



High Protein & High Fibre Meal Prep

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Fruits

- 3 cups Grapes
- 3 tbsps Lemon Juice
- 1 tsp Lemon Zest

Breakfast

- 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- 1/4 tsp Cayenne Pepper
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder

Frozen

- 2 cups Frozen Edamame

Vegetables

- 7 cups Broccoli
- 2 Carrots
- 3 cloves Garlic

Boxed & Canned

- 1 1/2 cups Chickpeas
- 1 1/4 cups Dry Red Lentils
- 8 ozs Farfalle
- 1 cup Israeli Couscous
- 2 tbsps Tomato Paste
- 1 tsp Vegetable Broth
- 4 cups Vegetable Broth, Low Sodium
- 3/4 cup Vital Wheat Gluten

Baking

- 3/4 cup Chickpea Flour
- 1/3 cup Cocoa Powder
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 3 Whole Wheat Tortilla

Condiments & Oils

- 3 tbsps Avocado Oil
- 3 ozs Baby Pickles
- 1 tsp Ground Coriander
- 1/4 cup Pickled Red Onions
- 1/4 cup Tahini
- 1/4 cup Teriyaki Sauce

Cold

- 2/3 cup Hummus
- 1/4 cup Unsweetened Almond Milk

Other

- 1 tbsp Pickle Brine
- 2 2/3 cups Water



Dill Pickle Pasta Salad Jar

4 servings

20 minutes

Ingredients

- 8 ozs Farfalle
- 2/3 cup Hummus
- 1 tbsp Pickle Brine (liquid from pickle jar)
- 3 ozs Baby Pickles (chopped)
- 1/4 cup Pickled Red Onions (chopped)
- 2 cups Broccoli (heads, chopped)
- 2 cups Frozen Edamame (thawed)

Nutrition

Amount per serving	
Calories	422
Fat	12g
Carbs	60g
Fiber	9g
Sugar	4g
Protein	21g
Cholesterol	0mg
Sodium	424mg
Vitamin A	524IU
Vitamin C	45mg
Calcium	101mg
Iron	5mg

Directions

- 1 Cook the Pasta: Bring a large pot of salted water to a boil. Add the pasta and cook until al dente, according to the package instructions. Drain the pasta and rinse well with cold water until it is cool; set aside.
- 2 Make the Dressing: While the pasta is cooking, whisk the hummus and pickle brine together in a large bowl.
- 3 Create the salad jars: Add the hummus dressing to the bottom of the salad jar and layer the pasta on top. Follow with the veggies and hummus. Shake well before enjoying.



Teriyaki Seitan & Broccoli

4 servings

20 minutes

Ingredients

2 tbsps Avocado Oil
 5 cups Broccoli
 3/4 cup Vital Wheat Gluten
 3/4 cup Chickpea Flour
 1 tsp Vegetable Broth
 1/2 tsp Onion Powder
 1/2 tsp Garlic Powder
 2/3 cup Water
 1/4 cup Teriyaki Sauce

Nutrition

Amount per serving	
Calories	276
Fat	9g
Carbs	27g
Fiber	5g
Sugar	6g
Protein	26g
Cholesterol	0mg
Sodium	743mg
Vitamin A	718IU
Vitamin C	102mg
Calcium	71mg
Iron	3mg

Directions

- 1 Preheat oven to 400 F.
- 2 Roast the broccoli on a parchment lined baking sheet, drizzled with avocado oil. Roast for 15-20 minutes, tossing halfway.
- 3 Add about an inch of water to a pot with a steamer basket and bring to a light boil.
- 4 In the meantime, whisk together the vital wheat gluten, flour, vegetable broth, onion powder and garlic powder in a medium bowl. Pour in the water and mix to form a ball of dough. Lightly grease the steamer basket, then tear off bite-sized pieces of the seitan dough and place them in a single layer in the steamer basket. Cover, and steam the seitan for 10 minutes.
- 5 When the seitan is done steaming, heat 2 tablespoons of oil in a large skillet or non-stick pan. Use tongs to remove the seitan bites from the steamer basket, and place them into the hot oil in the pan. Cook the seitan bites a few minutes per side until they are golden brown and crispy. Drizzle with teriyaki sauce then remove from heat.
- 6 Serve with roasted broccoli and enjoy!



Lentil Couscous Stew

4 servings

55 minutes

Ingredients

1 cup Israeli Couscous
 1 tbsp Avocado Oil
 2 Carrots (diced)
 3 cloves Garlic (minced)
 1 tsp Ground Coriander
 1/4 tsp Cayenne Pepper
 4 cups Vegetable Broth, Low Sodium
 2 cups Water
 1 1/4 cups Dry Red Lentils
 2 tbsps Tomato Paste
 1 tsp Lemon Zest
 3 tbsps Lemon Juice

Directions

- 1 Prepare pearl couscous according to package directions.
- 2 Heat 2 tbsp oil in large saucepan set over medium heat; cook onions, carrots, garlic, coriander and cayenne for 3 to 5 minutes or until softened.
- 3 Stir in broth, 1 cup water, lentils, tomato paste; bring to boil. Reduce heat to medium-low; simmer for 20 minutes or until lentils are very tender. Reserve 1/2 cup couscous; stir in remaining couscous. Simmer for 5 minutes.
- 4 Stir in lemon zest and lemon juice. Divide soup among 4 bowls. Top with reserved couscous and optional pickled onions. Enjoy!

Nutrition

Amount per serving	
Calories	400
Fat	4g
Carbs	71g
Fiber	11g
Sugar	7g
Protein	20g
Cholesterol	0mg
Sodium	139mg
Vitamin A	5265IU
Vitamin C	12mg
Calcium	44mg
Iron	5mg



Chocolate Hummus Snack Box w/ Cinnamon Tortilla Chips

6 servings

5 minutes

Ingredients

- 1 1/2 cups Chickpeas
- 1/4 cup Tahini
- 1/3 cup Cocoa Powder
- 1 tsp Vanilla Extract
- 1 tbsp Maple Syrup
- 1/4 cup Unsweetened Almond Milk
- 3 Whole Wheat Tortilla
- 3 cups Grapes

Nutrition

Amount per serving	
Calories	244
Fat	9g
Carbs	36g
Fiber	8g
Sugar	12g
Protein	9g
Cholesterol	0mg
Sodium	150mg
Vitamin A	86IU
Vitamin C	2mg
Calcium	148mg
Iron	3mg

Directions

- 1 Preheat oven to 350 F.
- 2 Spray the tortillas with the avocado oil spray and sprinkle with cinnamon. Using a knife or a pizza cutter, cut the tortilla into small triangles and place it on a baking sheet with parchment. Using a knife or a pizza cutter, cut the tortilla into small triangles and place it on a baking sheet with parchment.
- 3 Meanwhile make the hummus. Combine the chickpeas, tahini, cocoa powder, vanilla extract, maple syrup and almond milk in a food processor until well combined.
- 4 Serve the roasted tortillas in a snack box with grapes and hummus. Enjoy!