



**Nicole Osinga**

**Quick & Simple Costco Meals**

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### Fruits

- 2 cups Pineapple

### Seeds, Nuts & Spices

- 1 tsp Garlic Powder
- 1 1/2 tbsps Hemp Seeds
- 1/4 tsp Onion Powder
- 1/2 tsp Paprika
- 1/4 tsp Turmeric

### Frozen

- 3/4 cup Frozen Edamame
- 4 ozs Hashbrowns

### Vegetables

- 2 cups Baby Spinach
- 1 cup Broccoli
- 1 stalk Green Onion
- 2 1/2 Red Bell Pepper
- 1 cup Red Onion
- 1 Sweet Potato
- 2 Yellow Bell Pepper

### Boxed & Canned

- 2 cups Black Beans
- 1 cup Wild Rice

### Baking

- 2 tbsps Nutritional Yeast

### Bread, Fish, Meat & Cheese

- 4 Corn Tortilla
- 1 1/8 lbs Silken Tofu
- 2 1/8 lbs Tofu
- 2 slices Whole Grain Bread

### Condiments & Oils

- 1 tbsp Balsamic Glaze
- 1/4 cup Bbq Sauce
- 1 tsp Extra Virgin Olive Oil
- 2 tpsps Hot Sauce
- 1/2 oz Pickled Red Onions
- 1 tbsp Soy Sauce

### Cold

- 2 tbsps Guacamole
- 1/3 cup Hummus
- 2 ozs Vegan Cheese Shreds

### Other

- 2 tbsps Water



## Edamame Avocado Toast

1 serving  
10 minutes

### Ingredients

3/4 cup Frozen Edamame  
2 tbsps Guacamole (medium, mashed)  
2 slices Whole Grain Bread (toasted)  
1/2 oz Pickled Red Onions  
1 tbsp Balsamic Glaze  
1 1/2 tbsps Hemp Seeds

### Nutrition

Amount per serving	
Calories	523
Fat	22g
Carbs	58g
Fiber	15g
Sugar	16g
Protein	30g
Cholesterol	0mg
Sodium	553mg
Vitamin A	348IU
Vitamin C	10mg
Calcium	172mg
Iron	6mg

### Directions

- 1 Cook the edamame in salted boiling water for three to four minutes. Set aside to cool.
- 2 Mash the guac with the edamame. Spread on the toast and top with red onions and hemp seeds. Drizzle with balsamic glaze.

### 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.



## Shredded Buffalo Quesadilla

2 servings

10 minutes

### Ingredients

14 ozs Tofu  
 1/2 tsp Paprika  
 1/4 tsp Onion Powder  
 2 tsps Hot Sauce  
 1 tbsp Soy Sauce  
 1 cup Baby Spinach  
 1 cup Broccoli (chopped into small florets)  
 1 tsp Extra Virgin Olive Oil  
 4 Corn Tortilla (small)  
 2 ozs Vegan Cheese Shreds

### Nutrition

Amount per serving	
Calories	432
Fat	20g
Carbs	41g
Fiber	7g
Sugar	2g
Protein	24g
Cholesterol	0mg
Sodium	867mg
Vitamin A	1973IU
Vitamin C	45mg
Calcium	1054mg
Iron	6mg

### Directions

- 1 First, shred the tofu with a cheese grater. Next, add the shredded tofu in a large bowl and add spices, soy sauce and hot sauce. Mix well. Next, spray a large frying pan with avocado oil spray and fry the tofu until it turns crisp and brown. Place aside.
- 2 Wipe out the pan and return to medium heat.
- 3 Add one tortilla to the pan and sprinkle the cheese on it. Add the spinach, broccoli and shredded tofu and top it with the other tortilla. Press down on the quesadilla to flatten it. Cook for three to five minutes, flipping halfway, or until the quesadilla is browned on both sides and the cheese has melted. Slice, serve, and enjoy!

