



Minimal Ingredient Costco Meals

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Frozen

- 4 cups Frozen Vegetable Mix

Vegetables

- 4 cups Arugula
- 1 Red Bell Pepper
- 1/2 cup Red Onion
- 4 cups Salad Kit
- 2 cups Summer Fresh Crunchy Grain Salad

Boxed & Canned

- 3 cups Marinara Sauce
- 300 gs Red Lentil Pasta
- 1 cup Trail Mix

Baking

- 1/2 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- 8 Keto Wraps
- 14 ozs Tofu

Condiments & Oils

- 1 tbsp Hot Sauce

Cold

- 4 ozs Vegan Cheese Shreds



Roasted Veggie Lentil Pasta

4 servings
25 minutes

Ingredients

300 gs Red Lentil Pasta
4 cups Frozen Vegetable Mix (Roasted Vegetables)
3 cups Marinara Sauce
1/4 cup Nutritional Yeast

Nutrition

Amount per serving	
Calories	498
Fat	7g
Carbs	81g
Fiber	20g
Sugar	10g
Protein	31g
Cholesterol	0mg
Sodium	494mg
Vitamin A	8384IU
Vitamin C	24mg
Calcium	81mg
Iron	8mg

Directions

- 1 Cook the pasta according to package directions. Set aside.
- 2 In a large saucepan, cook vegetables according to package directions. Once veggies are cooked, add in cooked pasta to saucepan. Mix in marinara sauce. Divide into servings of four and top with nutritional yeast.



Crunchy Grain and Bean Salad

4 servings

5 minutes

Ingredients

2 cups Summer Fresh Crunchy Grain Salad
 4 cups Salad Kit (Baja Chopped Salad Kit Taylor Farms)
 4 cups Arugula
 1 cup Trail Mix (Bean Me Up - Prana Organic)

Nutrition

Amount per serving	
Calories	470
Fat	27g
Carbs	41g
Fiber	9g
Sugar	4g
Protein	17g
Cholesterol	0mg
Sodium	223mg
Vitamin A	475IU
Vitamin C	3mg
Calcium	32mg
Iron	2mg

Directions

- 1 Combine the arugula, salad kit, crunchy grain salad and divide among four bowls. Top with the trail mix. Serve with dressing of choice.



Shredded Tofu Sheet Pan Quesadillas

4 servings
30 minutes

Ingredients

1/2 cup Red Onion (chopped)
1 Red Bell Pepper (chopped)
14 ozs Tofu (shredded)
1 tbsp Hot Sauce
1/4 cup Nutritional Yeast
8 Keto Wraps
4 ozs Vegan Cheese Shreds

Nutrition

Amount per serving	
Calories	353
Fat	12g
Carbs	42g
Fiber	7g
Sugar	3g
Protein	25g
Cholesterol	0mg
Sodium	397mg
Vitamin A	932IU
Vitamin C	39mg
Calcium	745mg
Iron	4mg

Directions

- 1 Preheat oven to 350 F.
- 2 In a large skillet, sautee the pepper, onion. Cook for 3-5 minutes until fragrant. Add in the shredded tofu and nutritional yeast. Cook until tofu is slightly browned - another 3-5 minutes. Add hot sauce when done.
- 3 On a parchment-lined baking sheet, lay down the tortillas. Spread the tofu and veggie mixture on one side. Next, sprinkle the cheese on top of that. Fold over the tortillas and place in the oven.
- 4 Bake in the oven for 25 minutes. Broil for 1-2 minutes before pulling out. Let cool and cut with a pizza cutter into 2 segments. Enjoy!