



Nicole Osinga

Money and Time-Saving Meal
Prep

Nicole Osinga
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Breakfast

- ☐
- 1 cup Granola

Seeds, Nuts & Spices

- ☐ 3/4 tsp Chili Powder
- ☐ 1 tsp Cumin
- ☐ 1 tbsp Garlic Powder
- ☐ 2 tbsps Ground Flax Seed
- ☐ 1/4 tsp Liquid Smoke
- ☐ 3 1/3 tbsps Paprika

Frozen

- ☐
- 2 cups Frozen Berries

Vegetables

- ☐ 1 bunch Asparagus
- ☐ 2 Carrots
- ☐ 3 1/2 stalks Celery
- ☐ 4 Garlic
- ☐ 1 tbsp Parsley
- ☐ 1 Red Bell Pepper
- ☐ 3 Sweet Potato
- ☐ 1 Yellow Onion

Boxed & Canned

- ☐ 2 cups Black Beans
- ☐ 1 1/4 cups Bread Crumbs
- ☐ 2 cups Enchilada Sauce
- ☐ 2 cups Lentils
- ☐ 2 tbsps Tomato Paste

Baking

- ☐ 1/3 cup All Purpose Gluten-Free Flour
- ☐ 1/2 cup Oats

Bread, Fish, Meat & Cheese

- ☐ 8 Keto Wraps
- ☐ 10 ozs Tempeh
- ☐ 2 1/4 lbs Tofu

Condiments & Oils

- ☐ 3 1/2 tbsps Avocado Oil
- ☐ 2 tbsps Bbq Sauce
- ☐ 2 tbsps Soy Sauce

Cold

- ☐ 3 cups Soy Yogurt
- ☐ 1/3 cup Unsweetened Almond Milk
- ☐ 2 ozs Vegan Cheese Shreds

Other

- ☐ 1/3 cup Sugar Free Ketchup
- ☐ 1/2 cup Vanilla Protein Powder



Tofu Nuggets & Sweet Potato Fries

6 servings

30 minutes

Ingredients

2 1/4 lbs Tofu
1/3 cup Unsweetened Almond Milk
1/3 cup All Purpose Gluten-Free Flour
3/4 cup Bread Crumbs
3 tbsps Paprika
3 Sweet Potato
1 tbsp Garlic Powder
3/4 tsp Chili Powder
1 1/2 tbsps Avocado Oil
1 1/2 stalks Celery (chopped)

Nutrition

Amount per serving	
Calories	331
Fat	14g
Carbs	35g
Fiber	7g
Sugar	5g
Protein	21g
Cholesterol	0mg
Sodium	171mg
Vitamin A	11069IU
Vitamin C	2mg
Calcium	563mg
Iron	6mg

Directions

- 1 Mix 2 tbsp flour, 2 tsp paprika and 1 tsp garlic powder in a bowl.
- 2 Chop the tofu into chunks, and then toss each chunk in the flour mixture to coat.
- 3 Next, mix together two more bowls. One with the almond milk and 2 tbsp flour. The next with the breadcrumbs, 1 tsp paprika and 1/2 tsp garlic powder. Dip the battered tofu in the almond milk and then the breadcrumb mixture.
- 4 Add battered tofu to air fryer and air fry for 10-12 minutes at 390 F, tossing halfway.
- 5 While the tofu is in the air fryer, place the potatoes in a large mixing bowl along with the 1 tsp paprika, 1 tsp garlic powder, chili powder and avocado oil. Toss to combine.
- 6 Once the tofu is done in the air fryer, add the sweet potato fries. Air fry for 10-12 minutes, tossing halfway.
- 7 Combine the tofu nuggets with the sweet potato fries and celery. Optional - serve with a dip.