### Notes

**Leftovers:** Best enjoyed fresh. Refrigerate in an airtight container for up to three days. Reheat in the pan.

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

**Make it Vegan:** Use vegan cheese.

**More Flavor:** Serve with salsa, sour cream and/or guacamole.

**Additional Toppings:** Chopped cilantro.



## Pineapple BBQ Tofu Meal Prep Bowl

4 servings  
30 minutes

### Ingredients

- 1 cup Wild Rice (uncooked)
- 1 1/4 lbs Tofu
- 2 cups Pineapple (cubed)
- 2 Yellow Bell Pepper (sliced)
- 2 Red Bell Pepper (sliced)
- 1 cup Red Onion (sliced)
- 1/4 cup Bbq Sauce

### Nutrition

Amount per serving	
Calories	383
Fat	8g
Carbs	62g
Fiber	8g
Sugar	19g
Protein	22g
Cholesterol	0mg
Sodium	105mg
Vitamin A	2205IU
Vitamin C	290mg
Calcium	453mg
Iron	5mg

### Directions

- 1 Press the tofu for at least 15 minutes to remove extra liquid, then cut into cubes.
- 2 Preheat oven to 400 F.
- 3 On two parchment paper-lined baking sheets, add the sliced peppers, onions, cubed tofu and pineapple (all in separate parts of the baking sheet). Drizzle with avocado oil. Bake for 30 minutes, tossing after 15 minutes and drizzle BBQ sauce on the tofu after 15 minutes.
- 4 Cook rice according to package directions.
- 5 Divide all ingredients between storage containers. Drizzle with 1 tablespoon extra BBQ sauce.



## Black Bean & Hummus Stuffed Sweet Potato

2 servings  
30 minutes

### Ingredients

- 1 Sweet Potato (large, halved lengthwise and pricked with a fork)
- 2 cups Black Beans (cooked)
- 1/3 cup Hummus
- 2 tbsps Water
- 1 stalk Green Onion (chopped)

### Nutrition

Amount per serving	
Calories	382
Fat	8g
Carbs	60g
Fiber	19g
Sugar	4g
Protein	20g
Cholesterol	0mg
Sodium	213mg
Vitamin A	9481IU
Vitamin C	2mg
Calcium	90mg
Iron	5mg

### Directions

- 1 Place the sweet potato in a steaming basket over boiling water. Steam for 25 minutes or until cooked through.
- 2 Carefully remove the sweet potatoes and use a fork to create a space for the black beans in the potato's flesh. Spoon the black beans into the sweet potato.
- 3 Mix the hummus and water to make a dressing. Drizzle this over the sweet potato. Garnish with the green onion, and enjoy!

### Notes

**Leftovers:** Refrigerate ingredients in separate airtight containers for up to three days.

**Serving Size:** One serving is half a sweet potato and 1/2 cup of black beans.

**No Steaming Basket:** Cook in the oven at 400°F (205°C), flesh side down, for 25 to 30 minutes or until cooked through.

**More Flavor:** Sauté the black beans with garlic and onions.

**Additional Toppings:** Shredded cheese and/or chopped cilantro.



## Tofu Scramble With Hashbrowns

2 servings

15 minutes

### Ingredients

- 1 1/8 lbs Silken Tofu (drained)
- 2 tbsps Nutritional Yeast
- 1 tsp Garlic Powder
- 1/4 tsp Turmeric
- 1/2 Red Bell Pepper (chopped)
- 1 cup Baby Spinach
- 4 ozs Hashbrowns

### Nutrition

Amount per serving	
Calories	307
Fat	14g
Carbs	27g
Fiber	5g
Sugar	5g
Protein	19g
Cholesterol	0mg
Sodium	274mg
Vitamin A	2338IU
Vitamin C	46mg
Calcium	103mg
Iron	4mg

### Directions

- 1 Cook the hashbrowns according to package directions.
- 2 In a pan over medium heat, add the tofu, nutritional yeast, garlic powder, turmeric, chopped pepper and baby spinach. Use the spatula to stir and gently break up the tofu.
- 3 Cook until the edges are firm and liquid is gone, about 15 minutes. Transfer containers and add 2 hashbrowns per container. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately 3/4 cup.

**More Flavor:** Add black pepper and black salt.

**Additional Toppings:** Serve it with salsa, avocado slices, fresh fruit, toast, tortillas, or roasted veggies.