



Plant Protein

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Mon

Breakfast



Berry Protein Baked Oats

Lunch



Tempeh Power Bowl

Snack 2



Blended Chocolate
Blueberry Protein Chia...

Dinner



Dump n Bake Fajita
Chickpea Pasta

Mon

Fat 26%

Carbs 52%

Protein 22%

Calories	1852
Fat	56g
Carbs	255g
Fiber	56g
Sugar	78g
Protein	108g
Cholesterol	10mg
Sodium	2403mg
Vitamin A	7739IU
Vitamin C	194mg
Calcium	1784mg
Iron	21mg

Fruits

- 2 Banana

Breakfast

- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 3 tbsps Chia Seeds
- 1 tsp Cinnamon
- 1 tbsp Ground Flax Seed

Frozen

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

Vegetables

- 1 Carrot
- 4 Red Bell Pepper
- 1 1/2 cups Red Cabbage
- 1 cup Red Onion

Boxed & Canned

- 2 cups Black Beans
- 8 ozs Chickpea Pasta
- 1 cup Enchilada Sauce
- 1 cup Farro
- 1 cup Salsa
- 2 cups Vegetable Broth

Baking

- 1 tbsp Cocoa Powder
- 2 cups Oats
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 8 ozs Tempeh

Condiments & Oils

- 1/4 cup Salad Dressing
- 3 tbsps Teriyaki Sauce

Cold

- 1/2 cup Plain Greek Yogurt
- 2 1/4 cups Soy Milk
- 3/4 cup Unsweetened Coconut Yogurt
- 4 ozs Vegan Cheese Shreds

Other

- 1/4 cup Chocolate Protein Powder
- 1/2 cup Protein Powder



Berry Protein Baked Oats

4 servings
30 minutes

Ingredients

- 2 Banana
- 1 1/2 cups Soy Milk
- 1 tsp Vanilla Extract
- 2 cups Oats
- 1/2 cup Protein Powder
- 1 tsp Cinnamon
- 1 tbsp Ground Flax Seed
- 1 cup Frozen Berries
- 1/2 cup Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	344
Fat	6g
Carbs	54g
Fiber	8g
Sugar	16g
Protein	21g
Cholesterol	6mg
Sodium	83mg
Vitamin A	196IU
Vitamin C	17mg
Calcium	271mg
Iron	3mg

Directions

- 1 Preheat oven to 350 F.
- 2 Mash one banana in a large bowl then add in the rest of the wet ingredients and mix well. Add in your dry ingredients and mix again until combined.
- 3 Transfer into a 8x8 baking dish and flatten with the back of a spatula or a spoon.
- 4 Top with your fresh or frozen berries and sliced second banana. Pat them down into the oat mixture.
- 5 Bake for 35-40 minutes. Slice and drizzle with the yogurt. Enjoy!



Tempeh Power Bowl

4 servings
30 minutes

Ingredients

- 1 1/2 cups Red Cabbage (shredded)
- 1 cup Farro
- 1 Carrot (shredded)
- 2 cups Frozen Edamame (thawed)
- 8 ozs Tempeh (sliced)
- 3 tbsps Teriyaki Sauce
- 1/4 cup Salad Dressing (I used Sesame Salad Dressing)

Nutrition

Amount per serving	
Calories	464
Fat	18g
Carbs	50g
Fiber	8g
Sugar	8g
Protein	30g
Cholesterol	0mg
Sodium	701mg
Vitamin A	2811IU
Vitamin C	18mg
Calcium	156mg
Iron	4mg

Directions

- 1 Cook the farro according to package directions. Place aside.
- 2 Pan fry the tempeh with some avocado oil spray, over medium heat, until each side is slightly browned. At the end of cooking, brush each side with teriyaki sauce. Remove from heat.
- 3 Assemble bowls with cooked farro, shredded cabbage, carrot, edamame and cooked tempeh. Serve with salad dressing of choice. Enjoy!



Blended Chocolate Blueberry Protein Chia Pudding

1 serving
35 minutes

Ingredients

- 3/4 cup Soy Milk
- 3/4 cup Unsweetened Coconut Yogurt
- 1/4 cup Chocolate Protein Powder
- 3 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tbsp Cocoa Powder
- 1/2 cup Frozen Blueberries (sliced)

Nutrition

Amount per serving	
Calories	572
Fat	21g
Carbs	74g
Fiber	19g
Sugar	38g
Protein	32g
Cholesterol	4mg
Sodium	173mg
Vitamin A	36IU
Vitamin C	2mg
Calcium	997mg
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 blueberries 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.



Dump n Bake Fajita Chickpea Pasta

4 servings
40 minutes

Ingredients

- 8 ozs Chickpea Pasta
- 1 cup Salsa
- 2 cups Vegetable Broth
- 1 cup Enchilada Sauce
- 2 cups Black Beans
- 1 cup Red Onion (sliced)
- 4 Red Bell Pepper (sliced)
- 4 ozs Vegan Cheese Shreds

Nutrition

Amount per serving	
Calories	472
Fat	11g
Carbs	77g
Fiber	21g
Sugar	16g
Protein	25g
Cholesterol	0mg
Sodium	1446mg
Vitamin A	4696IU
Vitamin C	157mg
Calcium	360mg
Iron	9mg

Directions

- 1 Preheat oven to 400 F.
- 2 To your single-serve dish, add the enchilada sauce, veggie broth, salsa, chickpea pasta, black beans, onion and pepper. Stir to combine. Top with sliced vegan cheese.
- 3 Cover with foil, then bake in preheated oven for 50 minutes.
- 4 Remove from oven and let cool before eating- it stays hot for a while! Be careful!