



High Protein Meal Prep - Minimal Ingredients



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Breakfast

- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 2 1/4 tsps Chili Powder
- 1/2 tsp Garlic Powder
- 1 tsp Oregano
- 1 tsp Red Pepper Flakes
- 1 tbsps Taco Seasoning
- 1/2 tsp Turmeric

Vegetables

- 6 cups Baby Spinach
- 4 cups Broccoli
- 2 cups Mini Potatoes
- 1 Red Bell Pepper
- 2 Yellow Bell Pepper

Boxed & Canned

- 4 cups Black Beans
- 12 ozs Red Lentil Pasta
- 3 cups Wild Rice

Bread, Fish, Meat & Cheese

- 2 cups Textured Vegetable Protein
- 2 1/4 lbs Tofu

Condiments & Oils

- 3 tbsps Avocado Oil
- 1 tbsps Rice Vinegar
- 1/4 cup Soy Sauce, Low Sodium
- 2 cups Tomato Sauce



Mexican Taco Bowls

4 servings
20 minutes

Ingredients

- 1 1/2 cups Wild Rice
- 1 cup Textured Vegetable Protein
- 2 cups Black Beans
- 1 tbsp Taco Seasoning
- 2 Yellow Bell Pepper (sliced)
- 2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	419
Fat	2g
Carbs	79g
Fiber	16g
Sugar	5g
Protein	27g
Cholesterol	0mg
Sodium	213mg
Vitamin A	1609IU
Vitamin C	175mg
Calcium	109mg
Iron	6mg

Directions

- 1 Cook the wild rice and TVP according to package directions.
- 2 In a large frying pan, add TVP and black beans, along with taco seasoning. Pan fry for 5 minutes. Remove from heat.
- 3 In a separate pan, pan fry the peppers until slightly brown.
- 4 Assemble bowls with spinach, wild rice, peppers, TVP and black beans. Top with salsa and other options toppings (like avocad) enjoy!



Tofu Scramble Bowl

4 servings
30 minutes

Ingredients

1 lb Tofu
1 tbsp Avocado Oil
1 Red Bell Pepper (Sliced)
2 cups Baby Spinach
1/2 tsp Garlic Powder
2 1/4 tps Chili Powder
2 cups Black Beans
1/2 tsp Turmeric
2 cups Mini Potatoes

Nutrition

Amount per serving	
Calories	314
Fat	10g
Carbs	38g
Fiber	12g
Sugar	3g
Protein	22g
Cholesterol	0mg
Sodium	66mg
Vitamin A	2789IU
Vitamin C	57mg
Calcium	375mg
Iron	6mg

Directions

- 1 Preheat the oven to 400 F. Add the potatoes to a parchment paper lined baking sheet. Drizzle with oil. Roast in the oven for 30 minutes, tossing halfway.
- 2 Pat tofu dry and roll in a clean, absorbent towel with something heavy on top, such as a cast iron skillet, for 15 minutes.
- 3 While tofu is draining, prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Set aside.
- 4 Prep veggies and warm a large skillet over medium heat. Once hot, add 1-2 Tbsp avocado oil and the and the red pepper. Cook until softened - about 5 minutes. Add spinach and cover to steam for 2 minutes.
- 5 In the meantime, unwrap tofu and use a fork to crumble into bite-sized pieces.
- 6 Use a spatula to move the veggies to one side of the pan and add tofu. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies. Stir immediately, evenly distributing the sauce. Cook for another 5-7 minutes until tofu is slightly browned.
- 7 Assemble bowls with cooked potatoes, tofu, veggies and black beans. Serve with hot sauce. Enjoy!



Red Lentil Pasta Bowl

4 servings
20 minutes

Ingredients

- 12 ozs Red Lentil Pasta
- 1 cup Textured Vegetable Protein
- 2 cups Tomato Sauce
- 1 tsp Oregano
- 1 tsp Red Pepper Flakes
- 2 cups Baby Spinach
- 2 cups Broccoli (chopped)
- 1 tbsp Avocado Oil

Nutrition

Amount per serving	
Calories	418
Fat	7g
Carbs	67g
Fiber	23g
Sugar	8g
Protein	30g
Cholesterol	0mg
Sodium	44mg
Vitamin A	2414IU
Vitamin C	54mg
Calcium	137mg
Iron	9mg

Directions

- 1 Cook the pasta according to package directions.
- 2 Prepare the TVP according to package directions. Next, add to saucepan over medium heat with a bit of avocado oil and brown for 5 minutes, stirring often. Next, add tomato sauce, spices and spinach. Lower heat and let simmer for 5 more minutes.
- 3 In a separate skillet, heat 1 tablespoon of oil over medium heat, then add the broccoli and sauté for 2 minutes before adding 2-4 tablespoons of water and cooking until it's fork tender.
- 4 Arrange bowl with pasta, broccoli and pasta sauce.



Teriyaki Tofu Rice Bowl

4 servings
25 minutes

Ingredients

- 1 1/4 lbs Tofu
- 1/4 cup Soy Sauce, Low Sodium
- 2 tbsps Maple Syrup
- 1 tbsp Rice Vinegar
- 1 tbsp Avocado Oil
- 1 1/2 cups Wild Rice
- 2 cups Broccoli (heads - chopped)

Nutrition

Amount per serving	
Calories	413
Fat	12g
Carbs	57g
Fiber	6g
Sugar	9g
Protein	26g
Cholesterol	0mg
Sodium	600mg
Vitamin A	295IU
Vitamin C	41mg
Calcium	449mg
Iron	5mg

Directions

- 1 Cook the rice according to package directions.
- 2 Press a block of extra firm tofu for 20 minutes. Then, cut into cubes.
- 3 Next, heat 1 tablespoon of oil in a large, nonstick skillet over medium heat. Once it starts shimmering, add the tofu and pan-fry it until it's golden brown and crispy on all sides.
- 4 While the tofu is cooking, make the sauce: whisk the soy sauce, maple syrup and rice vinegar in a glass measuring cup and set aside. When the tofu is done cooking, reduce the heat to low and pour in the sauce, stirring until the tofu is coated. Remove from heat.
- 5 In a separate skillet, heat 1 tablespoon of oil over medium heat, then add the broccoli and sauté for 2 minutes before adding 2-4 tablespoons of water and cooking until it's fork tender.
- 6 Assemble the bowls with rice at the base and top with tofu and broccoli. Sprinkle garnishes of choice on top. Enjoy!