



Minimal Cook High Protein Meal Prep

Frozen

- ☐ 4 cups Frozen Edamame
- ☐ 12 ozs Frozen Falafel
- ☐ 1 cup Frozen Spinach

Vegetables

- ☐ 1 cup Baby Spinach
- ☐ 1 cup Bruschetta
- ☐ 1/2 cup Red Onion
- ☐ 8 ozs Roasted Red Peppers
- ☐ 1 lb Vegetable Fried Rice

Boxed & Canned

- ☐ 8 ozs Whole Wheat Spaghetti

Bread, Fish, Meat & Cheese

- ☐ 14 ozs Tofu
- ☐ 2 units Whole Wheat Flatbread

Condiments & Oils

- ☐ 2 cups Artichoke Hearts
- ☐ 1/2 cup Pesto

Cold

- ☐ 1 cup Tzatziki



Tofu Veggie Rice Stirfry

4 servings

10 minutes

Ingredients

1 lb Vegetable Fried Rice
14 ozs Tofu (I used Sriracha Tofu)
2 cups Frozen Edamame
8 ozs Roasted Red Peppers (Frozen)

Directions

- 1 Cube the tofu.
- 2 Combine the veggie fried rice, cubed tofu, edamame and frozen peppers in a large frying pan over medium heat. Cook for 5-7 minutes, stirring often. Enjoy!

Nutrition

Amount per serving	
Calories	342
Fat	15g
Carbs	32g
Fiber	6g
Sugar	5g
Protein	23g
Cholesterol	9mg
Sodium	571mg
Vitamin A	987IU
Vitamin C	22mg
Calcium	348mg
Iron	4mg



Pesto Veggie Pasta

4 servings

10 minutes

Ingredients

8 ozs Whole Wheat Spaghetti (I used 'no boil' noodles)
2 cups Frozen Edamame
2 cups Artichoke Hearts (frozen)
1 cup Frozen Spinach
1/2 cup Pesto (I used vegan pesto)

Directions

- 1 Cook spaghetti according to package directions if you're not using 'no boil' noodles.
- 2 In a large frying pan, combine the noodles, edamame, veggies and pesto over medium heat. Cook until the veggies are thawed, about 5-7 minutes. Make sure the pesto coats everything evenly. Enjoy!

Nutrition

Amount per serving	
Calories	467
Fat	18g
Carbs	57g
Fiber	16g
Sugar	8g
Protein	23g
Cholesterol	0mg
Sodium	618mg
Vitamin A	5640IU
Vitamin C	17mg
Calcium	251mg
Iron	5mg



Tzaziki Falafel Flatbread

4 servings

10 minutes

Ingredients

2 units Whole Wheat Flatbread (I used Lavish flatbreads)

12 ozs Frozen Falafel (cooked according to package directions)

1 cup Tzatziki (vegan if desired)

1 cup Baby Spinach (chopped)

1/2 cup Red Onion (sliced)

1 cup Bruschetta

Directions

1

Spread the tzatziki on the flatbread. Top with the prepared veggies and cooked falafels. Add pine nuts and sriracha sauce if desired. Enjoy!

Nutrition

Amount per serving	
Calories	443
Fat	21g
Carbs	46g
Fiber	5g
Sugar	3g
Protein	19g
Cholesterol	10mg
Sodium	377mg
Vitamin A	915IU
Vitamin C	7mg
Calcium	178mg
Iron	3mg