



Nicole Osinga

Meat-Lover Approved High
Protein Plant-Based Meal Prep

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Seeds, Nuts & Spices

- 1/3 cup Cashews
- 3 tbsps Chili Powder
- 2 tsps Cumin
- 1 tbsp Dried Thyme
- 2 1/8 tsps Garlic Powder
- 1 tsp Onion Powder
- 1 tbsp Paprika
- 1 2/3 tsps Turmeric

Frozen

- 4 cups Frozen Edamame
- 4 cups Frozen Vegetable Mix
- 4 ozs Puff Pastry

Vegetables

- 2 2/3 cups Baby Spinach
- 2 2/3 cups Cherry Tomatoes
- 2 cups Coleslaw Mix
- 1 stalk Green Onion
- 1 head Iceberg Lettuce
- 2 2/3 cups Mini Potatoes
- 1 cup Red Cabbage
- 1 Yellow Onion

Boxed & Canned

- 2 cups Chickpeas
- 1/4 cup Tomato Paste
- 4 cups Vegetable Broth
- 2 cups Wild Rice

Baking

- 1/3 cup All Purpose Gluten-Free Flour
- 3 tbsps Nutritional Yeast

Bread, Fish, Meat & Cheese

- 8 Corn Tortilla
- 2 cups Textured Vegetable Protein
- 1 1/3 lbs Tofu

Condiments & Oils

- 1 1/3 tbsps Avocado Oil
- 1 oz Avocado Oil Spray
- 1/4 cup Burger Sauce
- 1/4 cup Pickles
- 2 tbsps Sesame Oil
- 1/4 cup Soy Sauce
- 1 tbsp Soy Sauce, Low Sodium
- 1/4 cup Sweet Sesame Dressing

Cold

- 2 cups Soy Milk
- 2 ozs Vegan Cheese Shreds



Tofu Scramble Veggie Bowl

4 servings
30 minutes

Ingredients

2 2/3 cups Mini Potatoes
2 2/3 cups Cherry Tomatoes
1 1/3 lbs Tofu
1 1/3 tbsps Avocado Oil
2/3 tsp Garlic Powder
1 tbsp Chili Powder
2/3 tsp Turmeric
2 2/3 cups Baby Spinach

Nutrition

Amount per serving	
Calories	275
Fat	13g
Carbs	26g
Fiber	6g
Sugar	5g
Protein	19g
Cholesterol	0mg
Sodium	91mg
Vitamin A	3305IU
Vitamin C	39mg
Calcium	476mg
Iron	5mg

Directions

- 1 Preheat the oven to 400 F. Add the potatoes to a parchment paper lined baking sheet on one side and tomatoes on the vine to other side. Drizzle with oil. After 15 minutes, remove the tomatoes and toss potatoes. Cook potatoes for 15 minutes more.
- 2 Pat tofu dry and roll in a clean, absorbent towel with something heavy on top, such as a cast iron skillet, for 15 minutes.
- 3 While tofu is draining, prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Set aside.
- 4 Crumble tofu with a fork. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies. Stir immediately, evenly distributing the sauce. Cook for another 5-7 minutes until tofu is slightly browned. While tofu is cooking, move to one side and add spinach to frying pan. Cook for 2-3 minutes, until wilted.
- 5 Assemble bowls with cooked potatoes, tofu and veggies. Enjoy!



Smash Veggie Tacos (Sheet Pan)

4 servings
40 minutes

Ingredients

2 cups Textured Vegetable Protein
1 Yellow Onion (diced)
2 tbsps Chili Powder
1 tbsp Paprika
2 tsp Cumin
1 tsp Garlic Powder
3 cups Vegetable Broth
1/4 cup Soy Sauce
1/4 cup Tomato Paste
8 Corn Tortilla
1 oz Avocado Oil Spray
2 ozs Vegan Cheese Shreds
1 head Iceberg Lettuce (shredded)
1/4 cup Pickles
1/4 cup Burger Sauce

