



Osinga Nutrition

**Meal Prep High Protein
Breakfasts (From Costco)**

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Fruits

- 1 tbsp Lemon Juice

Seeds, Nuts & Spices

- 2 tsps Turmeric

Frozen

- 1 1/2 cups Frozen Edamame

Vegetables

- 1/2 cup Alfalfa Sprouts
- 1/2 cup Arugula
- 1 cup Baby Spinach
- 3 Red Bell Pepper
- 1/2 cup Red Onion

Boxed & Canned

- 1/4 cup Salsa

Baking

- 1 tsp Baking Powder
- 1 cup Chickpea Flour
- 1/3 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- 5 Protein Tortilla
- 1 cup Textured Vegetable Protein
- 14 ozs Tofu
- 2 slices Whole Grain Bread

Cold

- 3 tsps Guacamole



Chickpea Omelette Cups

4 servings

40 minutes

Ingredients

- 1 cup Chickpea Flour
- 1 tsp Turmeric
- 1/4 cup Nutritional Yeast
- 1 tsp Baking Powder
- 1 cup Textured Vegetable Protein
- 1/4 cup Salsa
- 1 Red Bell Pepper (diced)
- 1 cup Baby Spinach

Nutrition

Amount per serving	
Calories	196
Fat	2g
Carbs	26g
Fiber	9g
Sugar	7g
Protein	20g
Cholesterol	0mg
Sodium	288mg
Vitamin A	1719IU
Vitamin C	40mg
Calcium	140mg
Iron	5mg

Directions

- 1 Preheat the oven to 375 F.
- 2 Rehydrate the TVP by combining the TVP with 2 cups of boiling water. Place aside.
- 3 In a non-stick frying pan, heat oil over medium heat and sautee the, red pepper and spinach, until fully roasted. It takes about 2 minutes.
- 4 Combine the cooked veggies with the TVP and the rest of the ingredients. Divide among 12 muffin tins. Cook for 25 minutes. Let cool and enjoy!



Edamame Guacamole Toast

2 servings

10 minutes

Ingredients

- 1 1/2 cups Frozen Edamame
- 3 tbsps Guacamole (medium, mashed)
- 1 tbsp Lemon Juice
- 2 slices Whole Grain Bread (toasted)
- 1/2 cup Alfalfa Sprouts
- 1/2 cup Arugula

Nutrition

Amount per serving	
Calories	289
Fat	11g
Carbs	31g
Fiber	11g
Sugar	6g
Protein	20g
Cholesterol	0mg
Sodium	199mg
Vitamin A	478IU
Vitamin C	14mg
Calcium	129mg
Iron	4mg

Directions

- 1 Cook the edamame in salted boiling water for three to four minutes. Blend with guacamole in a food processor with lemon juice. Place aside.
- 2 Spread the edamame and guacamole mixture on the toast and top with greens of choice. Enjoy!

Notes

Leftovers: Do not open and mash the avocado until ready to serve. Refrigerate the cooked edamame in an airtight container for up to three days.

Serving Size: One serving is one piece of toast.

Additional Toppings: Sprinkle with chilli flakes.

Gluten-Free: Use gluten-free bread.

More Flavor: Top with olive oil or flavor-infused oil.



Plant Based Tofu Breakfast Burritos

5 servings

40 minutes

Ingredients

- 5 Protein Tortilla
- 2 Red Bell Pepper (sliced thin)
- 1/2 cup Red Onion (diced)
- 14 ozs Tofu (one block of tofu - crumbled)
- 1 tsp Turmeric
- 1 tbsp Nutritional Yeast

Nutrition

Amount per serving	
Calories	213
Fat	6g
Carbs	26g
Fiber	11g
Sugar	3g
Protein	20g
Cholesterol	0mg
Sodium	11mg
Vitamin A	1491IU
Vitamin C	62mg
Calcium	333mg
Iron	3mg

Directions

- 1 Make a batch of tofu scramble by adding the crumbled tofu to a frying pan, along with the turmeric and nutritional yeast. Pan fry until slightly browned.
- 2 Pan fry your red pepper and onion until they are softened - about 5 minutes.
- 3 Lay out all of your ingredients along with the tortilla wraps. To each tortilla, add the tofu scramble, salsa and red pepper.
- 4 To roll, fold each of the ends in. Fold one side over the filling, tucking it in as tightly as you can. Then continue to roll the tortilla over until it is tightly wrapped.
- 5 (Optional) If you'd like them crispy- heat a little oil in a skillet over a medium heat, then lightly fry them on two or four sides. Make sure you start with the fold side down first, to seal it with the heat.
- 6 Serve with salsa and guacamole!