



Costco Meals Under \$10

Breakfast

- ☐ 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/4 cup Chia Seeds
☐ 2 tsps Cinnamon

Frozen

- ☐ 1 cup Frozen Berries
☐ 10 ozs Frozen Falafel

Vegetables

- ☐ 6 cups Broccoli
☐ 5 Garlic
☐ 5 Red Bell Pepper
☐ 1 1/3 cups Red Onion

Boxed & Canned

- ☐ 4 cups Chickpeas
☐ 1 1/3 cups Quinoa
☐ 1 cup Salsa

Baking

- ☐ 1 1/2 cups Oats

Bread, Fish, Meat & Cheese

- ☐ 12 Corn Tortilla

Condiments & Oils

- ☐ 2 ozs Avocado Oil Spray
☐ 1/4 cup Balsamic Vinaigrette
☐ 2 tbsps Soy Sauce
☐ 1/4 cup Thai Red Curry Paste

Cold

- ☐ 6 cups Plain Coconut Milk
☐ 4 ozs Vegan Cheese Shreds

Other

- ☐ 1 cup Protein Powder



Quinoa Overnight Oats

4 servings

20 minutes

Ingredients

1/3 cup Quinoa
1 1/2 cups Oats
1/4 cup Chia Seeds
2 tsps Cinnamon
4 cups Plain Coconut Milk
2 tbsps Maple Syrup
1 cup Protein Powder
1 cup Frozen Berries

Directions

- 1 In a small pot, cook the quinoa according to package directions. Let the quinoa cool for 10 to 15 minutes.
- 2 In a mixing bowl combine the cooked quinoa with the oats, protein powder, chia seeds, and cinnamon. Stir in the milk, maple syrup, and vanilla extract, and mix well. Cover and refrigerate for at least three hours or overnight. Divide between jars and enjoy!

Nutrition

Amount per serving	
Calories	438
Fat	12g
Carbs	56g
Fiber	11g
Sugar	17g
Protein	27g
Cholesterol	4mg
Sodium	79mg
Vitamin A	505IU
Vitamin C	10mg
Calcium	694mg
Iron	4mg



One Pot Chickpea & Broccoli Curry

3 servings

25 minutes

Ingredients

- 1 oz Avocado Oil Spray
- 1/3 cup Red Onion (chopped)
- 2 Red Bell Pepper (sliced)
- 1/4 cup Thai Red Curry Paste
- 4 Garlic (cloves, minced)
- 2 cups Plain Coconut Milk
- 2 tbsps Soy Sauce
- 2 cups Chickpeas (drained, rinsed)
- 4 cups Broccoli (florets, chopped)

Nutrition

Amount per serving	
Calories	339
Fat	8g
Carbs	55g
Fiber	14g
Sugar	16g
Protein	17g
Cholesterol	0mg
Sodium	1206mg
Vitamin A	7603IU
Vitamin C	215mg
Calcium	432mg
Iron	5mg

Directions

- 1 Heat a saucepan over medium heat and spray with avocado oil.
- 2 Once hot, add the onion and bell pepper and cook for three to four minutes, until just softened.
- 3 Add the curry paste and cook for one minute longer. Add the coconut milk, maple syrup, soy sauce, chickpeas, and broccoli. Bring to a simmer and then reduce the heat to low. Cover and simmer for six to eight minutes or until the broccoli is fork-tender. Enjoy!

Notes

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

Serving Size: One serving is about 1 3/4 cups.

More Flavor: Add fresh ginger or chopped jalapeño for more spice.

Additional Toppings: Serve with rice, cauliflower rice, pita, or quinoa if desired.



Falafel Bowl

4 servings

20 minutes

Ingredients

2 Red Bell Pepper (sliced)
1/2 cup Red Onion (sliced)
2 cups Broccoli
1 oz Avocado Oil Spray
10 ozs Frozen Falafel
1 cup Quinoa
1/4 cup Balsamic Vinaigrette

Nutrition

Amount per serving	
Calories	486
Fat	21g
Carbs	60g
Fiber	6g
Sugar	5g
Protein	18g
Cholesterol	0mg
Sodium	299mg
Vitamin A	2162IU
Vitamin C	119mg
Calcium	88mg
Iron	5mg

Directions

- 1 Preheat oven to 400 F.
- 2 Add the prepared veggies to a parchment-lined baking sheet and spray with oil. Toss with spices of choice. Roast in the oven for 20-30 minutes, tossing halfway.
- 3 Meanwhile, prepare falafels and quinoa according to package directions.
- 4 Assemble bowls with quinoa, roasted veggies, falafels and your favourite dressing.



Sheet Pan Tacos

4 servings

30 minutes

Ingredients

2 cups Chickpeas
1 Red Bell Pepper (chopped)
1/2 cup Red Onion (diced)
1 Garlic (clove, diced)
1 cup Salsa
4 ozs Vegan Cheese Shreds
12 Corn Tortilla

Nutrition

Amount per serving	
Calories	461
Fat	10g
Carbs	79g
Fiber	12g
Sugar	9g
Protein	12g
Cholesterol	0mg
Sodium	754mg
Vitamin A	1254IU
Vitamin C	42mg
Calcium	621mg
Iron	4mg

Directions

- 1 Preheat oven to 350 F.
- 2 In a large skillet, cook the pepper, onion and garlic. Add in chickpeas + a bit of taco seasoning if desired. Mash the chickpeas slightly with a potato masher.
- 3 On a parchment-lined baking sheet, lay down the 6 tortillas. Spread the chickpea and veggie mixture on top. Next, spread the salsa and sprinkle the cheese on top. Top with 6 more tortillas.
- 4 Bake in the oven for 25 minutes. Broil for 1-2 minutes before pulling out. Let cool and cut with a pizza cutter into 6 segments.