



Nicole Osinga

Snack Box Meal Prep

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**Fruits**

- 5 Apple
- 2 Banana
- 4 Clementines
- 1/2 Lemon

**Breakfast**

- 1/4 cup Maple Syrup

**Seeds, Nuts & Spices**

- 1/2 tsp Chili Powder
- 1 tbsp Cinnamon
- 1 tbsp Everything Bagel Seasoning
- 1/4 tsp Smoked Paprika

**Frozen**

- 3 1/2 cups Frozen Edamame

**Vegetables**

- 1 Carrot
- 2 stalks Celery
- 1 Cucumber
- 1 Jalapeno Pepper
- 1 cup Kale Leaves
- 3/4 cup Mixed Greens
- 1 Tomato

**Boxed & Canned**

- 2 cups Marinara Sauce
- 1/4 cup Panko Bread Crumbs
- 3 Cups Sushi Rice
- 2 cups Vegan Mac & Cheese
- 2 cups Vegan Pancake Mix

**Baking**

- 2 tbsps Nutritional Yeast
- 1 tsp Vanilla Extract

**Bread, Fish, Meat & Cheese**

- 3 1/2 ozs Tempeh
- 14 ozs Tofu
- 4 slices Whole Grain Bread

**Condiments & Oils**

- 1 oz Avocado Oil Spray
- 1 1/2 tps Balsamic Vinegar
- 1 tbsp Extra Virgin Olive Oil
- 2 Garlic Cloves
- 2 tbsps Hoisin Sauce
- 1 tbsp Soy Sauce
- 2 tbsps Vegan Mayonnaise

**Cold**

- 2 cups Soy Yogurt
- 1 cup Unsweetened Almond Milk
- 2 ozs Vegan Cheese Shreds

**Other**

- 2 Egg Replacer
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Water



## Mac & Cheese Bites Snack Box

4 servings  
30 minutes

### Ingredients

2 cups Vegan Mac & Cheese (I used chickpea mac & cheese)  
1 Egg Replacer  
1/4 cup Panko Bread Crumbs  
2 ozs Vegan Cheese Shreds  
2 tbsps Nutritional Yeast  
2 cups Frozen Edamame  
2 stalks Celery (chopped)  
2 cups Marinara Sauce

### Nutrition

Amount per serving	
Calories	378
Fat	15g
Carbs	49g
Fiber	11g
Sugar	6g
Protein	20g
Cholesterol	0mg
Sodium	844mg
Vitamin A	721IU
Vitamin C	17mg
Calcium	211mg
Iron	7mg

### Directions

- 1 Preheat the oven to 375°F (190°C). Grease a muffin tin.
- 2 In a large bowl, stir together the cooked mac and cheese, egg replacer, breadcrumbs, vegan cheese, and nutritional yeast.
- 3 Scoop the mixture evenly into the greased mini muffin tin, pressing down lightly. Bake for 15 to 20 minutes, until golden and crispy on the edges. Let the bites cool slightly.
- 4 While the bites are cooking in the oven, cook the edamame according to package directions. Lightly salt if desired. Place aside.
- 5 Assemble the boxes with three mac & cheese bites, 1/4 of the edamame, 1/4 of the marinara sauce and 1/4 of the celery. Enjoy!



## Tempeh, Lettuce & Tomato Sandwich Box

2 servings  
40 minutes

### Ingredients

- 1 tbsp Soy Sauce
- 1 1/2 tsps Balsamic Vinegar
- 1/2 tsp Chili Powder
- 1/4 tsp Smoked Paprika
- 3 1/2 ozs Tempeh (cut into thin slices)
- 2 tsps Vegan Mayonnaise
- 4 slices Whole Grain Bread
- 3/4 cup Mixed Greens
- 1 Apple (sliced, with lemon juice added.)
- 1 Tomato (small, sliced)

### Nutrition

Amount per serving	
Calories	473
Fat	19g
Carbs	57g
Fiber	9g
Sugar	15g
Protein	23g
Cholesterol	0mg
Sodium	913mg
Vitamin A	1221IU
Vitamin C	15mg
Calcium	162mg
Iron	4mg

### Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a zipper-lock bag or shallow bowl, mix the soy sauce, balsamic vinegar, chili powder and paprika. Add in the tempeh and let it marinate for 10 to 15 minutes.
- 3 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and set aside.
- 4 Assemble the boxes. In each box, place ~ 3-4 oz of the tempeh, 1/4 of the tomatoes and greens, the vegan mayo and half a sliced apple.

