



Iron Megafood

Nicole Osinga
nicoleosinga@gmail.com

Breakfast

- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 2 tsps Cumin
- 1 tsp Oregano
- 1 tsp Red Pepper Flakes
- 1 1/2 tsps Smoked Paprika
- 1 1/4 tsps Turmeric

Frozen

- 2 cups Frozen Edamame

Vegetables

- 8 cups Baby Spinach
- 2 cups Broccoli
- 1 Carrot
- 1/2 cup Cherry Tomatoes
- 1 Cucumber
- 2 Garlic
- 1 clove Garlic
- 1 cup Radishes
- 1 Red Bell Pepper
- 1/2 Yellow Onion

Boxed & Canned

- 12 ozs Red Lentil Pasta
- 1/4 cup Salsa
- 2 Cups Sushi Rice

Baking

- 1 tsp Baking Powder
- 1 cup Chickpea Flour
- 1/3 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- 2 cups Textured Vegetable Protein
- 1 2/3 lbs Tofu

Condiments & Oils

- 2 tbsps Avocado Oil
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Soy Sauce
- 1 tbsp Sriracha
- 2 cups Tomato Sauce
- 1/4 cup Vegan Mayonnaise



Tofu Scramble Toast

1 serving
15 minutes

Ingredients

- 7 3/4 ozs Tofu (firm)
- 1 tbsp Avocado Oil
- 1/2 Yellow Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 1/2 cup Cherry Tomatoes (sliced)
- 1 cup Baby Spinach (chopped)
- 1 tbsp Nutritional Yeast
- 1/4 tsp Turmeric

Nutrition

Amount per serving	
Calories	394
Fat	26g
Carbs	18g
Fiber	8g
Sugar	8g
Protein	29g
Cholesterol	0mg
Sodium	65mg
Vitamin A	3434IU
Vitamin C	21mg
Calcium	694mg
Iron	9mg

Directions

- 1 Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
- 2 In a non-stick pan, heat the avocado oil over medium heat. Add the onions, garlic and tomato. Saute for 4 to 5 minutes, or until onions are translucent.
- 3 Add the tofu, spinach, nutritional yeast and turmeric to the pan. Mix well and cook until the spinach wilts and the tofu is heated through. Add to toast and enjoy!

Notes

More Carbs: Serve with toast or brown rice.

Likes it Spicy: Serve with hot sauce, cayenne pepper or chili flakes.

Leftovers: Store in the fridge up to 3 to 4 days.



Shredded Tofu Rice Bowls

4 servings

35 minutes

Ingredients

2 Cups Sushi Rice
1 1/8 lbs Tofu (extra firm)
2 tsps Cumin
1 tbsp Extra Virgin Olive Oil
1/4 cup Vegan Mayonnaise
1 1/2 tsps Smoked Paprika
1 tbsp Sriracha (adjust according to desired heat)
2 tbsps Soy Sauce
2 tbsps Maple Syrup (adjust according to desired sweetness)
1 clove Garlic (minced)
1 Carrot (shredded)
1 Cucumber (sliced)
2 cups Frozen Edamame (thawed)
1 cup Radishes (sliced thin)
4 cups Baby Spinach

Directions

- 1 Cook the rice according to package directions. Place aside.
- 2 Remove the tofu from the water and drain from any excess water. Using a cheese grater, carefully grate the tofu into shreds.
- 3 If pan-frying the tofu, heat a non-stick pan or skillet over medium heat. Spray a thin layer of oil. Leave untouched for 3-4 minutes on medium to medium high heat until golden brown.
- 4 While the tofu is cooking, prepare the sauce by mixing the cumin to extra virgin olive oil together. Pour the sauce into the tofu. Mix and cook down the tofu until the sauce is absorbed.
- 5 Make the mayo sauce by mixing together the paprika, sriracha, soy sauce and maple syrup. place aside.
- 6 Assemble the shredded tofu into bowls with the cooked sushi rice and veggies. Drizzle with the mayo sauce. Enjoy!

Nutrition

Amount per serving	
Calories	538
Fat	26g
Carbs	56g
Fiber	9g
Sugar	12g
Protein	28g
Cholesterol	0mg
Sodium	707mg
Vitamin A	6236IU
Vitamin C	22mg

Calcium	488mg
Iron	7mg



Chickpea Omelette Cups

4 servings
40 minutes

Ingredients

- 1 cup Chickpea Flour
- 1 tsp Turmeric
- 1/4 cup Nutritional Yeast
- 1 tsp Baking Powder
- 1 cup Textured Vegetable Protein
- 1/4 cup Salsa
- 1 Red Bell Pepper (diced)
- 1 cup Baby Spinach

Nutrition

Amount per serving	
Calories	196
Fat	2g
Carbs	26g
Fiber	9g
Sugar	7g
Protein	20g
Cholesterol	0mg
Sodium	288mg
Vitamin A	1719IU
Vitamin C	40mg
Calcium	140mg
Iron	5mg

Directions

- 1 Preheat the oven to 375 F.
- 2 Rehydrate the TVP by combining the TVP with 2 cups of boiling water. Place aside.
- 3 In a non-stick frying pan, heat oil over medium heat and sautee the, red pepper and spinach, until fully roasted. It takes about 2 minutes.
- 4 Combine the cooked veggies with the TVP and the rest of the ingredients. Divide among 12 muffin tins. Cook for 25 minutes. Let cool and enjoy!



Red Lentil Pasta Bowl

4 servings
20 minutes

Ingredients

- 12 ozs Red Lentil Pasta
- 1 cup Textured Vegetable Protein
- 2 cups Tomato Sauce
- 1 tsp Oregano
- 1 tsp Red Pepper Flakes
- 2 cups Baby Spinach
- 2 cups Broccoli (chopped)
- 1 tbsp Avocado Oil

Nutrition

Amount per serving	
Calories	418
Fat	7g
Carbs	67g
Fiber	23g
Sugar	8g
Protein	30g
Cholesterol	0mg
Sodium	44mg
Vitamin A	2414IU
Vitamin C	54mg
Calcium	137mg
Iron	9mg

Directions

- 1 Cook the pasta according to package directions.
- 2 Prepare the TVP according to package directions. Next, add to saucepan over medium heat with a bit of avocado oil and brown for 5 minutes, stirring often. Next, add tomato sauce, spices and spinach. Lower heat and let simmer for 5 more minutes.
- 3 In a separate skillet, heat 1 tablespoon of oil over medium heat, then add the broccoli and sauté for 2 minutes before adding 2-4 tablespoons of water and cooking until it's fork tender.
- 4 Arrange bowl with pasta, broccoli and pasta sauce.