



Minimal Ingredient Meal Prep

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Fruits

- ☐ 1 tbsp Lemon Juice

Seeds, Nuts & Spices

- ☐ 1/4 cup Chia Seeds
☐ 2 tsps Cumin
☐ 2 tsps Garlic Powder
☐ 1/4 cup Ground Flax Seed
☐ 1/4 cup Hemp Seeds
☐ 2 tsps Oregano
☐ 1 1/2 tsps Paprika
☐ 1 tbsp Taco Seasoning
☐ 1 tsp Turmeric

Frozen

- ☐ 4 cups Frozen Berries
☐ 2 cups Frozen Broccoli
☐ 2 cups Frozen Edamame

Vegetables

- ☐ 1 Carrot
☐ 4 cups Mixed Greens
☐ 8 cups Purple Cabbage

Boxed & Canned

- ☐ 1/2 cup Bread Crumbs
☐ 2 cups Brown Basmati Rice
☐ 8 ozs Brown Rice Fettuccine
☐ 6 ozs Soy Curls
☐ 1 tbsp Tomato Paste
☐ 3 cups Vegetable Broth

Baking

- ☐ 1/3 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- ☐ 1 1/2 lbs Tempeh

Condiments & Oils

- ☐ 1 oz Pickled Red Onions
☐ 1 tbsp Soy Sauce
☐ 1 cup Tomato Sauce

Cold

- ☐ 1/4 cup Guacamole
☐ 1/2 cup Hummus
☐ 3 cups Unsweetened Coconut Yogurt

Other

- ☐ 2 Egg Replacer
☐ 1 cup Vanilla Protein Powder



Tempeh Taco Bowl

4 servings

25 minutes

Ingredients

1 lb Tempeh
1 tbsp Taco Seasoning
4 cups Purple Cabbage
1 tbsp Lemon Juice
4 cups Mixed Greens
1 cup Brown Basmati Rice
1 oz Pickled Red Onions
1/4 cup Guacamole

Nutrition

Amount per serving	
Calories	446
Fat	16g
Carbs	55g
Fiber	5g
Sugar	4g
Protein	29g
Cholesterol	0mg
Sodium	355mg
Vitamin A	993IU
Vitamin C	57mg
Calcium	196mg
Iron	5mg

Directions

- 1 Cook rice according to package directions. Place aside.
- 2 Combine the shredded cabbage with the lemon juice in a large bowl. Place aside.
- 3 Pulse tempeh in a food processor. In a medium skillet, heat avocado oil over medium-low heat. Add tempeh, and stir to coat.
- 4 Add taco seasoning and cook for 5 minutes.
- 5 Divide tempeh among four bowls, and top with the cabbage, mixed greens, rice, pickled onions and a dollop of guacamole



Tempeh Meatballs

4 servings

30 minutes

Ingredients

8 ozs Brown Rice Fettuccine
 8 ozs Tempeh
 1 tbsp Soy Sauce
 1/2 cup Bread Crumbs
 2 tbsps Nutritional Yeast
 1 tsp Garlic Powder
 1 tsp Oregano
 1 tbsp Tomato Paste
 2 Egg Replacer
 2 cups Frozen Broccoli (cooked)
 1/4 cup Nutritional Yeast (For topping)
 1 cup Tomato Sauce

Nutrition

Amount per serving	
Calories	424
Fat	9g
Carbs	67g
Fiber	7g
Sugar	5g
Protein	23g
Cholesterol	0mg
Sodium	360mg
Vitamin A	615IU
Vitamin C	46mg
Calcium	127mg
Iron	5mg

Directions

- 1 Preheat the oven to 375°F.
- 2 Cook the pasta according to package directions. Place aside.
- 3 Place tempeh in a food processor to crumble the place in a medium pot, along with 1 tablespoon soy sauce and 1/2 cup water. Bring to a simmer and cook until all the liquid has evaporated, stirring occasionally, about 10 minutes. Then mix together the rest of the ingredients except the sauce, broccoli and extra nutritional yeast.
- 4 Form the tempeh mixture into golf ball-sized balls with your hands and place on the baking sheet.
- 5 Bake until the balls are golden brown on the bottom, about 10 minutes. Then rotate the balls and continue baking for another 12 minutes or so, rotating the balls every 5 to 7 minutes, until they're brown all over.
- 6 Serve with the pasta and broccoli. Pour the tomato sauce on top and sprinkle with nutritional yeast.



Seedy Yogurt Bowl

4 servings

5 minutes

Ingredients

3 cups Unsweetened Coconut Yogurt
1 cup Vanilla Protein Powder
4 cups Frozen Berries
1/4 cup Hemp Seeds
1/4 cup Ground Flax Seed
1/4 cup Chia Seeds

Directions

1

Mix together the yogurt and protein powder. Sprinkle 1 tbsp of each seed on each serving of the yogurt. Add the frozen berries. Enjoy!

Nutrition

Amount per serving	
Calories	395
Fat	16g
Carbs	38g
Fiber	14g
Sugar	16g
Protein	28g
Cholesterol	4mg
Sodium	77mg
Vitamin A	1IU
Vitamin C	40mg
Calcium	608mg
Iron	4mg



Vegan Shawarma Bowl

4 servings

20 minutes

Ingredients

6 ozs Soy Curls
 3 cups Vegetable Broth
 4 cups Purple Cabbage (shredded)
 1 Carrot (shredded)
 2 cups Frozen Edamame (thawed)
 1 cup Brown Basmati Rice
 2 tsps Cumin
 1 tsp Oregano
 1 tsp Turmeric
 1 tsp Garlic Powder
 1 1/2 tsps Paprika
 1/2 cup Hummus

Nutrition

Amount per serving	
Calories	523
Fat	18g
Carbs	65g
Fiber	14g
Sugar	9g
Protein	31g
Cholesterol	0mg
Sodium	664mg
Vitamin A	4616IU
Vitamin C	57mg
Calcium	159mg
Iron	9mg

Directions

- 1 Cook the rice according to package directions.
- 2 Add the soy curls to a large bowl and cover with the vegan broth. Soak for about 10 minutes total. Strain out the excess broth and place aside.
- 3 Heat a large nonstick skillet over medium high heat and add the soy curls. Cook them in the pan for 3-4 minutes, stirring occasionally. Let them get a little browned. Then, add 1-2 tablespoons of the remaining broth. Stir until all the curls are moistened and sprinkle on all the spices. Cook about 3-4 more minutes and remove from heat.
- 4 Create a bowl with the cooked soy curls, brown rice, shredded cabbage, mixed greens, carrots and edamame. Serve with hummus and enjoy!