



Nicole Osinga

**High Protein Single-Serve Glass
Bowl Meal Prep**

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Seeds, Nuts & Spices

- 1 1/3 tbsps Chili Powder
- 2 tsps Greek Seasoning
- 1 1/3 tbsps Oregano
- 1 1/3 tbsps Paprika

Frozen

- 3 cups Frozen Edamame
- 2 cups Frozen Strawberries

Vegetables

- 6 cups Cherry Tomatoes
- 4 Red Bell Pepper
- 2 1/2 cups Red Onion
- 1 Zucchini

Boxed & Canned

- 8 ozs Chickpea Pasta
- 2 cups Enchilada Sauce
- 1 1/4 cups Lite Coconut Milk
- 2 2/3 cups Vegan Pancake Mix
- 1 1/4 cups Vegetable Broth
- 3/4 cup Wild Rice

Baking

- 1 1/3 tbsps Baking Powder
- 2 2/3 tbsps Nutritional Yeast

Bread, Fish, Meat & Cheese

- 1 1/4 lbs Tofu

Condiments & Oils

- 2 tbsps Pesto
- 1 cup Sun Dried Tomatoes

Cold

- 1 lb Potato Gnocchi
- 2 cups Soy Milk
- 1/4 cup Unsweetened Coconut Yogurt
- 4 ozs Vegan Cheese Shreds

Other

- 1 cup Water



Single-Serve Pancake Bowl

4 servings
20 minutes

Ingredients

- 2 cups Soy Milk
- 1 1/3 tbsps Baking Powder (optional)
- 2 2/3 cups Vegan Pancake Mix
- 2 cups Frozen Strawberries

Nutrition

Amount per serving	
Calories	364
Fat	7g
Carbs	60g
Fiber	10g
Sugar	10g
Protein	20g
Cholesterol	0mg
Sodium	787mg
Vitamin A	50IU
Vitamin C	46mg
Calcium	438mg
Iron	2mg

Directions

- 1 Add pancake mix, soy milk, and baking powder to an oven-bowl. Mix well.
;
- 2 (Add mix-ins like chocolate chips or fruit if you want!)
;
- 3 Bake in the oven at 400 F for 20 mins. Enjoy!



Single-Serve Mediterranean Gnocchi Bake

4 servings
40 minutes

Ingredients

2 cups Cherry Tomatoes
1 Zucchini (chopped)
1 lb Potato Gnocchi
3 cups Frozen Edamame
1/2 cup Sun Dried Tomatoes (chopped)
1/2 cup Red Onion (chopped)
2 tsps Greek Seasoning
2 tbsps Pesto

Nutrition

Amount per serving	
Calories	398
Fat	10g
Carbs	58g
Fiber	10g
Sugar	14g
Protein	22g
Cholesterol	7mg
Sodium	957mg
Vitamin A	1246IU
Vitamin C	47mg
Calcium	150mg
Iron	4mg

Directions

- 1 Preheat the oven to 400F.
;
- 2 Divide all of the ingredients among the four containers. Top with pesto.
;
- 3 Bake for 25 minutes, tossing at the 15 minute mark.
;
- 4 Serve immediately topped with a mix of fresh chopped herbs and vegan feta if desired.



Single-Serve Fajita Chickpea Pasta

4 servings
40 minutes

Ingredients

2 cups Enchilada Sauce
1 cup Red Onion (sliced)
4 Red Bell Pepper (sliced)
1 cup Water
1 cup Lite Coconut Milk
2 2/3 tbsps Nutritional Yeast
8 ozs Chickpea Pasta
4 ozs Vegan Cheese Shreds

Nutrition

Amount per serving	
Calories	411
Fat	15g
Carbs	57g
Fiber	14g
Sugar	14g
Protein	20g
Cholesterol	0mg
Sodium	995mg
Vitamin A	4530IU
Vitamin C	155mg
Calcium	328mg
Iron	8mg

Directions

- 1 Preheat oven to 400 F.
- 2 To your single-serve dish, add the enchilada sauce, onion, pepper, water, coconut milk, nutritional yeast and. Stir to combine.
- 3 Add the pasta and stir gently to combine. Sprinkle the cheese overtop. Cover with foil, then bake in preheated oven for 50 minutes.
- 4 Remove from oven and let cool before eating- it stays hot for a while! Be careful!



Single-Serve Marry Me Tofu Bake

4 servings
40 minutes

Ingredients

3/4 cup Wild Rice
 1 1/4 cups Vegetable Broth
 1/4 cup Lite Coconut Milk
 1/4 cup Unsweetened Coconut Yogurt
 1 1/3 tbsps Paprika
 1 1/3 tbsps Chili Powder
 1 1/3 tbsps Oregano
 1/2 cup Sun Dried Tomatoes
 1 cup Red Onion (diced)
 4 cups Cherry Tomatoes
 1 1/4 lbs Tofu (cubed)

Directions

- 1 Preheat oven to 400 F.
- 2 Combine all of the ingredient into a oven-safe bowl. Mix well. Bake for 40 mins. Enjoy!

Nutrition

Amount per serving	
Calories	321
Fat	10g
Carbs	42g
Fiber	9g
Sugar	11g
Protein	22g
Cholesterol	0mg
Sodium	306mg
Vitamin A	3415IU
Vitamin C	26mg
Calcium	501mg
Iron	6mg