



Nicole Osinga

**BBQ-Style High Protein Plant-
Based Meal Prep**

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Breakfast

- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1 tbsps Chili Powder
- 2 tsps Curry Powder
- 1 1/2 tsps Garlic Powder
- 1/2 tsp Liquid Smoke
- 1 cup Pine Nuts
- 1/2 tsp Smoked Paprika
- 1 tsp Turmeric

Frozen

- 3 cups Frozen Edamame

Vegetables

- 4 cups Arugula
- 2 cups Asparagus
- 2 Carrots
- 7 cups Coleslaw Mix
- 2 ears Corn On The Cob
- 3 cups Mini Potatoes
- 2 cups Red Cabbage
- 1/2 cup Red Onion

Boxed & Canned

- 4 cups Lentils
- 2 tbsps Tomato Paste
- 1 1/2 cups Vital Wheat Gluten

Baking

- 2 tbsps Nutritional Yeast

Bread, Fish, Meat & Cheese

- 1 3/4 lbs Tofu

Condiments & Oils

- 1/4 cup Avocado Oil
- 1/4 cup Balsamic Vinaigrette
- 1/2 cup Bbq Sauce
- 2 ozs Pickled Red Onions
- 1/3 cup Soy Sauce
- 3 tbsps Vegan Mayonnaise

Cold

- 3 tbsps Soy Yogurt

Other

- 4 Buns
- 3/4 cup Water



BBQ Shredded Tofu Burgers

4 servings
43 minutes

Ingredients

1 3/4 lbs Tofu (2 blocks)
1 tbsp Avocado Oil
1 tbsp Soy Sauce
2 tsps Chili Powder
1/2 tsp Smoked Paprika
1/2 tsp Garlic Powder
1/4 cup Water
1/2 cup Bbq Sauce
4 Buns
1 cup Coleslaw Mix

Nutrition

Amount per serving	
Calories	487
Fat	21g
Carbs	63g
Fiber	4g
Sugar	11g
Protein	29g
Cholesterol	24mg
Sodium	854mg
Vitamin A	1492IU
Vitamin C	11mg
Calcium	598mg
Iron	5mg

Directions

- 1 Preheat your oven to 350F (180C). Line with parchment paper or lightly grease a large baking sheet.
- 2 Use the large side of a cheese grater to grate the block of tofu into shreds. Set aside.
- 3 Mix the oil, soy sauce, chili powder, smoked paprika, and garlic powder in a large bowl. Add the shredded tofu, and use a spatula to gently toss to evenly coat the tofu in the seasonings.
- 4 Spread the tofu evenly over the prepared pan. Bake for 28 - 33 minutes, stirring the tofu halfway through, until the tofu is browned. For chewier shreds you will want to bake them a little longer, or for more tender shreds bake them a little less.
- 5 Heat the BBQ sauce and 1/2 cup water in a pan, and then stir in the baked tofu. The tofu will absorb some of the liquid and it will soften to a slightly meaty texture. Serve on a hamburger bun with coleslaw. Enjoy!



Grilled Corn Salad Bowl

4 servings

30 minutes

Ingredients

2 ears Corn On The Cob
3 cups Lentils
2 ozs Pickled Red Onions
4 cups Arugula
1 cup Pine Nuts
1/4 cup Balsamic Vinaigrette

Directions

- 1 Meanwhile break corns in half and grill them in a grill pan until kernels are tender and start to get a bit brown, for about 15-20 mins.
- 2 Divide the arugula, corns, lentils, onions and pine nuts between bowls and serve with balsamic vinaigrette. Enjoy!

Nutrition

Amount per serving	
Calories	510
Fat	31g
Carbs	48g
Fiber	14g
Sugar	9g
Protein	20g
Cholesterol	0mg
Sodium	261mg
Vitamin A	496IU
Vitamin C	7mg
Calcium	66mg
Iron	7mg



Seitan Steak and Veggies

4 servings
45 minutes

Ingredients

2 cups Asparagus (woody ends sliced off)
3 cups Mini Potatoes (sliced)
1 tbsp Avocado Oil
1 1/2 cups Vital Wheat Gluten
1 cup Lentils
1/3 cup Water
2 tbsps Nutritional Yeast
2 tbsps Tomato Paste
2 tbsps Soy Sauce
1 tsp Garlic Powder
1 tsp Chili Powder
1/2 tsp Liquid Smoke
1/4 cup Water
2 tbsps Avocado Oil
2 tbsps Soy Sauce
1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	413
Fat	4g
Carbs	52g
Fiber	9g
Sugar	7g
Protein	48g
Cholesterol	0mg
Sodium	485mg
Vitamin A	835IU
Vitamin C	28mg

Directions

- 1 Preheat oven to 400 F.
- 2 Add asparagus and sliced mini potatoes to a parchment lined baking sheet. Drizzle with avocado oil and desired spices. Roast for 35 minutes, tossing halfway.
- 3 In a food processor, pulse the vital wheat gluten, lentils, water, nutritional yeast, tomato paste, soy sauce, garlic powder, chili powder and liquid smoke. A dough should be formed.
- 4 Add mixture to a clean work surface and begin to knead it together. It may be a bit crumbly at first. Cut the ball into 4 sections, then use a rolling pin to roll out each section. The dough will be very tough and stretchy, but just keep working at it until you get your desired steak shapes.
- 5 Add several inches of water to a large pot with a steamer basket and bring to a boil. Steam for 25 minutes, flipping the steaks halfway through so they steam evenly. They will double in size.
- 6 Next, heat a frying pan, grill pan, or barbecue. When hot, fry or grill the steaks a couple of minutes on each side until grill marks form. Brush the steaks with marinade (1/4 cup water, 2 tbsp avocado oil, 2 tbsp soy sauce, 1 tbsp maple syrup) while cooking to keep them juicy.

Calcium	57mg
Iron	7mg



Coleslaw with Spiced Mayo

4 servings

10 minutes

Ingredients

- 6 cups Coleslaw Mix
- 1/2 cup Red Onion (chopped)
- 2 cups Red Cabbage (shredded)
- 2 Carrots (shredded)
- 3 cups Frozen Edamame
- 3 tbsps Vegan Mayonnaise
- 3 tbsps Soy Yogurt
- 2 tps Curry Powder
- 1 tsp Turmeric
- 1 tbsp Maple Syrup

Directions

- 1 Combined all of the veggies with the edamame in a large bowl.
- 2 In a small bowl, mix the yogurt, mayonnaise, curry powder, turmeric and maple syrup until well combined. Pour into the veggie mixture and toss until everything is combined. Enjoy!

Nutrition

Amount per serving	
Calories	363
Fat	17g
Carbs	39g
Fiber	12g
Sugar	14g
Protein	22g
Cholesterol	0mg
Sodium	162mg
Vitamin A	9985IU
Vitamin C	81mg
Calcium	177mg
Iron	4mg