Lentil Loaf + Asparagus

4 servings

50 minutes

Ingredients

1 bunch Asparagus (with ends trimmed)
2 cups Lentils (brown & canned/cooked)
1/2 Yellow Onion (diced)
2 Carrots (diced)
2 stalks Celery (diced)
1 Red Bell Pepper (diced)
1 Garlic (chopped)
2 tbsps Tomato Paste
2 tbsps Bbq Sauce
2 tbsps Ground Flax Seed
1 tbsp Parsley
1/2 cup Oats
1/2 cup Bread Crumbs
1/3 cup Sugar Free Ketchup

Nutrition

Amount per serving	
Calories	287
Fat	3g
Carbs	53g
Fiber	13g
Sugar	10g
Protein	14g
Cholesterol	0mg
Sodium	331mg
Vitamin A	6377IU
Vitamin C	46mg
Calcium	91mg

Directions

- 1 Preheat oven to 400 F.
- 2 Line two baking sheets with parchment paper. Line one with trimmed asparagus, drizzled with avocado oil. Roast for 20-30 minutes.
- 3 Meanwhile, in a large skillet over medium heat, sauté onion, carrots, celery and pepper until softened - about 6-10 minutes. Add garlic to skillet and let ingredients sauté for another minute.
- 4 In a food processor, add together the lentils, cooked vegetables, tomato paste, bbq sauce, flax meal, parsley, oats, and breadcrumbs. You may have to work in batches if your food processor is small. DO NOT puree, but blend into a chunky dough. You want some bits of veggies left for texture.
- 5 Form the dough into a ball and place on the prepared cookie sheet. Form into a "loaf". Bake for 35 minutes. Remove from the oven and spread ketchup on top. Bake for another 10 minutes. Let the lentil loaf cool for at least 10 minutes allowing it to firm up during this time.
- 6 Pair loaf with asparagus. Freeze any extra servings of the loaf and keep no longer than 2-3 months.

Iron	6mg
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Yogurt Berry Granola Bowls

4 servings

5 minutes

Ingredients

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

Directions

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

Nutrition

Amount per serving	
Calories	299
Fat	11g
Carbs	35g
Fiber	6g
Sugar	13g
Protein	20g
Cholesterol	2mg
Sodium	27mg
Vitamin A	6IU
Vitamin C	20mg
Calcium	93mg
Iron	2mg



High Protein Enchiladas

4 servings

50 minutes

Ingredients

2 tbsps Avocado Oil
10 ozs Tempeh
1/2 Yellow Onion (chopped)
3 Garlic (minced)
2 cups Black Beans (drained and rinsed)
1 tsp Paprika
1 tsp Cumin
1/4 tsp Liquid Smoke
2 tbsps Soy Sauce
2 cups Enchilada Sauce
2 ozs Vegan Cheese Shreds
8 Keto Wraps

Nutrition

Amount per serving	
Calories	542
Fat	20g
Carbs	65g
Fiber	11g
Sugar	4g
Protein	34g
Cholesterol	0mg
Sodium	1202mg
Vitamin A	1098IU
Vitamin C	1mg
Calcium	454mg
Iron	7mg

Directions

- 1 In a large skillet, heat the avocado oil over medium heat.
- 2 While the oil is heating, add the tempeh to a food processor and pulse until crumbs are formed.
- 3 Once the oil is hot, add in the chopped onion, garlic and tempeh. Saute until the tempeh starts to brown.
- 4 Add in the drain and rinsed black beans as well as the spices and stir to combine. Lastly pour over the soy sauce and liquid smoke and stir again to make sure all the tempeh and black beans have been well seasoned.
- 5 Preheat your oven to 350 °F and start assembling the enchiladas. Pour about 1/2-1 cup of enchilada sauce over the bottom of a 9x13 inch baking dish and spread it out to coat the bottom of the dish.
- 6 Place a tortilla flat on a clean surface and spread a spoonful of the tempeh/bean mixture across the tortilla. Next sprinkle over a small handful of the shredded vegan cheese. Roll up the tortilla and place it seam-side down into your prepared baking dish. Continue this process until all 8 tortillas have been filled and placed in the dish.
- 7 Pour over the remaining enchilada sauce and spread it evenly over the tortillas. Sprinkle the top of the enchiladas with the remaining 1/2 cup of shredded vegan cheese. Bake the enchiladas uncovered for about 20 minutes.
- 8 Serve warm with your favorite toppings such as shredded lettuce, salsa, vegan cashew sour cream, guacamole, cilantro, etc.