofu is browned and crispy and the sweet potatoes are fork-tender. Toss at the halfway mark.
- 5 Divide the guacamole evenly between the warmed tortillas. Top with tofu and sweet potato. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate the ingredients separately in airtight containers for up to three days.

Serving Size: One serving is equal to two tacos.

Additional Toppings: Pickled red onion, cilantro, shredded cabbage, hot sauce, and/or lime juice.



Blueberry Yogurt Flaxseed Cookies

6 servings

30 minutes

Ingredients

2 Banana (ripe)
 1 cup Oats
 1/2 cup Ground Flax Seed
 1 tbsp Almond Butter
 1/2 tsp Vanilla Extract
 1/2 tsp Cinnamon
 1/2 cup Blueberries
 1/3 cup Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	168
Fat	6g
Carbs	24g
Fiber	5g
Sugar	7g
Protein	6g
Cholesterol	2mg
Sodium	9mg
Vitamin A	102IU
Vitamin C	5mg
Calcium	62mg
Iron	1mg

Directions

- 1 Preheat your oven to 350 degrees. Prepare a parchment paper lined baking sheet and set aside.
- 2 Using a large mixing bowl, mash the ripe bananas with a fork. Add in the rolled oats, flaxseed, nut butter, vanilla and cinnamon. Mix together with a spoon.
- 3 Using a cookie scoop, scoop out the cookie batter and place on the baking sheet. You should get 12 cookies - 2 is a serving. Top with blueberries and drizzle with yogurt. The cookies don't spread so don't worry about the spacing too much. Press down gently with your hands if flatter tops are desired. Bake for about 20 to 22 minutes, or until lightly golden brown on the outside. Let cool for about 8 to 10 minutes before serving. Enjoy!



Chocolate Protein Muffin Cups

12 servings

30 minutes

Ingredients

- 1 1/3 cups Oats
- 2/3 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 1 tsp Baking Powder
- 1 Egg
- 1 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon
- 1 tbsp Cocoa Powder
- 2 tbsps White Chocolate Chips

Directions

- 1 Preheat oven to 350 F and lightly grease a 12-cup muffin pan.
- 2 In a large bowl, mix together all of the ingredients except the chocolate chips until well combined.
- 3 Scoop the batter evenly into your prepared muffin tin, filling all the way to the top. Add the chocolate chips on top of the muffins.
- 4 Bake for 27-30 minutes until the centers are set (they should bounce back slightly when pressed). Remove from the oven and allow to cool for 10 minutes in the muffin tin. Enjoy!

Nutrition

Amount per serving	
Calories	90
Fat	3g
Carbs	11g
Fiber	2g
Sugar	3g
Protein	6g
Cholesterol	16mg
Sodium	69mg
Vitamin A	65IU
Vitamin C	0mg
Calcium	110mg
Iron	1mg



Creamy Squash & Sweet Potato Chickpea Pasta

4 servings
45 minutes

Ingredients

1 cup Butternut Squash (peeled, cubed)
1 Sweet Potato (medium, peeled, cubed)
3 Garlic (clove)
2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
8 ozs Chickpea Pasta (dry)
3/4 cup Unsweetened Cashew Milk
3 tbsps Nutritional Yeast

Nutrition

Amount per serving	
Calories	328
Fat	11g
Carbs	46g
Fiber	11g
Sugar	7g
Protein	19g
Cholesterol	0mg
Sodium	114mg
Vitamin A	8425IU
Vitamin C	9mg
Calcium	93mg
Iron	7mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the squash, sweet potato, and garlic to the baking sheet and toss with oil, salt, and pepper. Cook for 20 to 25 minutes or until the vegetables are fork-tender.
- 3 Meanwhile, cook the chickpea pasta according to the package directions. Rinse with cold water, then add it back to the pot.
- 4 Once the vegetables are cooked, add them to a blender with the cashew milk and nutritional yeast. Blend until smooth. Add additional salt and pepper as needed.
- 5 Add the sauce to the pot of cooked pasta and stir to combine. Divide evenly between bowls and enjoy!

Notes

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

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

No Cashew Milk: Use unsweetened almond or coconut milk instead.



Vegan Sloppy Joes

4 servings

4 hours

Ingredients

4 cups Lentils (cooked, drained and rinsed)
 1/2 Sweet Onion (finely diced)
 1 Green Bell Pepper (finely diced)
 2 cups Mushrooms (sliced)
 1 cup Matchstick Carrots
 1 tsp Garlic Powder
 3 tbsps Yellow Mustard
 1/4 cup Maple Syrup
 2 cups Crushed Tomatoes
 1 tsp Sea Salt
 1/2 tsp Black Pepper
 1 1/2 lbs Portobello Mushroom Caps
 2 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	411
Fat	1g
Carbs	79g
Fiber	23g
Sugar	27g
Protein	29g
Cholesterol	0mg
Sodium	997mg
Vitamin A	4034IU
Vitamin C	50mg
Calcium	137mg
Iron	10mg

Directions

- 1 Combine the lentils, onion, green pepper, mushrooms, carrots, garlic powder, yellow mustard, maple syrup, crushed tomatoes, sea salt and black pepper in the slow cooker. Use a spatula to mix well. Cover and cook on high for 4 hours or on low for 6 hours.
- 2 About 20 minutes before you are ready to eat, preheat your oven to 400 and line a baking sheet with parchment paper. Place your portobello mushroom caps on a baking sheet and bake for 10 minutes.
- 3 Place a portobello mushroom cap on a plate and top with a few large spoonfuls of the sloppy joe mix. Top with baby spinach and set another mushroom cap on top. Enjoy!

Notes

Next Level Sloppy Joes: Add plant-based cheese, avocado, pickles, onions and/or cashew sour cream.

Repurpose Leftovers: Leftovers can be served on brown rice tortilla as a pizza, or with brown rice tortilla chips for dipping, with sweet potato toast or as a bowl with some quinoa and greens.