



## Dietitian's Simple Meal Prep Formula

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### Breakfast

- 1 tbsp Maple Syrup

### Seeds, Nuts & Spices

- 2 tbsps Dried Basil
- 2 tsps Garlic Powder
- 1/4 tsp Liquid Smoke
- 1 tsp Smoked Paprika

### Frozen

- 3 cups Frozen Broccoli
- 4 cups Frozen Edamame

### Vegetables

- 2 cups Mini Potatoes
- 6 cups Mixed Greens
- 2 Orange Bell Pepper
- 2 Red Bell Pepper
- 2 cups Red Cabbage
- 3/4 cup Red Onion
- 1 Yellow Bell Pepper
- 1 Yellow Onion
- 2 Yellow Potato

### Boxed & Canned

- 1 cup Couscous
- 1/4 cup Tomato Paste
- 3/4 cup Vegetable Broth
- 2 cups Vital Wheat Gluten

### Baking

- 2 tbsps Nutritional Yeast

### Bread, Fish, Meat & Cheese

- 3 Protein Tortilla
- 1 1/2 lbs Tofu

### Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 3 tbsps Avocado Oil
- 1 tbsp Soy Sauce
- 1/4 cup Sun Dried Tomato Pesto

### Cold

- 3/4 cup Hummus



## Seitan Sausage and Peppers

4 servings

1 hour

### Ingredients

1 Yellow Onion (chopped, )  
 3/4 cup Vegetable Broth  
 1/4 cup Tomato Paste  
 1 tbsp Soy Sauce  
 2 tbsps Nutritional Yeast  
 1/4 cup Sun Dried Tomato Pesto  
 2 tbsps Dried Basil (divided)  
 1 tbsp Maple Syrup  
 1/4 tsp Liquid Smoke  
 2 cups Vital Wheat Gluten  
 1 tbsp Avocado Oil  
 2 cups Mini Potatoes (sliced)  
 1 Red Bell Pepper (sliced)  
 1 Yellow Bell Pepper (sliced)  
 1/2 cup Red Onion (sliced)

### Nutrition

Amount per serving	
Calories	458
Fat	5g
Carbs	50g
Fiber	7g
Sugar	11g
Protein	56g
Cholesterol	2mg
Sodium	544mg
Vitamin A	1384IU
Vitamin C	143mg
Calcium	96mg
Iron	7mg

### Directions

- 1 Preheat oven to 400 F.
- 2 Heat the olive oil in a medium frying pan or skillet over medium heat and when hot add the onions. Sauté until the onions turn translucent and begin to brown, about 5 minutes. Remove from heat and set aside.
- 3 In a large bowl whisk together the vegetable broth, tomato paste, and soy sauce until smooth. Now add two tbsp of the sun-dried tomato pesto, nutritional yeast, 1/2 of the dried basil, maple syrup, liquid smoke, and all of the sautéed onions. Lastly, add the vital wheat gluten and combine to make a dough. Knead the dough to make sure it's all combined, but once combined, stop kneading.
- 4 Cut the dough into 6 equal-sized pieces. Take one of the pieces of dough and place it on a sheet of aluminium foil. Shape the dough into a rough sausage shape and wrap the foil around it. Place them in the oven for 40 minutes then remove. Wait until they cool slightly to take them out of the foil and slice into 4-5 pieces.
- 5 Meanwhile, place the potatoes, peppers and onions on parchment lined baking sheet and drizzle with avocado oil and dried basil. Roast for 20 minutes. Remove from heat, add the sliced sausages and toss with the remaining pesto. Place back in the oven for 10-15 minutes then divide into four servings. Enjoy!



