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Takeout Inspired Meal Prep

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Breakfast

- 1/3 cup Almond Butter
- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Chili Powder
- 1 tbsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 1/2 tsp Liquid Smoke
- 1 tsp Onion Powder
- 2 tbsps Paprika
- 1 tsp Smoked Paprika

Frozen

- 1 cup Frozen Raspberries

Vegetables

- 1 Carrot
- 1 stalk Celery
- 1 cup Cherry Tomatoes
- 1 Cucumber
- 1 stalk Green Onion
- 1 head Iceberg Lettuce
- 4 cups Mixed Greens
- 1 Red Bell Pepper
- 2 Sweet Potato

Boxed & Canned

- 1/2 cup Bread Crumbs
- 1 cup Vegetable Broth

Baking

- 1/4 cup All Purpose Gluten-Free Flour
- 1/2 tsp Baking Soda
- 1 tbsp Blackstrap Molasses
- 1 1/16 ozs Chickpea Flour
- 2 tbsps Nutritional Yeast
- 2 1/4 cups Oats

Bread, Fish, Meat & Cheese

- 1 cup Textured Vegetable Protein
- 2 1/2 lbs Tofu

Condiments & Oils

- 1 tbsp Avocado Oil
- 2 ozs Baby Pickles
- 1/4 cup Burger Sauce
- 1 oz Pickled Red Onions
- 8 Rice Paper Wraps
- 2 tbsps Sesame Oil
- 1/3 cup Soy Sauce
- 2 tbsps Soy Sauce, Low Sodium
- 2 tbsps Vegan Mayonnaise
- 1 tsp Worcestershire Sauce

Cold

- 1/2 cup Soy Milk
- 2/3 cup Soy Yogurt

Other

- 2 Egg Replacer
- 1/3 cup Vanilla Protein Powder



Tofu Nuggets & Sweet Potato Fries

4 servings
30 minutes

Ingredients

1/4 cup Soy Milk
1/4 cup All Purpose Gluten-Free Flour
1/2 cup Bread Crumbs
2 tbsps Paprika
2 tps Garlic Powder
1/2 tsp Chili Powder
1 tbsp Avocado Oil
2 Sweet Potato
1 1/2 lbs Tofu
1 stalk Celery (chopped)

Nutrition

Amount per serving	
Calories	340
Fat	14g
Carbs	37g
Fiber	7g
Sugar	6g
Protein	22g
Cholesterol	0mg
Sodium	169mg
Vitamin A	11041IU
Vitamin C	2mg
Calcium	557mg
Iron	6mg

Directions

- 1 Preheat oven to 425 F.
- 2 Mix 2 tbsp flour, 2 tsp paprika and 1 tsp garlic powder in a bowl.
- 3 Chop the tofu into chunks, and then toss each chunk in the flour mixture to coat.
- 4 Next, mix together two more bowls. One with the almond milk and 2 tbsp flour. The next with the breadcrumbs, 1 tsp paprika and 1/2 tsp garlic powder. Dip the battered tofu in the almond milk and then the breadcrumb mixture.
- 5 Place the potatoes in a large mixing bowl along with the 1 tsp paprika, 1 tsp garlic powder, chili powder and avocado oil. Toss to combine.
- 6 Bake in the oven for 20 minutes, tossing halfway. Serve with ketchup or pizza sauce and celery. Enjoy!



Protein Waffles

2 servings

20 minutes

Ingredients

- 1 cup Frozen Raspberries
- 2 Egg Replacer
- 2/3 cup Soy Yogurt
- 1/4 cup Soy Milk
- 1/3 cup Vanilla Protein Powder
- 3/4 cup Oats
- 1/2 tsp Baking Soda

Nutrition

Amount per serving	
Calories	254
Fat	5g
Carbs	35g
Fiber	7g
Sugar	6g
Protein	21g
Cholesterol	3mg
Sodium	359mg
Vitamin A	52IU
Vitamin C	12mg
Calcium	146mg
Iron	2mg

Directions

- 1 For the waffles, combine all of the the ingredients except for the berries in a blender and blend on high until smooth.
- 2 Grease the waffle maker. Add the batter to cover the bottom of your maker, about 1/2 cup at a time.
- 3 Cook the waffles for about three to four minutes or until golden brown. Repeat the process until all the batter is cooked. Serve with frozen fruit and your favourite jam. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to two months. Reheat in a toaster or toaster oven.

