



High Protein Minimal Ingredient Meal Prep

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Fruits

- ☐ 2 Banana
- ☐ 1 tsp Lime Juice
- ☐ 2 cups Pineapple

Breakfast

- ☐ 1/4 cup Almond Butter
- ☐ 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 tsp Cinnamon
- ☐ 1 tbsp Ground Flax Seed
- ☐ 1 tbsp Sesame Seeds

Frozen

- ☐ 1 cup Frozen Berries
- ☐ 5 cups Frozen Edamame

Vegetables

- ☐ 4 Carrots
- ☐ 2 Cucumber
- ☐ 1 stalk Green Onion
- ☐ 1 cup Radishes
- ☐ 2 Red Bell Pepper
- ☐ 1 cup Red Onion
- ☐ 2 Yellow Bell Pepper

Boxed & Canned

- ☐ 4 ozs Edamame Pasta
- ☐ 2 cups Wild Rice

Baking

- ☐ 2 cups Oats
- ☐ 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 1 1/4 lbs Tofu

Condiments & Oils

- ☐ 3 tbsps Rice Vinegar
- ☐ 1 tbsp Sesame Oil
- ☐ 2 tbsps Soy Sauce
- ☐ 1 tsp Sriracha
- ☐ 1/4 cup Vegan Mayonnaise

Cold

- ☐ 1 1/2 cups Soy Milk
- ☐ 1/2 cup Unsweetened Coconut Yogurt

Other

- ☐ 1/2 cup Protein Powder



Pineapple BBQ Tofu Meal Prep Bowl

4 servings
30 minutes

Ingredients

- 1 cup Wild Rice (uncooked)
- 1 1/4 lbs Tofu
- 2 cups Pineapple (cubed)
- 2 Yellow Bell Pepper (sliced)
- 2 Red Bell Pepper (sliced)
- 1 cup Red Onion (sliced)

Nutrition

Amount per serving	
Calories	358
Fat	8g
Carbs	56g
Fiber	8g
Sugar	14g
Protein	22g
Cholesterol	0mg
Sodium	15mg
Vitamin A	2105IU
Vitamin C	289mg
Calcium	442mg
Iron	5mg

Directions

- 1 Press the tofu for at least 15 minutes to remove extra liquid, then cut into cubes.
- 2 Preheat oven to 400 F.
- 3 On two parchment paper-lined baking sheets, add the sliced peppers, onions, cubed tofu and pineapple (all in separate parts of the baking sheet). Drizzle with avocado oil. Bake for 30 minutes, tossing after 15 minutes and drizzle BBQ sauce on the tofu after 15 minutes.
- 4 Cook rice according to package directions.
- 5 Divide all ingredients between storage containers. Drizzle with 1 tablespoon extra BBQ sauce.



Vegan Sushi Meal Prep

4 servings
25 minutes

Ingredients

1 cup Wild Rice (uncooked)
3 cups Frozen Edamame
1 cup Radishes (sliced)
1 Cucumber (cut into matchsticks)
2 Carrots (cut into matchsticks)
1/4 cup Vegan Mayonnaise (or regular mayo for non-vegan)
1 tsp Sriracha (or more if you like it spicy)

Nutrition

Amount per serving	
Calories	403
Fat	17g
Carbs	48g
Fiber	10g
Sugar	7g
Protein	21g
Cholesterol	0mg
Sodium	183mg
Vitamin A	5572IU
Vitamin C	16mg
Calcium	111mg
Iron	4mg

Directions

- 1 Prepare rice - cook rice according to package directions, then allow to cool.
- 2 Sriracha mayo - in a small bowl, stir together the mayo and sriracha. Portion out into condiment containers and add into meal prep containers.
- 3 Portion - portion out rice into four 2-cup capacity storage containers. Portion out edamame, radishes, carrots, and cucumber between the meal prep containers.



Cold Sesame Noodles with Spiralized Vegetables

4 servings
30 minutes

Ingredients

4 ozs Edamame Pasta (uncooked)
1 Cucumber (medium-sized; spiralized)
2 Carrots (spiralized or shredded)
2 cups Frozen Edamame (Thawed)
1 stalk Green Onion (to garnish)
1 tbsp Sesame Seeds (to garnish)
1/4 cup Almond Butter (all natural)
2 tbsps Soy Sauce (I use reduced sodium)
3 tbsps Rice Vinegar
1 tbsp Sesame Oil
1 tbsp Maple Syrup (or honey)
1 tsp Lime Juice

Directions

- 1 Cook the pasta according to package directions. Place aside.
- 2 Prepare sauce- In a jar or salad dressing shaker, stir together almond butter, soy sauce, rice vinegar, sesame oil, maple syrup and lime juice.
- 3 Portion- Divide the almond butter sauce into condiment containers; divide edamame, spiralized vegetables and cooled pasta between four meal prep containers.
- 4 To serve- Let sauce stand at room temperature for 10 minutes- 1 hour. Drizzle sauce over noodles, toss everything up, and enjoy cold.

Nutrition

Amount per serving	
Calories	374
Fat	19g
Carbs	31g
Fiber	13g
Sugar	10g
Protein	26g
Cholesterol	0mg
Sodium	468mg
Vitamin A	5526IU
Vitamin C	9mg
Calcium	188mg
Iron	7mg



Berry Protein Baked Oats

4 servings
30 minutes

Ingredients

2 Banana
1 1/2 cups Soy Milk
1 tsp Vanilla Extract
2 cups Oats
1/2 cup Protein Powder
1 tsp Cinnamon
1 tbsp Ground Flax Seed
1 cup Frozen Berries
1/2 cup Unsweetened Coconut Yogurt

Nutrition

Amount per serving	
Calories	335
Fat	6g
Carbs	54g
Fiber	9g
Sugar	15g
Protein	19g
Cholesterol	2mg
Sodium	71mg
Vitamin A	40IU
Vitamin C	15mg
Calcium	272mg
Iron	3mg

Directions

- 1 Preheat oven to 350 F.
- 2 Mash one banana in a large bowl then add in the rest of the wet ingredients and mix well. Add in your dry ingredients and mix again until combined.
- 3 Transfer into a 8x8 baking dish and flatten with the back of a spatula or a spoon.
- 4 Top with your fresh or frozen berries and sliced second banana. Pat them down into the oat mixture.
- 5 Bake for 35-40 minutes. Slice and drizzle with the yogurt. Enjoy!