### Notes

**Leftovers:** This is best assembled before serving. Tempeh can be prepared and cooked in advance and kept in the fridge for up to four days.

**Serving Size:** One serving is one sandwich.

**Gluten-Free:** Use gluten-free bread.

**No Mustard:** Use mayonnaise instead.



## Protein Donut Snack Box

4 servings

30 minutes

### Ingredients

2 cups Vegan Pancake Mix  
 2 Banana  
 1 cup Unsweetened Almond Milk  
 1 Egg Replacer  
 1/4 cup Maple Syrup  
 1 tsp Cinnamon  
 1 tsp Vanilla Extract  
 2 Apple (diced)  
 2 cups Soy Yogurt  
 2 tsps Cinnamon  
 1/4 cup Vanilla Protein Powder  
 4 Clementines  
 2 Apple (sliced, soaked in lemon juice)

### Directions

- 1 Preheat oven to 350°F. Spray a donnut pan with nonstick cooking spray and set aside.
- 2 In a large mixing bowl, combine mashed banana with milk, egg replacer, maple syrup, cinnamon and vanilla extract. Fold in the protein pancake mix and add to molds. Top the donuts with the diced apples. Bake at 350°F for about 22 minutes or until golden brown and inserted toothpick comes out only slightly moist.
- 3 Mix the yogurt, cinnamon and vanilla protein powder together in a large bowl.
- 4 Assemble the boxes with 2-3 of the protein donuts, 1/4 of the yogurt mixture, 1 clementine and 1/2 of an apple. Enjoy!

### Nutrition

Amount per serving	
Calories	467
Fat	7g
Carbs	87g
Fiber	11g
Sugar	36g
Protein	22g
Cholesterol	1mg
Sodium	234mg
Vitamin A	214IU
Vitamin C	46mg
Calcium	199mg
Iron	1mg



## Crispy Rice & Tofu Boats Snack Box

4 servings

30 minutes

### Ingredients

3 Cups Sushi Rice (cooked)  
 1 oz Avocado Oil Spray  
 14 ozs Tofu (extra-firm, pressed )  
 2 tbsps Hoisin Sauce  
 1 tbsp Everything Bagel Seasoning  
 1 Carrot (sliced)  
 1 Cucumber (sliced)  
 1 1/2 cups Frozen Edamame (thawed)  
 1 cup Kale Leaves (frozen and thawed)  
 1/2 Lemon  
 2 Garlic Cloves  
 1 Jalapeno Pepper (chopped)  
 1 tbsp Extra Virgin Olive Oil  
 1 tbsp Water

### Nutrition

Amount per serving	
Calories	444
Fat	13g
Carbs	61g
Fiber	7g
Sugar	6g
Protein	22g
Cholesterol	0mg
Sodium	302mg
Vitamin A	3091IU
Vitamin C	18mg
Calcium	351mg
Iron	4mg

### Directions

- 1 Cook your sushi rice according to package directions. Let rice cool. Once cooled, line a container or small baking tray with parchment paper, then add the rice. Pat the rice down into the container. Take it out, then, using a wet knife, slice the rice into rectangles. Place the rice into the air fryer and spray with oil. Air fry at 400f for 12-15 minutes or until golden.
- 2 Make the tofu by slicing the pressed tofu into rectangles. Using the avocado oil, spray a frying pan. Pan fry tofu in a frying pan over medium heat until sides are browned. At the end, add the hoison sauce and sprinkle with everything bagel seasoning.
- 3 Assemble the tofu boats by placing the tofu on top of the air fried sushi rice.
- 4 Make the edamame dip by adding the ingredients (edamame to water) into a food processor and blend until smooth. Add more water if needed.
- 5 Assemble the boxes with the sushi boats, sliced cucumber, carrots and edamame dip. Enjoy!