



**Nicole Osinga**

**Simple Plant-Based Human &  
Dog Meal Prep**

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### Fruits

- 1/2 Cups Apple
- 1 Avocado
- 1 tsp Lemon Juice

### Breakfast

- 1/4 cup All Natural Peanut Butter
- 1 tbsp Almond Butter
- 2 tbsps Maple Syrup

### Seeds, Nuts & Spices

- 1/4 cup Chia Seeds
- 1 1/4 tsps Cinnamon
- 2 tsps Cumin
- 1 tbsp Taco Seasoning

### Vegetables

- 1 Garlic
- 1 stalk Green Onion
- 1 cup Kale Leaves
- 1 Red Bell Pepper
- 1/4 cup Red Onion
- 3 Sweet Potato
- 1/4 Cups Sweet Potato

### Boxed & Canned

- 4 cups Black Beans
- 1/2 cup Corn
- 5 units Crumps Naturals Apple Bites
- 3 units Crumps Naturals Sweet Potato Chews
- 1/2 cup Quick Oats

### Baking

- 1/4 cup All Purpose Gluten-Free Flour
- 1 cup Oat Flour
- 3 1/4 cups Oats
- 1 tsp Pumpkin Pie Spice
- 1/2 cup Pureed Pumpkin
- 1 cup Unsweetened Applesauce

### Bread, Fish, Meat & Cheese

- 4 units Whole Wheat Bun

### Condiments & Oils

- 1 oz Avocado Oil Spray
- 3 tbsps Coconut Oil

### Cold

- 1 cup Soy Milk
- 1/2 cup Soy Yogurt
- 1 oz Vegan Cheese Shreds

### Other

- 1/3 cup Vanilla Protein Powder



## Veggie Packed Taco Sweet Potatoes

2 servings  
1 hour 5 minutes

### Ingredients

2 Sweet Potato  
1/4 cup Red Onion (chopped)  
2 1/2 cups Black Beans  
1/2 cup Corn  
1 Red Bell Pepper (diced)  
1 tbsp Taco Seasoning  
1 oz Vegan Cheese Shreds  
1 oz Avocado Oil Spray

### Nutrition

Amount per serving	
Calories	495
Fat	5g
Carbs	94g
Fiber	25g
Sugar	9g
Protein	23g
Cholesterol	0mg
Sodium	599mg
Vitamin A	18554IU
Vitamin C	7mg
Calcium	244mg
Iron	6mg

### Directions

- 1 Preheat oven to 425 F, and line baking tray with baking paper. Pierce sweet potato with a fork all over. Spray sweet potato with avocado oil. Place in the oven to cook for one hour.
- 2 While the sweet potato is cooking, heat a medium fry pan over a moderate heat. Add avocado oil and sauté onion and pepper for 5 minutes. Add beans, corn, and taco seasoning to fry pan. Add 2 tablespoons of water and stir until mixed through.
- 3 Once the sweet potato is cooked, cut in half lengthways and scoop out half of the sweet potato and add it to the bean and vegetable mix, stir until just combined. Cut each sweet potato half, in half again (you should now have 4 pieces of sweet potato). Scoop the vegetable mix onto each of the sweet potatoes evenly. Sprinkle with cheese and place the sweet potatoes under the grill, until the cheese is melted (roughly 5 minutes) Serve. (Optional) - add your preferred toppings e.g. Greek yogurt, avocado, jalapenos, coriander etc.



## Sweet Potato Black Bean Veggie Burgers

4 servings

1 hour

### Ingredients

- 1 Sweet Potato (medium, peeled and cut into cubes)
- 1 1/2 cups Black Beans (cooked, rinsed)
- 1 cup Kale Leaves (finely chopped)
- 1/2 cup Quick Oats
- 1 stalk Green Onion (chopped)
- 1 Garlic (clove, minced)
- 2 tsps Cumin
- 1 Avocado (optional, diced or mashed)
- 4 units Whole Wheat Bun

### Nutrition

Amount per serving	
Calories	335
Fat	10g
Carbs	52g
Fiber	14g
Sugar	5g
Protein	12g
Cholesterol	0mg
Sodium	510mg
Vitamin A	5074IU
Vitamin C	11mg
Calcium	103mg
Iron	4mg

### Directions

- 1 Bring a pot of water to a boil. Place the cubed sweet potato in a steamer basket over the boiling water and cover for about 10 minutes or until tender. Transfer to a large mixing bowl and mash the potatoes. Leave to cool slightly.
- 2 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 3 In a food processor, add the black beans, kale, oats, green onion, garlic, cumin and sea salt. Pulse 6 or 7 times or until a coarse crumb forms. Do not over mix.
- 4 Add the bean and oat mixture into the mashed sweet potato and mix until combined. Scoop out roughly 1/4 cup of the mixture at a time and form into thin patties. Place on the prepared baking sheet.
- 5 Bake for 30 minutes, carefully flipping halfway through.
- 6 Divide between plates and top with avocado, if using. Enjoy!

