



**Low Effort & High Protein Meal
Prep**

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Breakfast

- 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- 1 tbsp Chili Powder
- 1 tsp Cumin
- 1 tbsp Ground Flax Seed
- 1 tsp Smoked Paprika

Frozen

- 2 1/2 cups Frozen Edamame

Vegetables

- 1 cup Baby Spinach
- 1 cup Basil Leaves
- 1 Carrot
- 1 1/2 cups Cherry Tomatoes
- 2 cups Coleslaw Mix
- 1 Cucumber
- 2 Garlic
- 1 Orange Bell Pepper
- 2 Red Bell Pepper
- 1 cup Red Onion

Boxed & Canned

- 1 1/2 cups Chickpeas
- 2 cups Green Lentils
- 2 tbsps Vegetable Broth

Bread, Fish, Meat & Cheese

- 1 oz Boursin Cheese
- 6 ozs Mini Whole Wheat Pita
- 4 Protein Tortilla
- 8 ozs Tempeh

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1 oz Avocado Oil Spray
- 2 tbsps Balsamic Glaze
- 3 ozs Pickled Red Onions
- 2 tbsps Tamari
- 2 cups Tomato Sauce

Cold

- 12 ozs Potato Gnocchi
- 1/2 cup Tzatziki



Sheet Pan Caprese Gnocchi

3 servings
30 minutes

Ingredients

- 1 Red Bell Pepper (sliced)
- 1 Orange Bell Pepper (sliced)
- 1/2 cup Red Onion (sliced)
- 1 1/2 cups Cherry Tomatoes
- 2 1/2 cups Frozen Edamame
- 12 ozs Potato Gnocchi
- 2 tbsps Balsamic Glaze
- 1/2 cup Basil Leaves
- 1 oz Boursin Cheese (vegan if desired)

Nutrition

Amount per serving	
Calories	425
Fat	10g
Carbs	65g
Fiber	11g
Sugar	17g
Protein	23g
Cholesterol	13mg
Sodium	650mg
Vitamin A	2831IU
Vitamin C	203mg
Calcium	159mg
Iron	5mg

Directions

- 1 Preheat your oven to 425°F. Line a baking sheet with parchment paper.
- 2 Add the veggies to a baking sheet and spray with avocado oil. Roast the prepared bell peppers, onions and tomatoes in the oven for 15 minutes. Meanwhile, boil the gnocchi and edamame according to package directions.
- 3 After 15 minutes, add the gnocchi and edamame to the roasted veggies. Roast for 10-15 more minutes.
- 4 Once cooked, top with basil leaves and cheese. Drizzle with balsamic glaze. Enjoy!



Sloppy Joe Bowls

4 servings

30 minutes

Ingredients

- 4 Protein Tortilla
- 1 oz Avocado Oil Spray
- 1/2 cup Red Onion (diced)
- 1 Red Bell Pepper (diced)
- 1 Carrot (diced)
- 1 tsp Smoked Paprika
- 1 tsp Cumin
- 1 tbsp Chili Powder
- 2 cups Green Lentils (cooked)
- 2 cups Tomato Sauce
- 2 tbsps Tamari
- 1 tbsp Apple Cider Vinegar
- 1 tbsp Maple Syrup
- 2 cups Coleslaw Mix
- 1 oz Pickled Red Onions

Nutrition

Amount per serving	
Calories	330
Fat	4g
Carbs	61g
Fiber	21g
Sugar	14g
Protein	23g
Cholesterol	0mg
Sodium	696mg
Vitamin A	6403IU
Vitamin C	69mg
Calcium	188mg
Iron	6mg

Directions

- 1 Preheat oven to 400 F. Add protein tortilla in a round glass container in the shape of a 'bowl'. Spray with avocado oil. Cook in the oven for 7-10 minutes, until the tortilla is starting to brown. Remove from oven.
- 2 In a large non-stick stock pot or dutch oven warm your avocado oil over low-medium heat. Add your onion, carrots, and pepper and begin to saute until tender, about 5-7 minutes. Now add all of your spices and saute about 30 seconds. Now add in all the rest of your ingredients - tomato sauce, vinegar, tamari and maple syrup. Add in your cooked lentils and stir through. Bring your mixture to a boil, and then immediately lower to a simmer. Simmer for about 15-20 minutes, stirring occasionally until the mixture has thickened.
- 3 Add the coleslaw mix into the tortilla bowl. Add in the cooked lentil mix and top with pickled onions. Enjoy!



Tempeh Chickpea Falafel Pitas

4 servings
30 minutes

Ingredients

8 ozs Tempeh
1 1/2 cups Chickpeas (1 glass, cooked)
2 Garlic (cloves)
1/2 cup Basil Leaves
1 tbsp Ground Flax Seed
2 tbsps Vegetable Broth
6 ozs Mini Whole Wheat Pita (4-6 mini pitas)
2 ozs Pickled Red Onions
1 cup Baby Spinach
1 Cucumber (sliced)
1/2 cup Tzatziki

Directions

- 1 Preheat oven to 400 F.
- 2 Add the tempeh, chickpeas, garlic flax seed, basil and vegetable broth into blender and pulse into a dough. Shape dough into ~ 20 falafels.
- 3 Cover a baking tray with baking paper. Add falafels and bake for 20 mins, flipping halfway through.
- 4 Serve in mini pitas with spinach, cucumber, pickled onions and tzatziki. Enjoy!

Nutrition

Amount per serving	
Calories	366
Fat	11g
Carbs	50g
Fiber	8g
Sugar	6g
Protein	23g
Cholesterol	5mg
Sodium	472mg
Vitamin A	1195IU
Vitamin C	8mg
Calcium	215mg
Iron	5mg