



Nicole Osinga

Winter Minimal Ingredient High Protein Meal Prep

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Breakfast

- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1 tsp Garlic Powder
- 1 tbsp Sesame Seeds
- 1 tbsp Taco Seasoning

Frozen

- 2 cups Frozen Berries

Vegetables

- 1 head Cauliflower
- 2 cups Cherry Tomatoes
- 1 Cucumber
- 2 stalks Green Onion
- 1 head Iceberg Lettuce
- 1 Orange Bell Pepper
- 3 Red Bell Pepper
- 1 cup Red Onion
- 1 Yellow Bell Pepper

Boxed & Canned

- 1 cup Chickpeas
- 1 cup Corn
- 1 cup Edamame Granola
- 12 ozs Red Lentil Pasta
- 2 cups Wild Rice

Baking

- 2 tbsps Unbleached All Purpose Flour

Bread, Fish, Meat & Cheese

- 2 1/2 lbs Tofu
- 1/4 Cups Vegan Feta

Condiments & Oils

- 1 tbsp Avocado Oil
- 1/4 cup Italian Dressing
- 1/4 cup Pesto
- 1 1/2 tbsps Rice Vinegar
- 1 tsp Sesame Oil
- 1/4 cup Soy Sauce
- 1/4 cup Sun Dried Tomatoes

Cold

- 3 cups Soy Yogurt

Other

- 1/2 cup Vanilla Protein Powder
- 1/4 cup Water



Yogurt Granola Bowls

4 servings

5 minutes

Ingredients

- 3 cups Soy Yogurt
- 1/2 cup Vanilla Protein Powder
- 1 cup Edamame Granola
- 2 cups Frozen Berries

Directions

- 1 Mix together the yogurt and protein powder. Divide between four containers. Top with granola and berries. Enjoy!

Nutrition

Amount per serving	
Calories	315
Fat	12g
Carbs	33g
Fiber	7g
Sugar	16g
Protein	24g
Cholesterol	2mg
Sodium	146mg
Vitamin A	0IU
Vitamin C	20mg
Calcium	107mg
Iron	3mg



Greek Pasta Salad

4 servings

25 minutes

Ingredients

12 ozs Red Lentil Pasta
 1 cup Chickpeas (cooked)
 1 Cucumber (sliced)
 2 cups Cherry Tomatoes (sliced)
 1 Red Bell Pepper (sliced)
 1/4 cup Sun Dried Tomatoes (sliced)
 1/4 Cups Vegan Feta (crumbled)
 1/4 cup Italian Dressing
 1/4 cup Pesto

Nutrition

Amount per serving	
Calories	468
Fat	11g
Carbs	75g
Fiber	22g
Sugar	10g
Protein	25g
Cholesterol	0mg
Sodium	283mg
Vitamin A	1926IU
Vitamin C	52mg
Calcium	136mg
Iron	7mg

Directions

- 1 Cook pasta according to package directions. Place aside.
- 2 Once the pasta is cooled, combine in a large bowl with the chickpeas, veggies and vegan feta. Mix well. Add dressing and pesto. Divide into four containers. Enjoy!



Teriyaki Tofu and Cauliflower Bowls

4 servings

30 minutes

Ingredients

- 1 1/4 lbs Tofu (extra firm and pressed)
- 1 head Cauliflower (chopped into florets)
- 2 tbsps Unbleached All Purpose Flour
- 1/4 cup Soy Sauce
- 1/4 cup Water
- 2 tbsps Maple Syrup
- 1 tsp Sesame Oil
- 1 1/2 tbsps Rice Vinegar
- 1 tsp Garlic Powder
- 1 cup Wild Rice
- 1 Orange Bell Pepper (sliced)
- 2 stalks Green Onion (chopped)
- 1 tbsp Sesame Seeds

Nutrition

Amount per serving	
Calories	363
Fat	11g
Carbs	50g
Fiber	8g
Sugar	11g
Protein	24g
Cholesterol	0mg
Sodium	57mg
Vitamin A	341IU
Vitamin C	157mg
Calcium	483mg
Iron	5mg

Directions

- 1 Preheat the oven to 400 F.
- 2 Cook rice according to package directions.
- 3 Lay out the cubed tofu and cauliflower florets on a large baking sheet or dish. Sprinkle them with 2 tablespoons of flour, mix it around, and bake in the oven for 10 minutes.
- 4 Meanwhile, mix the soy sauce, water, maple syrup, sesame oil, garlic, and rice vinegar together in a small pan. Place this over a medium heat, and let it simmer away for 10 minutes, until slightly thickened and glossy.
- 5 After 10 minutes, take the cauliflower and tofu out of the oven and pour the sauce over them. Mix well so they're all coated. Return it to the oven, and cook for 10 more minutes.
- 6 Serve with rice, veggies of choice (I used bell peppers) sprinkling of sesame seeds and green onions.



Buddha Bowl with Fajita Veg

4 servings
30 minutes

Ingredients

- 2 Red Bell Pepper (sliced)
- 1 Yellow Bell Pepper
- 1 cup Red Onion (sliced)
- 1 1/4 lbs Tofu (extra firm & pressed)
- 1 cup Corn
- 1 tbsp Taco Seasoning
- 1 tbsp Avocado Oil
- 1 cup Wild Rice
- 1 head Iceberg Lettuce (shredded)

Nutrition

Amount per serving	
Calories	398
Fat	12g
Carbs	56g
Fiber	9g
Sugar	11g
Protein	24g
Cholesterol	0mg
Sodium	218mg
Vitamin A	2739IU
Vitamin C	170mg
Calcium	459mg
Iron	5mg

Directions

- 1 Preheat the oven to 400 F.
- 2 Add the sliced peppers, onions, corn and pressed tofu onto a two sheet pans. Sprinkle with taco seasoning and a drizzle of avocado oil. Cook them in the oven for 20 minutes, until soft and just starting to char.
- 3 Meanwhile, cook the rice according to package directions.
- 4 To assemble your bowls, fill the bottom with lettuce, then top with the rice, fajita veg corn, and any other topping you desire. Enjoy!