



Minimal Effort Meal Prep

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Fruits

- ☐ 1 tsp Lemon Zest

Breakfast

- ☐ 1/4 cup Almond Butter
☐ 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 2 tsps Greek Seasoning
☐ 1/4 cup Pumpkin Seeds
☐ 1 tbsps Taco Seasoning
☐ 1/4 cup Walnuts

Frozen

- ☐ 5 cups Frozen Edamame
☐ 2 cups Frozen Strawberries

Vegetables

- ☐ 8 cups Baby Spinach
☐ 2 cups Cherry Tomatoes
☐ 1/2 cup Fresh Dill
☐ 1 Garlic
☐ 2 Red Bell Pepper
☐ 1 1/4 cups Red Onion

Boxed & Canned

- ☐ 1 cup Fava Beans
☐ 1 1/2 cups Lentils
☐ 1 cup Orzo
☐ 1 cup Salsa
☐ 1 3/4 cups Vegetable Broth

Baking

- ☐ 2 tbsps Nutritional Yeast
☐ 1 cup Oats

Bread, Fish, Meat & Cheese

- ☐ 8 Protein Tortilla
☐ 14 ozs Tofu
☐ 6 ozs Vegan Feta

Condiments & Oils

- ☐ 2 tbsps Avocado Oil
☐ 2 Garlic Cloves

Cold

- ☐ 1 1/8 lbs Potato Gnocchi
☐ 4 cups Soy Yogurt
☐ 4 ozs Vegan Cheese Shreds

Other

- ☐ 1/2 cup Protein Powder



Sheet Pan Mediterranean Gnocchi

4 servings

40 minutes

Ingredients

2 Garlic Cloves (chopped)
 1 1/2 cups Lentils
 2 cups Cherry Tomatoes (sliced)
 1 Red Bell Pepper (chopped)
 1 1/8 lbs Potato Gnocchi
 2 cups Frozen Edamame
 1/2 cup Red Onion (chopped)
 2 tsps Greek Seasoning
 1 tbsp Avocado Oil
 3 ozs Vegan Feta

Nutrition

Amount per serving	
Calories	502
Fat	16g
Carbs	71g
Fiber	13g
Sugar	12g
Protein	23g
Cholesterol	8mg
Sodium	1107mg
Vitamin A	1789IU
Vitamin C	74mg
Calcium	105mg
Iron	5mg

Directions

- 1 Preheat the oven to 400F and line a large baking sheet with parchment paper.
- 2 To the sheet pan add: rinsed lentils, chopped baby tomatoes, chopped pepper, chopped onion, gnocchi, edamame and garlic cloves.
- 3 Drizzle the Greek seasoning and avocado oil over the ingredients on the pan and toss to ensure everything is very well coated.
- 4 Bake for 25 minutes, tossing at the 15 minute mark. After 25 minutes crumble the vegan feta over top of all the ingredients on the pan and bake for 5 more minutes.
- 5 Serve immediately topped with a mix of fresh chopped herbs, a drizzle of avocado oil and handful of fresh black olives if desired.



Sheet Pan Quesadillas

4 servings

30 minutes

Ingredients

1/2 cup Red Onion (diced)
1 Garlic (clove, diced)
1 Red Bell Pepper (chopped)
1 cup Fava Beans
14 ozs Tofu (crumbled)
1 tbsp Taco Seasoning
8 Protein Tortilla
1 cup Salsa
4 ozs Vegan Cheese Shreds

Nutrition

Amount per serving	
Calories	493
Fat	16g
Carbs	66g
Fiber	23g
Sugar	7g
Protein	35g
Cholesterol	0mg
Sodium	945mg
Vitamin A	1238IU
Vitamin C	41mg
Calcium	783mg
Iron	5mg

Directions

- 1 Preheat oven to 350 F.
- 2 In a large skillet, cook the pepper, onion and garlic. Cook for 3-5 minutes until fragrant. Add in fava beans and crumbled tofu + a bit of taco seasoning. Mash slightly with a potato masher.
- 3 On a parchment-lined baking sheet, lay down the 4 tortillas. Spread the tofu and veggie mixture on top. Next, spread the salsa and sprinkle the cheese on top. Top with 4 more tortillas.
- 4 Bake in the oven for 25 minutes. Broil for 1-2 minutes before pulling out. Let cool and cut with a pizza cutter into 4 segments.



Protein Granola

4 servings

20 minutes

Ingredients

1 cup Oats
1/2 cup Protein Powder
2 tbsps Maple Syrup
1/4 cup Almond Butter
1/4 cup Pumpkin Seeds
1/4 cup Walnuts
4 cups Soy Yogurt
2 cups Frozen Strawberries

Nutrition

Amount per serving	
Calories	464
Fat	23g
Carbs	46g
Fiber	7g
Sugar	12g
Protein	26g
Cholesterol	2mg
Sodium	25mg
Vitamin A	51IU
Vitamin C	46mg
Calcium	160mg
Iron	3mg

Directions

- 1 Preheat the oven to 180C./350F. Line a large baking tray with parchment paper and set aside.
- 2 In a large mixing bowl, add the oats and protein powder and mix well. In a microwave safe bowl, add the almond butter and maple syrup and microwave in 20-second spurts, until the almond butter has melted.
- 3 Add the wet ingredients into the dry ingredients and mix well, until fully incorporated.
- 4 Transfer the protein granola mixture onto the lined baking tray and spread out in an even layer. Place the baking tray in the oven and bake for 13-15 minutes, removing the granola halfway through to stir.
- 5 Remove the granola from the oven and mix once more, before letting it cool completely. Once it reaches room temperature, transfer into a large mixing bowl and add your mix-ins of choice.
- 6 Serve with yogurt and berries. Enjoy!



One Pan Spinach Orzo

4 servings

20 minutes

Ingredients

1 tbsp Avocado Oil
1/4 cup Red Onion (diced)
8 cups Baby Spinach
1 3/4 cups Vegetable Broth
3 cups Frozen Edamame (thawed)
1 cup Orzo
1 tsp Lemon Zest (lemon zest)
2 tbsps Nutritional Yeast
3 ozs Vegan Feta
1/2 cup Fresh Dill (chopped)

Nutrition

Amount per serving	
Calories	384
Fat	17g
Carbs	39g
Fiber	10g
Sugar	5g
Protein	22g
Cholesterol	0mg
Sodium	504mg
Vitamin A	6289IU
Vitamin C	27mg
Calcium	143mg
Iron	6mg

Directions

- 1 Heat a 10-inch skillet over medium heat and add the avocado oil. Stir in the onions and cook until softened, stirring frequently, about 3 minutes.
- 2 Stir in spinach, adding in batches if it doesn't all fit in the pan at once, and 1/2 teaspoon salt. Continue to cook, stirring occasionally, until spinach is wilted, about 5 minutes.
- 3 Stir in stock and bring to a simmer. Stir in orzo and lemon zest. Cover and simmer over medium-low heat until orzo is nearly cooked through and most of the liquid is absorbed, 10 to 14 minutes, stirring once or twice.
- 4 Stir in cheese, nutritional yeast, edamame and dill, cover the pan, and cook for another 1 minute, to finish cooking and warm the edamame. Enjoy!