



Osinga Nutrition

No-Cook Meal Prep

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Fruits

- 1/4 cup Lemon Juice

Seeds, Nuts & Spices

- 1/2 cup Pumpkin Seeds
- 0 Sea Salt & Black Pepper

Frozen

- 4 cups Frozen Edamame

Vegetables

- 4 cups Baby Spinach
- 1/2 cup Basil Leaves
- 3 Carrot
- 2 1/2 cups Cherry Tomatoes
- 4 cups Coleslaw Mix
- 12 units Collard Greens
- 5 stalks Green Onion
- 1/4 cup Microgreens
- 5 cups Red Cabbage

Boxed & Canned

- 2 cups Chickpeas
- 5 cups Lentils

Baking

- 2 tbsps Nutritional Yeast

Bread, Fish, Meat & Cheese

- 2 ozs Sourdough Bread
- 10 ozs Tempeh

Condiments & Oils

- 1 cup Artichoke Hearts
- 1/4 cup Extra Virgin Olive Oil
- 1/2 cup Salad Dressing

Cold

- 1 cup Guacamole
- 2 ozs Vegan Cheese Shreds



Collard Green Wraps

4 servings

10 minutes

Ingredients

3/4 cup Guacamole
 1 1/2 cups Frozen Edamame
 3 cups Red Cabbage (chopped)
 3 Carrot (ribboned)
 12 units Collard Greens (12 leaves)
 8 ozs Tempeh (sliced (bacon flavoured))

Nutrition

Amount per serving	
Calories	283
Fat	16g
Carbs	21g
Fiber	9g
Sugar	6g
Protein	21g
Cholesterol	0mg
Sodium	117mg
Vitamin A	7882IU
Vitamin C	35mg
Calcium	147mg
Iron	4mg

Directions

- 1 Blend together the edamame and guacamole. Place aside.
- 2 Cut the stem off of your collard leaf and lay it on a flat surface.
- 3 Fill the middle with the edamame spread, tempeh and the veggies. Fold in the stem sides and roll like you would a traditional tortilla or burrito.
- 4 Slice in half and enjoy!



Spinach & Lentil Salad

4 servings
15 minutes

Ingredients

1/4 cup Extra Virgin Olive Oil
1/4 cup Lemon Juice
2 tbsps Nutritional Yeast
Sea Salt & Black Pepper (to taste)
5 cups Lentils (cooked)
2 cups Coleslaw Mix
4 stalks Green Onion (sliced)
1/2 cup Basil Leaves (chopped)
1/2 cup Pumpkin Seeds (roasted, chopped)
4 cups Baby Spinach
2 ozs Vegan Cheese Shreds

Directions

- 1 In a large bowl, whisk together the olive oil, lemon juice, nutritional yeast, salt, and pepper until well combined.
- 2 Add the lentils, coleslaw mix, green onions, basil, and pumpkin seeds. Toss gently to ensure all the ingredients are well coated.
- 3 Divide the spinach into bowls or plates. Top with the lentil mixture and vegan cheese. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately three cups.

Nutrition

Amount per serving	
Calories	581
Fat	26g
Carbs	62g
Fiber	24g
Sugar	7g
Protein	31g
Cholesterol	0mg
Sodium	201mg
Vitamin A	5096IU
Vitamin C	39mg
Calcium	250mg
Iron	12mg



Chickpea Rainbow Veggie Mason Jar Salad

4 servings

25 minutes

Ingredients

- 1/2 cup Salad Dressing (I used honey mustard)
- 2 cups Frozen Edamame (thawed)
- 2 cups Chickpeas (cooked)
- 1 cup Artichoke Hearts (from the jar, chopped)
- 2 cups Cherry Tomatoes (halved)
- 2 cups Coleslaw Mix (with kale)
- 2 cups Red Cabbage (shredded)

Nutrition

Amount per serving	
Calories	408
Fat	20g
Carbs	42g
Fiber	16g
Sugar	14g
Protein	20g
Cholesterol	0mg
Sodium	525mg
Vitamin A	2592IU
Vitamin C	55mg
Calcium	160mg
Iron	5mg

Directions

- 1 Divide the dressing into each mason jar then layer with chickpeas, edamame, tomatoes, artichokes, coleslaw mix and shredded cabbage.
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- 2 Seal the jar and refrigerate until ready to serve. When ready to eat, shake the jar, and dump into a bowl. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: 16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

Additional Toppings: Add feta cheese, goat cheese, cucumber and/or onions.

No Green Goddess Dressing: Use other dressing of choice.



High Protein Tempeh Bacon Toast

1 serving
10 minutes

Ingredients

1/2 cup Frozen Edamame
2 tbsps Guacamole
2 ozs Sourdough Bread (1 slice = 1 serving)
2 ozs Tempeh (sliced (bacon flavoured))
1/2 cup Cherry Tomatoes (sliced)
1 stalk Green Onion (chopped)
1/4 cup Microgreens

Directions

- 1 Blend together edamame and guacamole. Spread on the sourdough bread and top with tempeh bacon. You have the option to pan fry the tempeh bacon. Top with the veggies and enjoy!

Nutrition

Amount per serving	
Calories	414
Fat	15g
Carbs	46g
Fiber	9g
Sugar	5g
Protein	28g
Cholesterol	0mg
Sodium	331mg
Vitamin A	1332IU
Vitamin C	26mg
Calcium	134mg
Iron	6mg