

Osinga NUTRITION
REGISTERED DIETITIAN
fresh · practical · scientific

Winter Nourish Bowls

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Fruits

- [ ] **1/2 tsp** Lemon Juice
- [ ] **1/2 cup** Pomegranate Seeds

Breakfast

- [ ] **1 tbsp** Maple Syrup

Seeds, Nuts & Spices

- [ ] **1/2 cup** Pecans

Vegetables

- [ ] **2 cups** Brussels Sprouts
- [ ] **9** Carrot
- [ ] **2 cups** Kale Leaves
- [ ] **1 1/2 cups** Red Onion
- [ ] **1** Sweet Potato

Boxed & Canned

- [ ] **1/3 cup** Bulgur
- [ ] **2 cups** Chickpeas
- [ ] **2 cups** Lentils
- [ ] **1/3 cup** Quinoa

Baking

- [ ] **1 tbsp** Cornstarch
- [ ] **1/4 cup** Dried Unsweetened Cranberries

Bread, Fish, Meat & Cheese

- [ ] **10 ozs** Tofu

Condiments & Oils

- [ ] **1/8 oz** Avocado Oil Spray
- [ ] **2 tbsps** Balsamic Vinegar
- [ ] **1 1/2 tsps** Dijon Mustard
- [ ] **1 tbsp** Extra Virgin Olive Oil
- [ ] **2 tbsps** Salad Dressing
- [ ] **2 tsps** Tahini
- [ ] **2 tsps** Tamari

Other

- [ ] **1 tbsp** Water

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Cranberry Winter Nourish Bowl

3 servings
40 minutes

Ingredients

2 cups Lentils (cooked)
1/16 oz Avocado Oil Spray
3 Carrot ((from Ontario) peeled and sliced)
1/2 cup Red Onion ((from Ontario) sliced)
1 Sweet Potato (peeled and cubed)
2 cups Brussels Sprouts (shaved)
2 tbsps Salad Dressing (of choice)
1/4 cup Dried Unsweetened Cranberries (chopped)

Nutrition

Amount per serving	
Calories	325
Fat	5g
Carbs	57g
Fiber	17g
Sugar	17g
Protein	16g
Cholesterol	0mg
Sodium	182mg
Vitamin A	16792IU
Vitamin C	58mg
Calcium	91mg
Iron	6mg

Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Add the lentils to the prepared baking sheet. Spray with oil. Cook in the oven for 20 minutes until crispy.
3. On a second parchment paper lined baking sheet, add the prepared carrots, onions and sweet potatoes. Spray with oil. Bake for 30 minutes, flipping halfway.
4. Sautee the shaved brussels on the frying pan over medium heat. Remove.
5. If you are creating meal prep cubes, freeze the above ingredients in individual meal prep cubes. Once you are ready to eat, add the cubes into a container and reheat. Top with dressing and pomm seeds.
6. Divide the sweet potato, onions, lentils, brussels and carrots evenly between bowls or plates. Drizzle with the dressing. Top with cranberries. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is 1 1/4 cups of tofu, 1/2 cup of quinoa, 1/4 cup of lentils, 1/3 cup of spinach, 1/2 cup of tomatoes, and one tablespoon of tahini dressing.
More Flavor: Chili flakes.
Additional Toppings: Parsley or mint.

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Maple Balsamic Winter Nourish Bowl

3 servings
40 minutes

Ingredients

2 cups Chickpeas (cooked)
1/16 oz Avocado Oil Spray
3 Carrot ((from Ontario) peeled and sliced)
1/2 cup Red Onion ((from Ontario) sliced)
1/3 cup Quinoa (dry, rinsed)
2 cups Kale Leaves
1 tbsp Maple Syrup
2 tbsps Balsamic Vinegar
1 1/2 tsps Dijon Mustard
1 tbsp Extra Virgin Olive Oil
1/2 cup Pecans (chopped)

Nutrition

Amount per serving	
Calories	472
Fat	21g
Carbs	60g
Fiber	14g
Sugar	16g
Protein	15g
Cholesterol	0mg
Sodium	90mg
Vitamin A	10906IU
Vitamin C	20mg
Calcium	146mg
Iron	5mg

Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Add the chickpeas to the prepared baking sheet. Spray with oil. Cook in the oven for 20 minutes until crispy.
3. On a second parchment paper lined baking sheet, add the prepared carrots and onions. Spray with oil. Bake for 25 minutes, flipping halfway.
4. Cook the quinoa according to the package directions. Once cooked, add the spinach and cover for two to three minutes until just wilted. Season with salt and pepper.
5. Sautee the kale on the frying pan over medium heat. Remove.
6. In a small bowl, whisk together the dressing ingredients (maple syrup, balsamic, oil and mustard). Season with salt and pepper.
7. If you are creating meal prep cubes, freeze the above ingredients in individual meal prep cubes. Once you are ready to eat, add the cubes into a container and reheat. Top with dressing and pomm seeds.
8. Divide the quinoa, onions, chickpeas, kale and carrots evenly between bowls or plates. Drizzle with the dressing. Top with pecans. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is 1 1/4 cups of tofu, 1/2 cup of quinoa, 1/4 cup of lentils, 1/3 cup of spinach, 1/2 cup of tomatoes, and one tablespoon of tahini dressing.
More Flavor: Chili flakes.

Additional Toppings: Parsley or mint.

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Tahini Winter Nourish Bowl

2 servings
40 minutes

Ingredients

10 ozs Tofu (extra-firm, pressed, cubed)
1/16 oz Avocado Oil Spray
2 tsps Tamari
1 tbsp Cornstarch
3 Carrot ((from Ontario) peeled and sliced)
1/2 cup Red Onion ((from Ontario) sliced)
1/3 cup Bulgur (dry, rinsed)
1 tbsp Water
2 tsps Tahini
1/2 tsp Lemon Juice
1/2 cup Pomegranate Seeds

Nutrition

Amount per serving	
Calories	330
Fat	11g
Carbs	43g
Fiber	10g
Sugar	12g
Protein	20g
Cholesterol	0mg
Sodium	416mg
Vitamin A	15292IU
Vitamin C	13mg
Calcium	476mg
Iron	5mg

Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Add the tofu cubes to a bowl and gently toss with the oil and tamari. Add the cornstarch and gently toss until the tofu cubes are well coated. Arrange the tofu on the prepared baking sheet. Cook in the oven for 20 minutes until crispy.
3. On a second parchment paper lined baking sheet, add the prepared carrots and onions. Toss with oil. Bake for 25 minutes, flipping halfway.
4. Cook the bulgar according to the package directions. Once cooked, add the spinach and cover for two to three minutes until just wilted. Season with salt and pepper.
5. In a small bowl, whisk together the tahini, water, and lemon juice until smooth. Season with salt and pepper.
6. If you are creating meal prep cubes, freeze the above ingredients in individual meal prep cubes. Once you are ready to eat, add the cubes into a container and reheat. Top with dressing and pomm seeds.
7. Divide the bulgar, onions, tofu, and carrots evenly between bowls or plates. Drizzle with the tahini dressing. Top with pomm seeds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is 1 1/4 cups of tofu, 1/2 cup of quinoa, 1/4 cup of lentils, 1/3 cup of spinach, 1/2 cup of tomatoes, and one tablespoon of tahini dressing.
More Flavor: Chili flakes.
Additional Toppings: Parsley or mint.