Serving Size: One serving is one waffle.

Nut-Free: Use another type of milk such as cow's milk, oat milk or soy milk.

More Flavor: Add cinnamon and/or chocolate chips to the batter.

Additional Toppings: Top with berries, butter, or nut/seed butter.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.



Vegan Burger Bowl

4 servings

20 minutes

Ingredients

1 cup Textured Vegetable Protein
 1 cup Vegetable Broth
 2 tbsps Nutritional Yeast
 1 tsp Onion Powder
 1 tsp Garlic Powder
 1 tsp Smoked Paprika
 1 tbsp Blackstrap Molasses
 1 tbsp Soy Sauce (or tamari)
 2 tbsps Vegan Mayonnaise
 1 tsp Worcestershire Sauce
 1/2 tsp Liquid Smoke
 2 tbsps Ground Flax Seed
 1 1/16 ozs Chickpea Flour
 1 1/2 cups Oats (pulsed into a powder.)
 4 cups Mixed Greens
 1 cup Cherry Tomatoes (sliced)
 2 ozs Baby Pickles
 1 oz Pickled Red Onions
 1/4 cup Burger Sauce

Directions

- 1 Rehydrate the TVP in the vegan broth for about 15 minutes.
- 2 Add everything but the oats to a bowl and stir to combine (you can also use clean hands to mix it). For the oats, start with about 1 cup, and keep adding until you can form patties that keep their shape.
- 3 Form patties to preferred size, I recommend 4-5oz. each.
- 4 To cook, simply get a pan up to medium heat, add some oil and cook on each side for about 3-4 minutes or until nicely browned. Assemble it on burger patty's OR assemble into a bowl with mixed greens, tomatoes, onions, pickles and burger sauce. Enjoy!

Nutrition

Amount per serving	
Calories	325
Fat	10g
Carbs	43g
Fiber	10g
Sugar	8g
Protein	20g
Cholesterol	0mg

Sodium	722mg
Vitamin A	729IU
Vitamin C	9mg
Calcium	125mg
Iron	6mg



Vegan Rice Paper Rolls

4 servings

15 minutes

Ingredients

1 1/16 lbs Tofu (extra-firm, pressed and sliced)
 2 tbsps Soy Sauce, Low Sodium
 8 Rice Paper Wraps
 1 head Iceberg Lettuce (chopped)
 1 Cucumber (julienned)
 1 Red Bell Pepper (julienned)
 1 Carrot (julienned)
 1 stalk Green Onion (chopped)
 1/3 cup Almond Butter
 1/4 cup Soy Sauce
 2 tbsps Sesame Oil
 2 tbsps Maple Syrup

Nutrition

Amount per serving	
Calories	458
Fat	27g
Carbs	41g
Fiber	7g
Sugar	14g
Protein	21g
Cholesterol	0mg
Sodium	1196mg
Vitamin A	4355IU
Vitamin C	45mg
Calcium	486mg
Iron	5mg

Directions

- 1 Pan fry the tofu with the 2 tbsps soy sauce over medium heat. Pan fry until crispy. Set aside.
- 2 Soften a sheet of rice paper under warm water by submerging it for 5 to 10 seconds. Transfer to a plate. Add the lettuce, cucumber, red pepper and tofu near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
- 3 Mix together the almond butter, soy sauce, sesame oil and maple syrup. Use this as a dip. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth to prevent sticking.

Serving Size: One serving equals approximately two rolls.

More Flavor: Season the pesto tofu with salt and red pepper flakes.

Additional Toppings: Carrots, red bell peppers, red cabbage, avocado.

No Tofu: Use edamame, paneer, or tempeh instead.

Extra Firm Tofu: To press the tofu, wrap in paper towel, place a plate or cutting board on top of the block of tofu. Place a heavy pan or heavy object on the cutting board. Let the tofu rest like this for 15 to 30 minutes.