



Nicole Osinga

Gut Health Meal Prep

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Seeds, Nuts & Spices

- 1 1/4 tsps Garlic Powder
- 1 1/4 tsps Onion Powder
- 1 tsp Oregano
- 3 tbsps Sunflower Seeds

Frozen

- 2 cups Frozen Broccoli

Vegetables

- 4 cups Baby Spinach
- 2 cups Purple Cabbage
- 2 Red Bell Pepper
- 1 cup Red Onion
- 1 Sweet Potato
- 1 tsp Thyme

Boxed & Canned

- 2 cups Lentils
- 3 cups Marinara Sauce
- 1 cup Panko Bread Crumbs
- 1/2 cup Vegetable Broth
- 1 cup Vital Wheat Gluten
- 1 1/2 cups White Navy Beans
- 4 ozs Whole Wheat Rotini Pasta
- 1 cup Wild Rice

Bread, Fish, Meat & Cheese

- 2 1/8 lbs Tofu

Condiments & Oils

- 2 tbsps Avocado Oil
- 1/4 cup Balsamic Vinaigrette
- 2 1/8 cups Bbq Sauce
- 2 tbsps Soy Sauce
- 2 tbsps Tamari

Cold

- 1 oz Vegan Cheese Shreds



Seitan Parmesan Pasta

4 servings

30 minutes

Ingredients

4 ozs Whole Wheat Rotini Pasta
 2 cups Frozen Broccoli
 1 1/2 cups White Navy Beans
 1/2 cup Vegetable Broth
 2 tbsps Tamari (or soy sauce)
 1 cup Vital Wheat Gluten
 1 tsp Garlic Powder
 1 tsp Onion Powder
 1 cup Panko Bread Crumbs
 1 oz Vegan Cheese Shreds
 3 cups Marinara Sauce

Nutrition

Amount per serving	
Calories	510
Fat	8g
Carbs	71g
Fiber	14g
Sugar	8g
Protein	39g
Cholesterol	0mg
Sodium	1097mg
Vitamin A	949IU
Vitamin C	59mg
Calcium	175mg
Iron	6mg

Directions

- 1 Cook the pasta and broccoli according to package directions.
- 2 Drain and rinse a can of cannellini beans and pour into a medium-sized bowl (or food processor). Using a potato masher (or your food processor) mash the beans until smooth and creamy. Add vegetable broth, tamari and seasonings to bowl and mix to combine.
- 3 Add vital wheat gluten and mix. When a dough starts to form, use your hands to knead the dough for about a minute. The mixture should be squishy and moist. Break the seitan dough apart into 8 equal pieces. Working with one piece at a time, flatten the dough between the palms of your hands. It should look somewhat like a chicken cutlet in size and shape.
- 4 Pour breadcrumbs onto a plate or shallow bowl. Press the seitan cutlets into the breadcrumbs, coating them. Flip to coat the other side.
- 5 Add the seitan cutlet to a frying pan over medium heat. Pan fry until each side is browned. Next, pour the marinara sauce on top and cover with vegan mozzarella cheese. Pan fry with a cover on until the cheese is melted.
- 6 Serve with pasta and broccoli. Enjoy!



Tofu Buddha Bowl

4 servings
30 minutes

Ingredients

- 1 1/4 lbs Tofu (cubed and pressed)
- 2 cups Bbq Sauce
- 1 tbsp Avocado Oil
- 1 cup Wild Rice (cooked)
- 4 cups Baby Spinach (sliced)
- 2 cups Purple Cabbage (shredded)
- 1/2 cup Red Onion (sliced)
- 1 Sweet Potato (cubed)
- 1/4 cup Balsamic Vinaigrette

Nutrition

Amount per serving	
Calories	604
Fat	17g
Carbs	98g
Fiber	7g
Sugar	43g
Protein	22g
Cholesterol	0mg
Sodium	852mg
Vitamin A	8728IU
Vitamin C	46mg
Calcium	553mg
Iron	8mg

Directions

- 1 Cook the rice according to package directions. Place aside.
- 2 Combine the tofu and BBQ sauce. Let sit for 10 to 15 minutes.
- 3 Preheat oven to 375°F (191°C) and line a sheet pan with parchment paper. Toss the sweet potato with avocado oil. Roast in the oven for 25-30 minutes. In the last 10 minutes, add BBQ sauce coated tofu to pan.
- 4 Divide wild rice into bowls with spinach. Top with the roasted sweet potato, onion, cabbage and tofu. Serve with balsamic dressing. Enjoy!



Sheet Pan Cheeseburger Veggie Dinner

4 servings

30 minutes

Ingredients

14 ozs Tofu (pressed and cubed into 3/4 inch cubes)
 2 cups Lentils
 1 Red Bell Pepper (chopped into 3/4 inch thick)
 1/2 cup Red Onion (coarsely chopped)
 1 Red Bell Pepper (chopped)
 3 tbsps Sunflower Seeds
 2 tbsps Soy Sauce
 3 tbsps Bbq Sauce
 1 tsp Thyme
 1 tsp Oregano
 1/4 tsp Onion Powder
 1 tbsp Avocado Oil
 1/4 tsp Garlic Powder

Nutrition

Amount per serving	
Calories	304
Fat	12g
Carbs	32g
Fiber	11g
Sugar	8g
Protein	21g
Cholesterol	0mg
Sodium	514mg
Vitamin A	1029IU
Vitamin C	42mg
Calcium	325mg
Iron	6mg

Directions

- 1 Preheat the oven to 400 degrees F (205 c)
- 2 In a bowl, mix in all of the cheeseburger sauce ingredients (soy sauce to avocado oil) until well combined. Reserve 1 1/2 - 2 tbsps of this mixture to use later to drizzle on top.
- 3 Add the chopped veggies, and toss well to coat with the cheeseburger sauce mixture, until evenly coated.
- 4 Drop this mixture into the prepared baking dish, and spread it out. Bake at 400 degrees F for 35-45 minutes, or until the sweet potatoes are tender to preference, and everything else is starting to get gold and crisp. Sprinkle sunflower seeds on top in the last 5-10 mins of baking
- 5 To serve, serve individual portions of the veggie tofu bean mixture, and drizzle a garlic mayo on top. Thin out the reserved cheeseburger sauce with a tsp or two of water, and drizzle that as well.
- 6 Top with some red pepper flakes, and fresh herbs of choice, and serve. You can also serve the tofu veggie mix over a bed of fresh lettuce!