



## High Protein Vegan Meal Prep For Meat Eater & Non Meat Eaters



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Nicole Osinga

<https://nicoleosinga.com/>

### Fruits

- 1 Banana
- 1/2 cup Blueberries
- 1 tbsp Lemon Juice

### Breakfast

- 1/2 cup Almond Butter
- 1 tbsp Maple Syrup

### Seeds, Nuts & Spices

- 1 tbsp Dried Dill
- 1 tbsp Ground Flax Seed
- 1/3 cup Hemp Seeds
- 1/2 cup Pine Nuts
- 3/4 cup Pumpkin Seeds
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Taco Seasoning

### Frozen

- 1 unit Puff Pastry

### Vegetables

- 2 cups Broccoli
- 2 cups Frozen Vegetables
- 4 cups Mixed Greens
- 1 Red Bell Pepper
- 1/2 cup Red Onion
- 4 Sweet Potato
- 1 White Onion
- 1 Yellow Bell Pepper
- 1/2 Yellow Onion
- 1 Zucchini

### Boxed & Canned

- 4 1/2 cups Chickpeas
- 1 cup Tomato Purée
- 3 cups Vegetable Broth

### Baking

- 1 tsp Baking Powder
- 1/4 cup Dried Blueberries
- 1 cup Oats
- 1/2 cup Pitted Prunes
- 1 tsp Vanilla Extract

### Bread, Fish, Meat & Cheese

- 1 3/4 cups Textured Vegetable Protein

### Condiments & Oils

- 1 tbsp Avocado Oil
- 1 tbsp Balsamic Vinegar
- 2 tsps Fresh Thyme
- 1 tbsp Pickles
- 1 tbsp Soy Sauce
- 1/2 cup Vegan Mayonnaise
- 1 tbsp Yellow Mustard

### Cold

- 2 cups Unsweetened Coconut Yogurt

### Other

- 1 Egg Replacer
- 1 1/8 cups Protein Powder



## Blueberry Zucchini Breakfast Cookies

4 servings  
45 minutes

### Ingredients

- 1 Banana
- 1 Egg Replacer (large, room temperature)
- 1/4 cup Almond Butter (melted)
- 1 tbsp Maple Syrup
- 1 Zucchini (small, shredded)
- 1/2 cup Protein Powder (Vega Protein & Greens)
- 1 cup Oats (quick or traditional)
- 1 tsp Baking Powder
- 2 tbsps Hemp Seeds
- 1 tbsp Ground Flax Seed
- 1/2 cup Blueberries (fresh or frozen)
- 2 cups Unsweetened Coconut Yogurt

### Nutrition

Amount per serving	
Calories	366
Fat	17g
Carbs	39g
Fiber	8g
Sugar	11g
Protein	19g
Cholesterol	2mg
Sodium	173mg
Vitamin A	128IU
Vitamin C	13mg
Calcium	460mg
Iron	3mg

### Directions

- 1 Preheat the oven to 350°F. Line a baking sheet with parchment paper.
- 2 In a bowl, mash the banana using the back of a fork. Then whisk in the egg replacer, almond butter, maple syrup and zucchini.
- 3 In a separate bowl, mix together the Vega Protein & Greens, oats, baking powder, hemp seeds and flax. Add to the wet mixture until thoroughly combined. Gently fold in the blueberries.
- 4 Scoop the batter onto the baking sheet, making cookies of about 4 to 5 inches wide. Bake for 30-35 minutes or until golden brown. Serve with yogurt and enjoy!

### Notes

**Serving Size:** One serving is equal to one cookie.

**Storage:** Refrigerate in an airtight container up to 3 to 5 days. Enjoy cold, reheat in the microwave or bake in the oven if you prefer it a bit crispier.

**Muffin Lover:** Bake in a muffin tin for about the same time, or a mini-muffin tray for about 20 to 25 minutes.

**No Zucchini:** Use grated carrot instead.

**No Coconut Oil:** Use butter instead.

**No Oat Flour:** Use spelt flour or all-purpose flour (gluten-free optional) instead.



## Chickpea Protein Bars

8 servings  
20 minutes

### Ingredients

- 1 1/2 cups Chickpeas
- 1/4 cup Almond Butter
- 1/2 cup Pitted Prunes
- 1 tsp Vanilla Extract
- 2/3 cup Protein Powder (Vega Protein & Greens)
- 1/3 cup Pumpkin Seeds
- 1/4 cup Hemp Seeds
- 1/4 cup Dried Blueberries

### Nutrition

Amount per serving	
Calories	224
Fat	10g
Carbs	21g
Fiber	5g
Sugar	9g
Protein	14g
Cholesterol	1mg
Sodium	16mg
Vitamin A	95IU
Vitamin C	1mg
Calcium	91mg
Iron	2mg

### Directions

- 1 Line a 9x5-inch loaf pan (e.g. parchment paper, foil, plastic wrap)
- 2 In a large food processor, process the chickpeas, prunes, almond butter, vanilla and salt until smooth, stopping and scraping the sides of processor bowl once or twice.
- 3 Add the protein powder, pumpkin seeds and dried blueberries. Pulse until very well combined and mixture looks like a dough ball.
- 4 Press mixture evenly into prepared pan.
- 5 Refrigerate at least 4 hours or freeze 1 hour until firm. Remove using pan liner and cut into bars, Store in an airtight container in the refrigerator for up to 2 weeks (or freeze for up to 2 months).



