



Costco No Cook Meal Prep

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Fruits

- 1/2 Lemon
- 1 tbsp Lemon Juice
- 1 cup Strawberries

Seeds, Nuts & Spices

- 1/3 cup Chia Seeds
- 1/3 cup Hemp Seeds
- 1 tbsp Oregano

Frozen

- 3 1/2 cups Frozen Edamame

Vegetables

- 1 oz Basil Leaves
- 2 cups Cherry Tomatoes
- 2 Cucumber
- 2 cups Matchstick Carrots
- 8 cups Mixed Greens
- 1/2 Orange Bell Pepper
- 1 cup Purple Cabbage
- 1 cup Red Onion

Boxed & Canned

- 2 cups Chickpeas
- 2 cups Corn
- 1 1/2 cups Corn Tortilla Chips

Baking

- 1/4 cup Cacao Powder
- 4 units Pitted Dates

Bread, Fish, Meat & Cheese

- 2 ozs Plant-Based Feta
- 4 units Queen Street Chia & Flax Seed Superfood Bagel
- 1 1/4 lbs Tofu

Condiments & Oils

- 2 tbsps Balsamic Vinegar
- 3/4 cup Peanut Sauce
- 12 Rice Paper Wraps
- 3 tbsps Sun Dried Tomatoes

Cold

- 1/2 cup Hummus
- 3 cups Soy Milk
- 2 cups Soy Yogurt

Other

- 1/3 cup Chocolate Protein Powder



Chopped Bagel Sandwich

4 servings

10 minutes

Ingredients

2 cups Mixed Greens
 2 cups Chickpeas
 1 cup Cherry Tomatoes
 1/2 cup Red Onion
 3 tbsps Sun Dried Tomatoes (jarred and preserved in oil)
 1/4 cup Hemp Seeds
 1/2 cup Hummus
 1 tbsp Oregano
 1 tbsp Lemon Juice (or to taste)
 4 units Queen Street Chia & Flax Seed Superfood Bagel

Directions

- 1 Transfer the lettuce, chickpeas, tomato, red onion, sun-dried tomatoes and hemp heart to a large cutting board with grooves. Use a large chef's knife to chop the ingredients until very finely chopped.
- 2 Add the hummus, lemon juice and oregano. Use a bench scraper to combine the ingredients until fully incorporated.
- 3 Transfer one-fourth of the mixed ingredients into one bagel when ready to eat. Enjoy!

Nutrition

Amount per serving	
Calories	550
Fat	19g
Carbs	80g
Fiber	19g
Sugar	7g
Protein	20g
Cholesterol	0mg
Sodium	151mg
Vitamin A	376IU
Vitamin C	12mg
Calcium	95mg
Iron	5mg



Crunchy Corn and Edamame Salad

4 servings
40 minutes

Ingredients

- 4 cups Mixed Greens
- 3 1/2 cups Frozen Edamame
- 2 cups Corn
- 1 oz Basil Leaves
- 1/2 cup Red Onion (diced)
- 1 cup Cherry Tomatoes (sliced)
- 1/2 Orange Bell Pepper (diced)
- 2 ozs Plant-Based Feta
- 1/2 Lemon (juice of half a lemon)
- 2 tbsps Balsamic Vinegar
- 1 1/2 cups Corn Tortilla Chips

Directions

- 1 Combine the veggies and feta in a large bowl.
;
- 2 Add in balsamic vinegar and lemon.
;
- 3 Serve with tortilla chips and enjoy!

Nutrition

Amount per serving	
Calories	362
Fat	15g
Carbs	43g
Fiber	11g
Sugar	10g
Protein	21g
Cholesterol	0mg
Sodium	32mg
Vitamin A	1340IU
Vitamin C	69mg
Calcium	151mg
Iron	5mg



Tofu Summer Rolls

4 servings

30 minutes

Ingredients

1 1/4 lbs Tofu (Extra Firm)
12 Rice Paper Wraps
2 cups Mixed Greens
2 cups Matchstick Carrots
2 Cucumber (grated)
1 cup Purple Cabbage (shredded)
3/4 cup Peanut Sauce

Directions

- 1 Slice the tofu into strips, spray with avocado oil and air fry at 400 F for 12-15 minutes or until crispy.
- 2 Dunk your rice paper into the water for a few seconds, then add your filling (tofu and veggies) and roll it up just like a burrito.
- 3 Serve with the peanut sauce and enjoy!

Nutrition

Amount per serving	
Calories	417
Fat	16g
Carbs	52g
Fiber	6g
Sugar	18g
Protein	20g
Cholesterol	0mg
Sodium	839mg
Vitamin A	4884IU
Vitamin C	23mg
Calcium	471mg
Iron	5mg



Blended Chocolate Chia Pudding

4 servings
1 hour 10 minutes

Ingredients

3 cups Soy Milk
1/3 cup Chia Seeds
1/4 cup Cacao Powder
1/3 cup Chocolate Protein Powder
2 tbsps Hemp Seeds
4 units Pitted Dates
2 cups Soy Yogurt
1 cup Strawberries

Nutrition

Amount per serving	
Calories	302
Fat	14g
Carbs	27g
Fiber	9g
Sugar	9g
Protein	20g
Cholesterol	1mg
Sodium	102mg
Vitamin A	5IU
Vitamin C	21mg
Calcium	384mg
Iron	4mg

Directions

- 1 Start by adding the chia seeds to your blender. Blend until the seeds reach a powder-like consistency.
- 2 Add the soy milk, cacao powder, dates, hemp seeds and protein powder to the blender. Blend until the mixture is smooth.
- 3 Transfer the mixture to a container and place it in the fridge. Allow it to set for at least 1 hour to achieve the best consistency.
- 4 When ready to serve, layer the pudding with the soy yogurt and fresh strawberries. Enjoy!