



Nicole Osinga

**Gluten-Free Budget Friendly  
Meal Prep**

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### Seeds, Nuts & Spices

- 2 1/4 tsps Chili Powder
- 1/2 tsp Cumin
- 1 tsp Garlic Powder
- 2 tsps Liquid Smoke
- 1 tsp Onion Powder
- 1 tsp Paprika

### Vegetables

- 5 cups Baby Spinach
- 1 1/2 cups Cherry Tomatoes
- 1 Cucumber
- 1 1/2 cups Mini Potatoes
- 4 Red Bell Pepper
- 2 1/2 cups Red Onion
- 3 Yellow Bell Pepper

### Boxed & Canned

- 2 cups Marinara Sauce
- 1 2/3 lbs Red Lentil Pasta
- 1/4 cup Thousand Island Dressing

### Bread, Fish, Meat & Cheese

- 8 units Little Northern Bakehouse Wide Slice Bread, Whole Wheat
- 2 units Little Northern Bakehouse Wide Slice White Bread
- 1 cup Textured Vegetable Protein
- 2 2/3 lbs Tofu

### Condiments & Oils

- 3 tbsps Avocado Oil
- 4 ozs Baby Pickles
- 1/4 tsp Ground Tumeric
- 1 tbsp Soy Sauce
- 2 tsps Worcestershire Sauce

### Cold

- 2 ozs Vegan Cheese Shreds

### Other

- 2 tsps Sugar Free Ketchup



## Vegan Club Sandwich with Tofu Deli Meat

4 servings

35 minutes

### Ingredients

1 3/4 lbs Tofu (extra firm. Pressed)  
 2 tps Sugar Free Ketchup  
 1 tsp Liquid Smoke  
 2 tps Worcestershire Sauce (vegan)  
 1 tsp Garlic Powder  
 1 tsp Onion Powder  
 1 tsp Paprika  
 8 units Little Northern Bakehouse Wide Slice Bread, Whole Wheat  
 1 Cucumber (sliced)  
 1 Red Bell Pepper (sliced)  
 1 cup Red Onion (sliced)  
 1 cup Baby Spinach

### Nutrition

Amount per serving	
Calories	382
Fat	14g
Carbs	48g
Fiber	8g
Sugar	10g
Protein	24g
Cholesterol	0mg
Sodium	74mg
Vitamin A	2000IU
Vitamin C	46mg
Calcium	598mg
Iron	5mg

### Directions

- 1 Press and slice the tofu, drizzle a teaspoon of oil in baking dish that will fit the tofu or line the baking dish with parchment paper. Place the slices in the baking dish, almost touching each other.
- 2 In a bowl, add all of the marinade ingredients and mix really well. Add 1 teaspoon or so of water if needed and mix, add enough so the marinade is brushable. Using a brush, brush the marinade all of the tofu slices generously. The marinade is easily doubled or tripled for larger batch tofu slices!
- 3 Preheat the oven to 400° F (205° C) and then bake the tofu for 15-20 minutes or longer until all of the marinade on top is somewhat dry. Bake longer for chewier result.
- 4 Assemble the sandwich on the Little Northern Bakehouse Wide Slice bread with the prepared veggies and cooked tofu meat. Enjoy!



## Tofu Scramble

2 servings

30 minutes

### Ingredients

1 1/2 cups Mini Potatoes  
 2 tbsps Avocado Oil  
 14 ozs Tofu  
 1 Red Bell Pepper (sliced)  
 1 Yellow Bell Pepper (sliced)  
 1/2 tsp Cumin  
 2 1/4 tps Chili Powder  
 1/4 tsp Ground Tumeric  
 2 units Little Northern Bakehouse Wide Slice White Bread

### Nutrition

Amount per serving	
Calories	511
Fat	27g
Carbs	50g
Fiber	9g
Sugar	5g
Protein	25g
Cholesterol	0mg
Sodium	107mg
Vitamin A	2958IU
Vitamin C	269mg
Calcium	602mg
Iron	7mg

### Directions

- 1 Preheat oven to 400 F. Add the sliced mini potatoes onto a parchment paper-lined baking sheet and drizzle with avocado oil. Add garlic powder if desired.
- 2 Prep veggies and warm a large skillet over medium heat. Once hot, add 1-2 Tbsp avocado oil and the veggies. Season with a pinch each salt and pepper and stir. Cook until softened - about 5 minutes.
- 3 In the meantime, unwrap tofu and use a fork to crumble into bite-sized pieces.
- 4 Prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Set aside.
- 5 Add the tofu to a frying pan and sauté for 2 minutes, then add sauce, pouring it over the tofu. Stir immediately, evenly distributing the sauce. Cook for another 5-7 minutes until tofu is slightly browned.
- 6 Add the tofu and veggies into a meal prep container and serve with the Little Northern Bakehouse Wide Slice White Bread.



## Cheeseburger Pasta Salad

4 servings

20 minutes

### Ingredients

10 ozs Red Lentil Pasta  
 1 cup Textured Vegetable Protein  
 1 tbsp Soy Sauce  
 1 tsp Liquid Smoke  
 1 1/2 cups Cherry Tomatoes  
 (quartered)  
 2 ozs Vegan Cheese Shreds  
 4 ozs Baby Pickles (sliced)  
 4 cups Baby Spinach  
 1/2 cup Red Onion (sliced)  
 1/4 cup Thousand Island Dressing

### Directions

- 1 Add dried pasta shells to a pot of salted boiling water and boil for 7 to 8 minutes until cooked al dente. Drain but do not rinse.
- 2 Prepare the TVP according to package directions. Mix the soy sauce and liquid smoke in.
- 3 In a large bowl add cherry tomatoes, vegan cheddar cheese, pickles, sliced red onion, the cooked TVP and the cooked pasta. Pour 1 cup of dressing over top and toss to combine. Set aside to cool at room temperature for at least 30 minutes before topping with spinach. Enjoy!

### Nutrition

Amount per serving	
Calories	422
Fat	11g
Carbs	60g
Fiber	19g
Sugar	8g
Protein	26g
Cholesterol	4mg
Sodium	805mg
Vitamin A	3279IU
Vitamin C	18mg
Calcium	243mg
Iron	7mg



## Veggie Red Lentil Pasta

4 servings  
20 minutes

### Ingredients

- 1 lb Red Lentil Pasta
- 1 tbsp Avocado Oil
- 2 Red Bell Pepper (sliced)
- 2 Yellow Bell Pepper (sliced)
- 1 cup Red Onion (sliced)
- 2 cups Marinara Sauce

### Nutrition

Amount per serving	
Calories	523
Fat	11g
Carbs	85g
Fiber	25g
Sugar	7g
Protein	27g
Cholesterol	0mg
Sodium	276mg
Vitamin A	2450IU
Vitamin C	262mg
Calcium	95mg
Iron	8mg

### Directions

- 1 Cook pasta according to package directions. Place aside.
- 2 Heat the avocado oil on a frying pan over medium heat. Add the sliced veggies and cook for 10 minutes, stirring often.
- 3 Mix the veggies with the cooked pasta and serve with marinara sauce. Enjoy!