### Notes

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

**Serving Size:** One serving is one patty.

**More Flavor:** Add chili powder, smoked paprika, red pepper flakes or hot sauce.

**Serve it With:** On top of a salad, in a pita or wrap or as a burger with your favorite toppings.

**Sweet Potato:** One medium sweet potato is approximately 2 cups cubed. Freeze any leftovers when using larger sweet potatoes.



## Single-Serve Protein Apple Pie Jars

1 serving  
20 minutes

### Ingredients

1/2 Cups Apple (chopped)  
1/4 tsp Cinnamon  
1 tsp Lemon Juice  
2 tbsps Vanilla Protein Powder  
1/4 cup Oats  
1 tbsp Almond Butter

### Nutrition

Amount per serving	
Calories	268
Fat	11g
Carbs	31g
Fiber	7g
Sugar	11g
Protein	16g
Cholesterol	2mg
Sodium	22mg
Vitamin A	2IU
Vitamin C	6mg
Calcium	135mg
Iron	2mg

### Directions

- 1 Preheat oven to 350F.
- 2 Add the apples, cinnamon, lemon juice, and 1 tbsp protein and mix to coat all the apples. Add this to the ramekin.
- 3 In a mug/bowl, mix oats, nut butter, 1 tbsp protein, and 1 tsp milk/water.
- 4 Add the crumble on top of the apples.
- 5 Bake 20 min. Top with yogurt and enjoy!



## Pumpkin Spice Latte Chia Pudding

2 servings

10 minutes

### Ingredients

1/4 cup Chia Seeds  
1 cup Soy Milk  
2 tbsps Maple Syrup  
1/4 cup Pureed Pumpkin  
1 tsp Pumpkin Pie Spice  
1/2 cup Soy Yogurt  
1/4 cup Vanilla Protein Powder

### Directions

- 1 Add all of the chia pudding ingredients, except for the yogurt, in a blender. Blend until smooth.
- 2 Cover and place in the fridge to firm up for at least 2 hours, or overnight.
- 3 Top with yogurt, and a sprinkle of cinnamon.

### Nutrition

Amount per serving	
Calories	296
Fat	11g
Carbs	36g
Fiber	10g
Sugar	18g
Protein	19g
Cholesterol	2mg
Sodium	84mg
Vitamin A	4768IU
Vitamin C	1mg
Calcium	394mg
Iron	3mg



## Sweet Potato Pumpkin Dog Treats

24 servings

30 minutes

### Ingredients

1 cup Oat Flour (or whole wheat flour if your dog is not sensitive to wheat)  
 1/4 cup All Natural Peanut Butter  
 1/4 Cups Sweet Potato (mashed)  
 1/4 cup Pureed Pumpkin  
 3 units Crumps Naturals Sweet Potato Chews (chopped)

### Nutrition

Amount per serving	
Calories	38
Fat	1g
Carbs	4g
Fiber	1g
Sugar	0g
Protein	2g
Cholesterol	0mg
Sodium	5mg
Vitamin A	397IU
Vitamin C	0mg
Calcium	5mg
Iron	0mg

### Directions

- 1 Preheat your oven to 400 degrees F and prepare a baking tray with parchment paper.
- 2 Stir together mashed sweet potato, pumpkin puree and all natural peanut butter. Then mix in the flour and the chopped Crumps Naturals Sweet Potato Chews.
- 3 Add the mixture to dog treat molds. Bake at 400 degrees F for 12-15 minutes. For softer treats bake for 10-12 minutes and for crunchier treats bake for 15 minutes.
- 4 Allow to cool completely and store in an air-tight container in the fridge for up to one week or freeze for up to 2 months.



## Apple Pie Dog Treats

24 servings

45 minutes

### Ingredients

3 cups Oats (old fashioned, 1-minute oats, or instant)  
 1 cup Unsweetened Applesauce  
 3 tbsps Coconut Oil (melted)  
 1 tsp Cinnamon  
 1/4 cup All Purpose Gluten-Free Flour  
 5 units Crumps Naturals Apple Bites (chopped)

### Nutrition

Amount per serving	
Calories	64
Fat	2g
Carbs	9g
Fiber	1g
Sugar	1g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Vitamin A	3IU
Vitamin C	0mg
Calcium	7mg
Iron	0mg

### Directions

- 1 Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 Add the oats to a food processor and grind until they reach a fine powder. Add the applesauce, coconut oil, whole wheat flour and cinnamon and blend again.
- 3 Remove from the food processor and add to a large bowl. Mix in the Crumps Naturals Apple Bites. Add into dog treat molds.
- 4 Lay the treats on the prepared baking sheet and bake for 25 to 30 minutes, until lightly golden on the bottom. They will still be a little soft to the touch but will harden completely once cooled.
- 5 Let cool before giving one to your pup. Store them in an air-tight container at room temperature for up to 1 week, in the fridge for up to 2 weeks, or I like to store them in my freezer to ensure they stay fresh a long time.