



Minimal Effort & Ingredient
Costco 2

Osinga Nutrition

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Fruits

- 2 tbsps Lemon Juice

Seeds, Nuts & Spices

- 1/4 tsp Ground Mustard
- 1/4 tsp Onion Powder
- 1/4 tsp Smoked Paprika
- 2 tbsps Taco Seasoning

Frozen

- 1 cup Frozen Edamame

Vegetables

- 4 cups Broccoli
- 1 lb Mini Peppers
- 1 1/2 cups Red Onion
- 3 Cups Street Corn Salad Kit

Boxed & Canned

- 2 cups Black Beans
- 2 cups Corn Tortilla Chips
- 1/2 cup Salsa
- 2 cups Trail Mix

Bread, Fish, Meat & Cheese

- 8 Keto Wraps
- 14 ozs Tofu

Cold

- 1/2 cup Guacamole
- 1/2 cup Soy Yogurt
- 2 ozs Vegan Cheese Shreds



Mini Peppers Nachos

4 servings

30 minutes

Ingredients

- 1 lb Mini Peppers
- 1 cup Red Onion (chopped)
- 14 ozs Tofu
- 1 cup Black Beans
- 2 tbsps Taco Seasoning
- 1/2 cup Salsa
- 2 ozs Vegan Cheese Shreds
- 1/4 cup Guacamole
- 2 cups Corn Tortilla Chips

Nutrition

Amount per serving	
Calories	341
Fat	14g
Carbs	40g
Fiber	10g
Sugar	9g
Protein	18g
Cholesterol	0mg
Sodium	785mg
Vitamin A	2499IU
Vitamin C	221mg
Calcium	476mg
Iron	5mg

Directions

- 1 In a large skillet over medium heat, add onion and crumbled tofu until just cooked through, about 7 to 10 minutes. Add black beans and taco seasoning and sauté until well combined. Remove from heat and mix in the salsa.
- 2 Preheat the oven to 400F and line the cookie sheet with parchment paper. Arrange mini peppers in a single layer, cut-side up but very close together.
- 3 Sprinkle with the tofu mixture and vegan cheese. Bake for 10 minutes, until cheese is melted.
- 4 Remove from the oven and top with guacamole and any other desired toppings. Serve with tortilla chips.



Plant Based Crunchy Broccoli Salad

4 servings
1 hour 15 minutes

Ingredients

4 cups Broccoli (florets - chopped)
1/2 cup Red Onion (chopped)
2 cups Trail Mix ((Bean Me Up - Prana Organic))
1/2 cup Soy Yogurt
2 tbsps Lemon Juice (1/2 lemon)
1/4 tsp Onion Powder
1/4 tsp Ground Mustard
1/4 tsp Smoked Paprika

Directions

- 1 In a large mixing bowl, combine the broccoli, onion, and trail mix. Mix well.
- 2 In a small bowl, whisk together the dressing ingredients.
- 3 Add the salad dressing ingredients to the chopped broccoli ingredients and stir.
- 4 Salad will stay good, refrigerated in a sealed container, for 3-4 days.

Nutrition

Amount per serving	
Calories	383
Fat	13g
Carbs	43g
Fiber	10g
Sugar	10g
Protein	22g
Cholesterol	0mg
Sodium	466mg
Vitamin A	639IU
Vitamin C	86mg
Calcium	49mg
Iron	4mg



Street Corn Salad Tacos

4 servings
35 minutes

Ingredients

8 Keto Wraps
3 Cups Street Corn Salad Kit (I used Taylor Farms Mexican Street Corn Salad Kit)
1 cup Black Beans
1 cup Frozen Edamame (thawed)
1/4 cup Guacamole

Nutrition

Amount per serving	
Calories	387
Fat	14g
Carbs	51g
Fiber	10g
Sugar	3g
Protein	20g
Cholesterol	0mg
Sodium	189mg
Vitamin A	118IU
Vitamin C	4mg
Calcium	238mg
Iron	3mg

Directions

- 1 Mix together the contents of the salad kit with the beans and edamame. Add to tortillas when ready to serve. Serve with guacamole.