



5 Ingredient Dinner Costco Meal Plan



Nicole Osinga

<https://nicoleosinga.com/>

Seeds, Nuts & Spices

- ☐ 1 tbsp Taco Seasoning

Frozen

- ☐ 2 cups Frozen Edamame
☐ 2 cups Stir Fry Vegetable Mix
☐ 4 units Veggie Burger Patty

Vegetables

- ☐ 4 cups Baby Spinach
☐ 1 cup Cherry Tomatoes
☐ 1 head Green Lettuce
☐ 1 Red Bell Pepper
☐ 1 cup Red Onion
☐ 6 Sweet Potato
☐ 1 Yellow Bell Pepper

Boxed & Canned

- ☐ 1 cup Black Beans
☐ 2 cups Chickpeas
☐ 2 cups Crushed Tomatoes
☐ 4 cups Easy Veggie Chili
☐ 12 ozs Gluten-Free Ramen Noodles
☐ 4 cups Vegetable Broth

Baking

- ☐ 2 tbsps All Purpose Gluten-Free Flour

Bread, Fish, Meat & Cheese

- ☐ 1 1/2 cups Textured Vegetable Protein
☐ 2 lbs Tofu
☐ 4 Whole Wheat Tortilla

Condiments & Oils

- ☐ 1 tbsp Avocado Oil
☐ 1/4 cup Burger Sauce
☐ 1/3 cup Teriyaki Sauce



Veggie Chili Sweet Potato

4 servings
40 minutes

Ingredients

4 cups Easy Veggie Chili
4 Sweet Potato (cut in half)
1 tbsp Avocado Oil

Nutrition

Amount per serving	
Calories	380
Fat	14g
Carbs	56g
Fiber	4g
Sugar	5g
Protein	21g
Cholesterol	0mg
Sodium	72mg
Vitamin A	18443IU
Vitamin C	3mg
Calcium	39mg
Iron	1mg

Directions

- 1 Preheat oven to 425 F. Line the sweet potato halves on a baking sheet line with parchment paper. Brush with oil and bake for 40 minutes, until tender.
- 2 Drizzle 1 cup of the chili over 2 sweet potato halves and serve. Enjoy!



Easy Veggie Chili

4 servings
20 minutes

Ingredients

1 1/2 cups Textured Vegetable Protein
4 cups Vegetable Broth
1 Yellow Bell Pepper (diced)
1 cup Red Onion (diced)
1 tbsp Taco Seasoning
1 cup Black Beans (cooked)
2 cups Crushed Tomatoes

Nutrition

Amount per serving	
Calories	226
Fat	1g
Carbs	38g
Fiber	12g
Sugar	13g
Protein	21g
Cholesterol	0mg
Sodium	1079mg
Vitamin A	883IU
Vitamin C	100mg
Calcium	143mg
Iron	6mg

Directions

- 1 Place the textured vegetable protein in a bowl. Bring 1/3 of the vegetable broth to boil and pour over the textured vegetable protein. Cover and let it sit for 10 minutes.
- 2 Meanwhile add the onion to a pot with splash of water. Cook and stir over medium heat for about five minutes or until soft.
- 3 Add the rehydrated textured vegetable protein to the pot with bell pepper. Cook and stir occasionally for five minutes. Add the taco seasoning, black beans, tomato purée and the remaining vegetable broth to the pot. Season with salt and pepper.
- 4 Stir and cover the pot with a lid. Let simmer for about 20 minutes. Divide evenly between bowls, top with cilantro, and enjoy!



Veggie Burger Salad Wrap

4 servings

15 minutes

Ingredients

4 Whole Wheat Tortilla (High Protein)
4 units Veggie Burger Patty
1 head Green Lettuce
1/4 cup Burger Sauce
1 cup Cherry Tomatoes (sliced)

Directions

- 1 Cook veggie burger according to package directions. Cut into 4-6 pieces.
- 2 Arrange burger and veggies in the wrap and drizzle with sauce before serving. Enjoy!

Nutrition

Amount per serving	
Calories	335
Fat	24g
Carbs	34g
Fiber	5g
Sugar	2g
Protein	19g
Cholesterol	0mg
Sodium	257mg
Vitamin A	757IU
Vitamin C	6mg
Calcium	106mg
Iron	1mg



Tofu Noodle Stir Fry

4 servings
30 minutes

Ingredients

15 ozs Tofu
3 tbsps Teriyaki Sauce
1 tbsp All Purpose Gluten-Free Flour
12 ozs Gluten-Free Ramen Noodles
2 cups Frozen Edamame
2 cups Stir Fry Vegetable Mix

Nutrition

Amount per serving	
Calories	547
Fat	13g
Carbs	84g
Fiber	10g
Sugar	7g
Protein	29g
Cholesterol	0mg
Sodium	535mg
Vitamin A	1898IU
Vitamin C	15mg
Calcium	385mg
Iron	5mg

Directions

- 1 Reheat the oven to 400°F and line a baking sheet with parchment paper.
- 2 Add the tofu cubes to a bowl and gently toss with 1 tbsp the marinade. Then add the flour and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 3 Meanwhile, cook the noodles and edamame according to package directions and set aside in a large bowl with the prepared veggies.
- 4 Meanwhile, cook the noodles and edamame according to package directions and set aside in a large bowl with the prepared veggies.



Sweet Potato Protein Salad

4 servings

25 minutes

Ingredients

15 ozs Tofu
3 tbsps Teriyaki Sauce
1 tbsp All Purpose Gluten-Free Flour
2 cups Chickpeas
2 Sweet Potato (peeled and cubed)
1 Red Bell Pepper (sliced)
4 cups Baby Spinach

Directions

- 1 Preheat oven to 375°F. Line a baking sheet with parchment paper. Place the tofu, chickpeas and sweet potato on the baking sheet. Drizzle 1 tbsp avocado on top. Cook in the oven for about 20 minutes, flipping halfway.
- 2 Divide the spinach evenly between bowls. Top with the sweet potatoes, chickpeas, tofu, red pepper and dressing. Enjoy!

Nutrition

Amount per serving	
Calories	314
Fat	8g
Carbs	44g
Fiber	11g
Sugar	11g
Protein	21g
Cholesterol	0mg
Sodium	588mg
Vitamin A	12988IU
Vitamin C	49mg
Calcium	395mg
Iron	6mg