



Tofu Bowls

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Fruits

- ☐ 2 tbsps Lemon Juice

Seeds, Nuts & Spices

- ☐ 2 tsps Oregano
☐ 2 tbsps Taco Seasoning

Frozen

- ☐ 1 cup Frozen Edamame

Vegetables

- ☐ 1/2 cup Basil Leaves
☐ 1 head Cauliflower
☐ 1 cup Cherry Tomatoes
☐ 5 cups Mixed Greens

Boxed & Canned

- ☐ 2 cups Black Beans
☐ 1 cup Corn
☐ 6 Lasagna Sheets
☐ 1 cup Salsa
☐ 2 tbsps Tomato Paste
☐ 1 cup Wild Rice

Baking

- ☐ 2 tbsps Nutritional Yeast

Bread, Fish, Meat & Cheese

- ☐ 1/4 cup Parmigiano Reggiano
☐ 2 2/3 lbs Tofu
☐ 3 Tortillas

Condiments & Oils

- ☐ 1 tbsp Avocado Oil
☐ 3 ozs Pickled Red Onions
☐ 1 tbsp Red Wine Vinegar
☐ 1 tbsp Sriracha
☐ 1/2 cup Teriyaki Sauce
☐ 4 cups Tomato Sauce
☐ 1/4 cup Vegan Mayonnaise

Cold

- ☐ 1/4 cup Guacamole

Other

- ☐ 1/4 cup Water



Lasagna Meal Prep Bowls

3 servings

35 minutes

Ingredients

14 ozs Tofu (Extra Firm Sunrise Tofu)
 2 tbsps Nutritional Yeast
 1/2 cup Basil Leaves (chopped)
 2 tpsps Oregano (dried)
 2 tbsps Lemon Juice
 6 Lasagna Sheets (cooked)
 4 cups Tomato Sauce
 1/4 cup Parmigiano Reggiano (vegan)

Nutrition

Amount per serving	
Calories	593
Fat	13g
Carbs	90g
Fiber	12g
Sugar	13g
Protein	36g
Cholesterol	48mg
Sodium	148mg
Vitamin A	1872IU
Vitamin C	28mg
Calcium	585mg
Iron	8mg

Directions

- 1 Preheat oven to 375° F (190°C).
- 2 To create the tofu ricotta, add the following ingredients to food processor: tofu, nutritional yeast, fresh basil, oregano and lemon juice. You are looking for a well-purèed mixture/paste.
- 3 Break lasagna noodles into 3 even pieces. Layer two lasagna pieces on the bottom of a oven-safe meal prep bowl, followed by the tomato sauce.
- 4 Scoop small spoonfuls of tofu ricotta mixture over the sauce and gently spread into a thin layer. Repeat two more times, ending with a layer of lasagna noodles and sauce. Sprinkle vegan cheese on top and then cover with foil.
- 5 Bake covered for 20 minutes, then remove foil and bake for 10 additional minutes. Let cool for 10-15 minutes before serving.



Teriyaki Shredded Tofu Bowls

4 servings

30 minutes

Ingredients

1 head Cauliflower (chopped into florets)
 1 tbsp Avocado Oil
 14 ozs Tofu (Extra Firm Sunrise Tofu)
 1/2 cup Teriyaki Sauce
 1 cup Wild Rice
 3 cups Mixed Greens
 1 cup Frozen Edamame
 3 ozs Pickled Red Onions
 1/4 cup Vegan Mayonnaise
 1 tbsp Sriracha
 1 tbsp Red Wine Vinegar

Nutrition

Amount per serving	
Calories	480
Fat	23g
Carbs	52g
Fiber	9g
Sugar	13g
Protein	26g
Cholesterol	0mg
Sodium	1928mg
Vitamin A	249IU
Vitamin C	77mg
Calcium	370mg
Iron	5mg

Directions

- 1 Cook the rice according to package directions.
- 2 Preheat the oven to 400 F. Line a baking sheet with parchment paper and add the chopped cauliflower florets. Drizzle with avocado oil and roast for 20 minutes, tossing halfway. Drizzle with 1/2 of the teriyaki sauce.
- 3 Remove the tofu from the package and pat dry. Using a classic cheese grater, shred the entire block of tofu on the coarse side of the grater.
- 4 In a large nonstick frying pan over medium heat, add avocado oil.
- 5 Add the shredded tofu and teriyaki sauce. Spread the tofu into a flat layer on the pan and allow to cook for several minutes, until lightly browned on the bottom side. Then mix with a spatula and allow to sit undisturbed again for a few minutes. Repeat this until your tofu is beautifully browned or cooked to your liking. Remove from heat.
- 6 Mix your sauce—either simply mixing together vegan mayo, sriracha, and red wine vinegar.
- 7 Assemble your bowl with rice, greens, cooked shredded tofu, pickled onion and edamame. Drizzle with sauce, shake on sesame seeds. Enjoy!



Veggie Taco Bowls

3 servings

30 minutes

Ingredients

14 ozs Tofu (Extra Firm Sunrise Tofu)
 2 tbsps Taco Seasoning
 2 tbsps Tomato Paste
 1/4 cup Water
 1 cup Salsa
 3 Tortillas (medium or large)
 1 cup Cherry Tomatoes (sliced)
 1 cup Corn
 2 cups Black Beans
 1/4 cup Guacamole
 2 cups Mixed Greens

Nutrition

Amount per serving	
Calories	477
Fat	12g
Carbs	70g
Fiber	19g
Sugar	11g
Protein	30g
Cholesterol	0mg
Sodium	1182mg
Vitamin A	1113IU
Vitamin C	18mg
Calcium	578mg
Iron	8mg

Directions

- 1 Gently squeeze excess water from the block of tofu by wrapping it in a few sheets of paper towel or a clean kitchen towel.
- 2 Heat 1 tablespoon of oil over medium-high heat until shimmering. Crumble the block of tofu into the skillet. Cook for about 3 or 4 minutes without stirring.
- 3 Sprinkle with taco seasoning. Stir to incorporate. Let cook for another 3-4 minutes without stirring.
- 4 Mix together the tomato paste and 1/4 cup of water plus maple syrup. Add it and the salsa to the tofu and fry over medium to high heat for ~5 minutes. Stirring frequently. Place aside.
- 5 For the tortilla bowl: Warm a tablespoon of oil in a skillet over medium-high heat. Heat the tortillas for 30-40 seconds on each side. Remove from the skillet with tongs. Press the tortilla into an ovenproof bowl. Place the bowls on a baking sheet in a preheated 350° F oven for 10-12 minutes until crispy.
- 6 Fill the tortilla bowl with greens, sliced tomatoes, corn, black beans and guacamole. Enjoy!