## Tofu Edamame Potatoes & Veggies

3 servings  
25 minutes

### Ingredients

- 1 Red Bell Pepper (sliced)
- 1 Orange Bell Pepper (sliced)
- 2 Yellow Potato (cut in half)
- 1 tbsp Avocado Oil
- 12 ozs Tofu (extra-firm, pressed, cubed)
- 1/2 tsp Smoked Paprika
- 1 tsp Garlic Powder
- 2 cups Frozen Edamame (thawed)
- 2 cups Frozen Broccoli (steamed)

### Nutrition

Amount per serving	
Calories	422
Fat	17g
Carbs	47g
Fiber	13g
Sugar	7g
Protein	29g
Cholesterol	0mg
Sodium	43mg
Vitamin A	2243IU
Vitamin C	253mg
Calcium	442mg
Iron	7mg

### Directions

- 1 Preheat oven to 400 F. Add the prepared peppers and potatoes to a parchment paper lined baking sheet. Drizzle with avocado oil. Roast for 30 mins or so.
- 2 Toss the tofu with the paprika and garlic powder.
- 3 Place in an air fryer basket, leaving space between pieces. Cook at 400°F (205°C) for 10 to 12 minutes, shaking halfway.
- 4 Combine the cooked potatoes and peppers with the tofu, edamame and steamed broccoli. Enjoy!

### Notes

**Leftovers:** Best enjoyed fresh. Refrigerate in an airtight container for up to three days. Reheat in the air fryer.

**Serving Size:** One serving is approximately 3/4 cup.

**More Flavor:** Serve with your favorite dipping sauce, on top of a salad or in a wrap.

**Air Fryer:** Depending on the size of the air fryer, work in batches to avoid the tofu overlapping.



## Hummus Veggie Flatbread

3 servings  
25 minutes

### Ingredients

- 1 Orange Bell Pepper (sliced)
- 1 tbsp Avocado Oil
- 12 ozs Tofu (extra-firm, pressed, cubed)
- 1/2 tsp Smoked Paprika
- 1 tsp Garlic Powder
- 3 Protein Tortilla
- 1/3 cup Hummus
- 3 cups Mixed Greens

### Nutrition

Amount per serving	
Calories	355
Fat	18g
Carbs	32g
Fiber	12g
Sugar	1g
Protein	25g
Cholesterol	0mg
Sodium	151mg
Vitamin A	320IU
Vitamin C	117mg
Calcium	462mg
Iron	4mg

### Directions

- 1 Preheat oven to 400 F. Add the prepared peppers to a parchment paper lined baking sheet. Drizzle with avocado oil. Roast for 30 mins or so.
- 2 Toss the tofu with the paprika and garlic powder.
- 3 Place in an air fryer basket, leaving space between pieces. Cook at 400°F (205°C) for 10 to 12 minutes, shaking halfway.
- 4 Assemble the flatbreads by spreading a layer of hummus on the tortilla followed by the mixed greens, peppers and tofu. Add cheese if desired. Enjoy!

### Notes

**Leftovers:** Best enjoyed fresh. Refrigerate in an airtight container for up to three days. Reheat in the air fryer.

**Serving Size:** One serving is approximately 3/4 cup.

**More Flavor:** Serve with your favorite dipping sauce, on top of a salad or in a wrap.

**Air Fryer:** Depending on the size of the air fryer, work in batches to avoid the tofu overlapping.



## Edamame Couscous Salad

3 servings  
15 minutes

### Ingredients

- 1 cup Couscous (uncooked)
- 2 cups Frozen Edamame (thawed)
- 1 tbsp Apple Cider Vinegar (to taste)
- 1/4 cup Red Onion (diced)
- 3 cups Mixed Greens
- 2 cups Red Cabbage (shredded)
- 1 cup Frozen Broccoli (steamed)
- 1/3 cup Hummus

### Nutrition

Amount per serving	
Calories	445
Fat	11g
Carbs	66g
Fiber	13g
Sugar	5g
Protein	24g
Cholesterol	0mg
Sodium	167mg
Vitamin A	562IU
Vitamin C	60mg
Calcium	153mg
Iron	5mg

### Directions

- 1 Cook the couscous according to the package directions and let cool.
- 2 In a large mixing bowl, combine the couscous with the remaining ingredients. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving equals approximately two cups.

**Gluten-Free:** Use quinoa instead of couscous.

**More Flavor:** Add lime juice and/or olive oil. Cook the couscous with broth instead of water.

**Additional Toppings:** Add green onions, red bell pepper, cucumber, tomatoes, goat cheese, or feta.