Nutrition

Amount per serving	
Calories	376
Fat	6g
Carbs	59g
Fiber	14g
Sugar	14g
Protein	24g
Cholesterol	0mg
Sodium	1774mg
Vitamin A	3378IU
Vitamin C	8mg
Calcium	486mg
Iron	8mg

Directions

- 1 Preheat oven to 400 F.
- 2 Heat a large nonstick skillet over medium-high heat and cook the onion for 1-2 minutes. Add 1-2 Tbsp. of water or veggie broth to prevent sticking.
- 3 Stir in the TVP, chili powder, smoked paprika, cumin, and garlic powder. Cook for 30-45 seconds until the spices become fragrant. Add the vegetable broth, soy sauce, and tomato paste. Stir until everything is well combined.
- 4 Reduce the heat to low, cover, and let simmer for 3-5 minutes. All of the liquid should be absorbed, and the mixture should resemble ground beef. Place aside.
- 5 Place the tortillas on a parchment paper lined baking sheet. Spray one side of the tortilla with avocado oil and flip it over. Place about 2 tablespoons of shredded cheese on one half of the dry side of the tortilla, then place about 1/2 cup of the TVP mixture on top of the cheese. Fold the tortilla in half and place it on the prepared baking sheet, pressing the top down lightly. Repeat with the remaining tortillas.
- 6 Garnish the tacos with your toppings of choice - I used shredded lettuce, pickles and burger sauce. Enjoy!



Crispy Rice Salad

4 servings

30 minutes

Ingredients

2 cups Wild Rice (cooked and cooled)
2 tbsps Sesame Oil
1 tbsp Soy Sauce, Low Sodium
2 cups Coleslaw Mix
1 cup Red Cabbage (shredded)
2 cups Frozen Edamame (thawed)
1 stalk Green Onion (chopped)
1/3 cup Cashews
1/4 cup Sweet Sesame Dressing

Directions

- 1 Spray large frying pan with oil. Mix rice with toasted sesame oil, tamari (or soy sauce) and add to frying pan. Cook for 10-15 mins over medium heat, until rice is crispy.
- 2 Combine cabbage, cucumber, edamame, green onion, and cashews in a large bowl. Season salad components with a pinch of salt. Add cooled crispy rice and dressing; toss well to combine.

Nutrition

Amount per serving	
Calories	526
Fat	17g
Carbs	75g
Fiber	11g
Sugar	7g
Protein	24g
Cholesterol	0mg
Sodium	159mg
Vitamin A	1888IU
Vitamin C	31mg
Calcium	102mg
Iron	4mg



Veggie Pot Pie

6 servings
50 minutes

Ingredients

4 cups Frozen Vegetable Mix (peas, carrots, corn etc.)
2 cups Soy Milk
1 cup Vegetable Broth
2 cups Frozen Edamame
2 cups Chickpeas
1 tsp Turmeric
1/2 tsp Garlic Powder
1 tsp Onion Powder
1 tbsp Dried Thyme
3 tbsps Nutritional Yeast
1/3 cup All Purpose Gluten-Free Flour (mix with 5 tbsp vegetable broth from above)
4 ozs Puff Pastry (1 sheet)

Directions

- 1 Preheat the oven to 375 F.
- 2 Add the veggies, broth, milk, chickpeas, edamame, turmeric, garlic powder, onion powder, dried thyme, nutritional yeast and flour to a 9x13 casserole dish. Mix until well combined.
- 3 Take a sheet of puff pastry, and place it over the top, making sure the edges are sealed. Using a knife, cut diagonal slits in the top of your pastry.
- 4 Place in the preheated oven for 45 to 55 minutes, until the top is browned. Enjoy immediately, or store in the fridge for up to four days.

Nutrition

Amount per serving	
Calories	425
Fat	13g
Carbs	58g
Fiber	15g
Sugar	11g
Protein	21g
Cholesterol	0mg
Sodium	257mg
Vitamin A	5465IU
Vitamin C	8mg
Calcium	207mg
Iron	6mg