## Puff Pastry Shepherd's Pie

4 servings  
50 minutes

### Ingredients

- 1 White Onion (Diced)
- 2 cups Frozen Vegetables
- 1 unit Puff Pastry
- 1 tbsp Avocado Oil
- 1 tbsp Balsamic Vinegar
- 1 cup Textured Vegetable Protein
- 2 tsps Fresh Thyme
- 4 cups Mixed Greens
- 1/2 cup Pine Nuts
- 1/2 cup Pumpkin Seeds

### Nutrition

Amount per serving	
Calories	381
Fat	25g
Carbs	25g
Fiber	7g
Sugar	10g
Protein	19g
Cholesterol	0mg
Sodium	40mg
Vitamin A	841IU
Vitamin C	10mg
Calcium	79mg
Iron	5mg

### Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Add 1 cup of boiling water to the Texturized Vegetable Protein. Place aside.
- 3 In a large cast iron pan, heat avocado oil. Once heated, add onion until slightly browned (about 5 minutes).
- 4 Once browned, add frozen veggies, along with 1/4 cup of water or veggie broth to saucepan along with the balsamic vinegar. Heat until veggies are unfrozen. Add the Texturized Vegetable Protein and thyme to saucepan for 1-2 minutes, until flavours meld. Mash slightly with a potato masher to thicken.
- 5 Divide the TVP and veggie mixture into four ramekins. Brushing each side of the puff pastry with water and divide into four squares. Add each square on top of each ramekin and press down.
- 6 Bake in oven for 15 minutes. Broil on high for an additional 5 minutes. Remove from oven and let cool before serving. Serve with salad topped with pine nuts, pumpkin seeds and your favourite dressing - enjoy!



## TVP Chili Sweet Potato Fries

2 servings  
40 minutes

### Ingredients

3/4 cup Textured Vegetable Protein (crumbs)  
3 cups Vegetable Broth (divided)  
2 Sweet Potato (large, cut into fries)  
Sea Salt & Black Pepper (to taste)  
1/2 Yellow Onion (medium, chopped)  
1 Yellow Bell Pepper (diced)  
1 Red Bell Pepper  
1 1/2 tsps Taco Seasoning  
1 cup Tomato Purée

### Nutrition

Amount per serving	
Calories	319
Fat	1g
Carbs	63g
Fiber	14g
Sugar	23g
Protein	20g
Cholesterol	0mg
Sodium	1289mg
Vitamin A	21919IU
Vitamin C	264mg
Calcium	165mg
Iron	8mg

### Directions

- 1 Place the textured vegetable protein in a bowl. Bring 1/3 of the vegetable broth to a boil and pour over the textured vegetable protein. Cover and let it sit for 10 minutes.
- 2 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Arrange the sweet potato onto the baking sheet in an even layer. Bake for 20 to 25 minutes, tossing halfway.
- 3 Add the onion to a pot with a splash of water. Cook and stir over medium heat for about five minutes or until soft.
- 4 Add the rehydrated textured vegetable protein to the pot with bell pepper. Cook and stir occasionally for five minutes. Add the taco seasoning, tomato purée, and the remaining vegetable broth to the pot.
- 5 Stir and cover the pot with a lid. Let simmer for about 20 minutes. Arrange the sweet potato fries on a serving platter. Top with chili and garnish with greens. Enjoy!

### Notes

**Leftovers:** Best to enjoy immediately. Refrigerate in separate containers for up to three days.

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**More Flavor:** Add corn to the chili.

**Additional Toppings:** Top with cilantro, plant-based sour cream, and cheese.



## Vegan Tuna Stuffed Sweet Potato

3 servings  
15 minutes

### Ingredients

- 2 Sweet Potato
- 3 cups Chickpeas
- 1/2 cup Vegan Mayonnaise
- 1 tbsp Soy Sauce
- 1 tbsp Yellow Mustard
- 1 tbsp Lemon Juice (the juice)
- 1 tbsp Pickles (or capers, chopped)
- 1/2 cup Red Onion
- 1 tbsp Dried Dill
- 2 cups Broccoli (steamed)

### Directions

- 1 Slice sweet potato and half and place in microwave for 7 minutes. Let cool.
- 2 Drain and rinse chickpeas and transfer them into a container and mash them with a sturdy fork or potato masher.
- 3 Add 1/3 cup vegan mayo, 1 tablespoon soy sauce, 1 tablespoon mustard. Then add 1/2 medium red onion, 1 tablespoon pickles (all chopped), dill and 1 tbsp lemon juice.
- 4 Spread on top of cooked sweet potato. Serve with steamed broccoli. Enjoy!

### Nutrition

Amount per serving	
Calories	622
Fat	31g
Carbs	73g
Fiber	17g
Sugar	14g
Protein	19g
Cholesterol	0mg
Sodium	743mg
Vitamin A	12785IU
Vitamin C	63mg
Calcium	161mg
Iron	6mg