



Nicole Osinga

Holiday-Inspired Protein-Packed Meal Prep

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Seeds, Nuts & Spices

- 1 tbsp Dried Basil
- 1 tbsp Dried Thyme
- 1 tsp Garlic Powder
- 2 tbsps Hemp Seeds
- 1 tsp Nutmeg
- 1 1/2 tsps Onion Powder
- 1 tsp Oregano
- 1/2 cup Walnuts

Frozen

- 2 cups Frozen Broccoli
- 3 cups Frozen Edamame
- 2 cups Frozen Vegetable Mix

Vegetables

- 3 cups Brussels Sprouts
- 2 Carrot
- 2 stalks Celery
- 1 Russet Potato
- 2 Sweet Potato
- 1 tbsp Thyme
- 1 cup White Onion
- 1 Yellow Onion

Boxed & Canned

- 1/2 cup Canned Coconut Milk
- 12 ozs Chickpea Pasta
- 1/2 cup Dry Lentils
- 1 cup Lentils
- 1/2 cup Panko Bread Crumbs
- 5 1/2 cups Vegetable Broth
- 1 1/4 cups Vital Wheat Gluten
- 1 1/2 cups Wild Rice

Baking

- 1/2 cup All Purpose Gluten-Free Flour
- 1 cup Almond Flour
- 1/3 cup Dried Unsweetened Cranberries
- 2/3 cup Nutritional Yeast
- 2 cups Pureed Pumpkin

Bread, Fish, Meat & Cheese

- 14 ozs Tofu
- 1 tbsp Vegan Butter

Condiments & Oils

- 1/4 cup Avocado Oil
- 1 tbsp Balsamic Vinegar
- 1 tbsp Fresh Thyme
- 4 Garlic Cloves
- 1/4 cup Soy Sauce
- 1/3 cup Sun Dried Tomatoes

Cold

- 2 ozs Vegan Cheese Shreds

Other

- 1/3 cup Water



Seitan Meatballs With Roasted Brussels

4 servings

45 minutes

Ingredients

3 cups Brussels Sprouts (trimmed and sliced in half)
 2 Sweet Potato (peeled and cubed)
 1/3 cup Dried Unsweetened Cranberries
 1 tbsp Balsamic Vinegar
 1 tbsp Avocado Oil
 1 tsp Oregano
 1/3 cup Sun Dried Tomatoes
 1/2 cup Walnuts
 1 1/4 cups Vital Wheat Gluten
 1 cup Lentils (cooked/canned)
 1/3 cup Water
 2 tbsps Soy Sauce
 2 tbsps Nutritional Yeast
 1 tbsp Dried Basil
 1 1/2 tsps Onion Powder
 1 tsp Garlic Powder

Directions

- 1 Preheat oven to 400 F. Line a baking sheet with parchment paper and add the prepared brussels sprouts and sweet potatoes. Drizzle with balsamic vinegar, avocado oil and spices. Cook for 30-35 minutes, tossing halfway through. Top with dried cranberries when it is done cooking.
- 2 Add the sun-dried tomatoes and walnuts to a food processor and pulse until you reach a paste-like texture. Add all the remaining ingredients to the food processor and pulse, stopping to scrape the sides as needed until combined into a crumbly dough.
- 3 Pinch off some of the dough and roll into a vegan meatball about the size of a golf ball and set aside on a plate or dish. Repeat until all the dough is used up and you have made about 20 meatballs.
- 4 Add several inches of water to a large pot with a steamer basket and bring to a boil. Once boiling, add the meatballs to the steamer basket, cover and steam for 25 minutes, gently turning the meatballs halfway through. Once they are steamed, add the meatballs to a skillet with 1 tbsp of avocado oil and pan fry until sides are browned. Serve with the roasted veggies and enjoy!

