



No Cook High Protein Meal Prep  
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### Fruits

- 2 tbsps Lemon Juice
- 1 cup Strawberries

### Breakfast

- 1 1/2 tbsps Almond Butter
- 1 tbsp Maple Syrup

### Seeds, Nuts & Spices

- 1/4 tsp Onion Powder
- 1/4 tsp Smoked Paprika
- 1/4 cup Sunflower Seeds

### Frozen

- 1 1/2 cups Frozen Edamame

### Vegetables

- 1 head Boston Lettuce
- 4 cups Broccoli
- 2 cups Coleslaw Mix
- 2 cups Red Cabbage
- 1/4 cup Red Onion
- 1/2 Yellow Onion

### Boxed & Canned

- 1/2 cup Salsa

### Baking

- 1/2 tsp Baking Soda
- 1/4 cup Dried Unsweetened Cranberries
- 3/4 cup Oats

### Bread, Fish, Meat & Cheese

- 4 Corn Tortilla
- 2 cups Textured Vegetable Protein
- 14 ozs Tofu

### Condiments & Oils

- 3 tbsps Rice Vinegar
- 2 tbsps Sesame Oil
- 1/4 cup Tamari
- 1/2 cup Vegan Mayonnaise

### Cold

- 1/4 cup Coconut Whipped Cream
- 1/4 cup Soy Milk
- 2/3 cup Soy Yogurt
- 1 oz Vegan Cheese Shreds

### Other

- 1/3 cup Vanilla Protein Powder



## Strawberry Shortcake Protein Waffles

2 servings  
20 minutes

### Ingredients

2/3 cup Soy Yogurt  
1 cup Strawberries (sliced)  
1/4 cup Soy Milk  
1/3 cup Vanilla Protein Powder  
1/4 cup Coconut Whipped Cream  
3/4 cup Oats  
1/2 tsp Baking Soda

### Nutrition

Amount per serving	
Calories	253
Fat	5g
Carbs	34g
Fiber	5g
Sugar	6g
Protein	20g
Cholesterol	3mg
Sodium	357mg
Vitamin A	9IU
Vitamin C	42mg
Calcium	141mg
Iron	2mg

### Directions

- 1 For the waffles, combine the coconut yogurt, almond milk, protein powder, oats, baking soda and protein powder in a blender until smooth.
- 2 Grease the waffle maker. Add the batter to cover the bottom of your maker, about 1/2 cup at a time.
- 3 Cook the waffles for about three to four minutes or until golden brown. Repeat the process until all the batter is cooked. Serve with the fresh strawberries and coconut whip. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Freeze for up to two months. Reheat in a toaster or toaster oven.

**Serving Size:** One serving is one waffle.

**Nut-Free:** Use another type of milk such as cow's milk, oat milk or soy milk.

**More Flavor:** Add cinnamon and/or chocolate chips to the batter.

**Additional Toppings:** Top with berries, butter, or nut/seed butter.

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.



## Protein Broccoli Salad

4 servings  
20 minutes

### Ingredients

4 cups Broccoli (chopped)  
1 cup Textured Vegetable Protein  
1 1/2 cups Frozen Edamame (thawed)  
1/4 cup Sunflower Seeds  
1/4 cup Dried Unsweetened Cranberries  
1/2 cup Vegan Mayonnaise  
1 tbsp Rice Vinegar  
1 tbsp Maple Syrup  
2 tbsps Lemon Juice (½ lemon)  
1/4 tsp Onion Powder  
1/4 tsp Smoked Paprika  
1 oz Vegan Cheese Shreds

### Directions

- 1 Rehydrate the Texturized Vegetable Protein according to package directions.
- 2 In a small bowl, whisk together the dressing ingredients - mayo, vinegar, lemon juice, maple syrup, onion powder and paprika.
- 3 Add the rest of the salad ingredients to the chopped broccoli and stir.
- 4 Drizzle half the dressing over salad and mix well, folding the dressing in with a rubber spatula. Add the other half of the dressing and mix again to fully coat.
- 5 Allow salad to sit in the fridge - covered - for at least an hour or overnight for optimal flavour.

### Nutrition

Amount per serving	
Calories	442
Fat	29g
Carbs	32g
Fiber	10g
Sugar	14g
Protein	20g
Cholesterol	0mg
Sodium	319mg
Vitamin A	812IU
Vitamin C	88mg
Calcium	196mg
Iron	4mg



## Shredded Tofu Tacos

2 servings

15 minutes

### Ingredients

14 ozs Tofu (Smoked Extra Firm Tofu)  
 4 Corn Tortilla (or double the amount of mini tortillas)  
 2 cups Coleslaw Mix  
 1 cup Red Cabbage (shredded)  
 1/4 cup Red Onion (diced)  
 1/2 cup Salsa

### Directions

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Shred the pre-cooked smoked tofu with a cheese grater. Assemble on tacos with the coleslaw mix, shredded cabbage, onion and top with salsa. Enjoy!

### Nutrition

Amount per serving	
Calories	367
Fat	12g
Carbs	45g
Fiber	9g
Sugar	9g
Protein	25g
Cholesterol	0mg
Sodium	509mg
Vitamin A	3343IU
Vitamin C	55mg
Calcium	841mg
Iron	6mg



## Sesame TVP Lettuce Wraps

2 servings

20 minutes

### Ingredients

- 1 cup Textured Vegetable Protein (extra firm, pressed, crumbled)
- 1 1/2 tbsps Almond Butter
- 2 tbsps Sesame Oil
- 1/4 cup Tamari (divided)
- 2 tbsps Rice Vinegar (divided)
- 1/2 Yellow Onion (medium, chopped)
- 1 head Boston Lettuce (leaves separated)
- 1 cup Red Cabbage (chopped)

### Nutrition

Amount per serving	
Calories	349
Fat	21g
Carbs	21g
Fiber	9g
Sugar	10g
Protein	25g
Cholesterol	0mg
Sodium	2028mg
Vitamin A	168IU
Vitamin C	16mg
Calcium	160mg
Iron	6mg

### Directions

- 1 Rehydrate the TVP according to package directions.
- 2 Meanwhile, In a small bowl, combine the almond butter, tamari, sesame oil and the rice vinegar. Stir until smooth. Mix together with the TVP and chopped onion.
- 3 Spoon the TVP and veggie mixture into the center of each lettuce leaf. Top with red cabbage. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1 1/2 cups of tofu filling with lettuce.

**More Flavor:** Use romaine lettuce leaves instead. Add fresh cilantro, sesame seeds, and/or nuts.