



Bowls & Sandwich Meal Prep

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Fruits

- 1 Avocado

Seeds, Nuts & Spices

- 1 tbsp Garlic Powder
- 1 tsp Paprika

Frozen

- 1 1/2 cups Frozen Corn
- 2 cups Frozen Edamame

Vegetables

- 4 cups Arugula
- 3 1/2 cups Cherry Tomatoes
- 1 Cucumber
- 1 head Green Lettuce
- 1 Red Bell Pepper
- 1 cup Red Onion
- 1 Yellow Bell Pepper

Boxed & Canned

- 2 cups Black Beans
- 2 cups Chickpeas
- 2 cups Quinoa
- 1 tbsp Tomato Paste

Bread, Fish, Meat & Cheese

- 8 Keto Wraps
- 14 ozs Tofu
- 4 Whole Wheat Pita

Condiments & Oils

- 2 ozs Baby Pickles
- 1/4 cup Burger Sauce
- 2 tbsps Italian Dressing
- 1 tbsp Soy Sauce

Cold

- 1 cup Hummus
- 3 ozs Vegan Cheese Shreds



Veggie Burger Wraps & Bowls

4 servings

15 minutes

Ingredients

14 ozs Tofu (pressed & drained)
 1 cup Black Beans
 1 tbsp Soy Sauce
 1 tbsp Tomato Paste
 1 tbsp Garlic Powder
 1 tsp Paprika
 8 Keto Wraps
 1 cup Cherry Tomatoes (sliced)
 3 ozs Vegan Cheese Shreds
 1 head Green Lettuce (shredded)
 2 ozs Baby Pickles (sliced)
 1/4 cup Burger Sauce

Nutrition

Amount per serving	
Calories	365
Fat	11g
Carbs	49g
Fiber	9g
Sugar	2g
Protein	25g
Cholesterol	0mg
Sodium	575mg
Vitamin A	1101IU
Vitamin C	7mg
Calcium	693mg
Iron	5mg

Directions

- 1 Preheat oven to 375 degrees F. Line a baking sheet with parchment paper.
- 2 In a bowl, crumble the tofu with your hands and mix in soy sauce, tomato paste and spices. Add in black beans. Arrange and spread the tofu mixture on the baking sheet in a single layer. Cook in the oven for 15 minutes. Transfer the mixture to a bowl and smash with a fork.
- 3 Arrange the veggie burger crumbles on two wraps. Top with the veggies and cheese.
- 4 If you are making the burger bowls, cook 2 cups of sweet potato fries according to package directions. Arrange in bowls with the lettuce, onion, pickles, fries and veggie burger crumbles. Serve with burger sauce.



Cowboy Caviar Pitas

4 servings

30 minutes

Ingredients

2 cups Frozen Edamame (thawed)
 1 cup Black Beans (cooked)
 1 1/2 cups Frozen Corn (thawed)
 1 1/2 cups Cherry Tomatoes (chopped)
 1 Red Bell Pepper (chopped)
 1 Yellow Bell Pepper (chopped)
 1 Avocado (optional)
 2 tbsps Italian Dressing
 4 Whole Wheat Pita

Directions

- 1 In a large serving bowl, combine the edamame, black beans, corn, chopped tomatoes, bell pepper and onion.
- 2 In a cup, whisk together the dressing ingredients until well blended. Drizzle the dressing over the serving bowl and toss until well mixed.
- 3 Serve the salad in a pita or enjoy alone with tortillas. Top with avocado.

Nutrition

Amount per serving	
Calories	482
Fat	13g
Carbs	77g
Fiber	18g
Sugar	9g
Protein	23g
Cholesterol	0mg
Sodium	365mg
Vitamin A	1925IU
Vitamin C	143mg
Calcium	93mg
Iron	6mg



Mediterranean Quinoa Bowls & Sandwiches

4 servings
20 minutes

Ingredients

4 cups Arugula
2 cups Chickpeas (cooked & roasted)
1 cup Cherry Tomatoes (sliced)
1 cup Hummus
2 cups Quinoa (cooked)
1 cup Red Onion (sliced)
1 Cucumber (sliced)

Directions

- 1 Get 4 bowls and add the following to each bowl: 1/2 cup chickpeas, 1/4 cup tomatoes, 1/2 cup quinoa, 1 cup arugula, 1/4 cup hummus, 1/4 cucumber, 1/4 of the red onion, sliced.
- 2 If you are making a sandwich, mash together the chickpeas and hummus and spread on two slices of bread. Top with arugula, tomatoes, cucumber and onion.

Nutrition

Amount per serving	
Calories	632
Fat	19g
Carbs	95g
Fiber	17g
Sugar	9g
Protein	26g
Cholesterol	0mg
Sodium	282mg
Vitamin A	913IU
Vitamin C	14mg
Calcium	166mg
Iron	9mg