Nutrition

Amount per serving	
Calories	492
Fat	14g
Carbs	54g
Fiber	12g
Sugar	14g
Protein	44g
Cholesterol	0mg
Sodium	511mg
Vitamin A	9771IU

Vitamin C	61mg
Calcium	104mg
Iron	7mg



Wild Rice Protein Stuffing

4 servings
45 minutes

Ingredients

1 tbsp Avocado Oil
1 cup White Onion (diced)
1 1/2 cups Wild Rice
1/2 cup Dry Lentils
4 cups Vegetable Broth
1 tbsp Fresh Thyme
2 cups Frozen Edamame (thawed)
2 cups Frozen Vegetable Mix

Nutrition

Amount per serving	
Calories	494
Fat	9g
Carbs	81g
Fiber	14g
Sugar	8g
Protein	27g
Cholesterol	0mg
Sodium	696mg
Vitamin A	4670IU
Vitamin C	10mg
Calcium	99mg
Iron	5mg

Directions

- 1 In a large saucepan, add the avocado oil and diced white onion. Cook until translucent and place aside.
- 2 In the same saucepan, add broth, rice, lentils and thyme. Bring to a boil then reduce heat to cook on low 30 minutes or until most of the liquid is absorbed. Meanwhile, preheat the oven to 350°F.
- 3 Add the rice mixture into a casserole dish, along with the cooked onion, frozen edamame, frozen veggies and cranberries. Bake for 15 minutes. Divide and serve.



Pumpkin Pasta Sauce Bake

4 servings
45 minutes

Ingredients

12 ozs Chickpea Pasta
2 cups Pureed Pumpkin
4 Garlic Cloves
1/2 cup Canned Coconut Milk
1/2 cup Nutritional Yeast
1 tbsp Dried Thyme
1 tsp Nutmeg
2 ozs Vegan Cheese Shreds
1/2 cup Panko Bread Crumbs
2 cups Frozen Broccoli (steamed)

Directions

- 1 Cook the pasta according to package directions. Place aside. Preheat oven to 400 F.
- 2 Meanwhile, create the pumpkin sauce by combining the pumpkin puree, coconut milk, nutritional yeast, nutmeg and thyme in a blender and blend until smooth.
- 3 Combine the pasta and the sauce in a casserole dish. Sprinkle with vegan cheese shreds and bread crumbs. Bake for 30 minutes and serve with steamed broccoli. Enjoy!

Nutrition

Amount per serving	
Calories	534
Fat	14g
Carbs	77g
Fiber	22g
Sugar	13g
Protein	35g
Cholesterol	0mg
Sodium	319mg
Vitamin A	19377IU
Vitamin C	46mg
Calcium	266mg
Iron	13mg



Tofu Pot Pies

5 servings
40 minutes

Ingredients

14 ozs Tofu (Extra firm. Pressed and Cubed)
2 tbsps Avocado Oil
2 Carrot (diced)
2 stalks Celery (diced)
1 Yellow Onion (diced)
1 Russet Potato (diced)
1/2 cup All Purpose Gluten-Free Flour
2 tbsps Soy Sauce
1 1/2 cups Vegetable Broth
1 cup Frozen Edamame
1 tbsp Thyme
1 cup Almond Flour
2 tbsps Hemp Seeds
1 tbsp Vegan Butter

Directions

- 1 Preheat oven to 400 F.
- 2 Heat 1 tablespoon of avocado oil in a large skillet over medium heat and cook tofu until golden on all, or most, sides. Remove tofu from skillet and set aside.
- 3 Heat remaining 1 tablespoons of avocado oil in the same skillet. Add onion, celery, carrot, and potato and sauté until onion is translucent. Add flour, nutritional yeast, and soy sauce, along with the edamame. Add vegetable broth and stir until combined, scraping all the browned bits from the bottom of the pan. Add tofu and thyme. Stir until everything is combined. Divide mixture into 4-6 ramekins.
- 4 Melt the vegan butter in a small bowl in the microwave. Mix in the almond flour and hemp hearts to create a soft mixture. Spread on top of the veggie-filled ramekins. Bake in the oven for 30 minutes, until golden and bubbly. Serve with salad and enjoy!

Nutrition

Amount per serving	
Calories	441
Fat	27g
Carbs	35g
Fiber	10g
Sugar	6g
Protein	21g
Cholesterol	0mg
Sodium	607mg
Vitamin A	4526IU
Vitamin C	8mg
Calcium	329mg
Iron	5mg