



## Minimal Ingredient Costco Dinners



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### Fruits

- 2 Avocado

### Frozen

- 6 units Black Bean Burger
- 2 cups Frozen Broccoli
- 2 cups Frozen Vegetable Mix
- 5 units Veggie Burger Patty

### Vegetables

- 2 cups Broccoli Sprouts
- 6 cups Mixed Greens
- 1 Red Bell Pepper
- 1 1/2 cups Red Onion
- 1 Sweet Potato

### Boxed & Canned

- 1 cup Lentils
- 10 ozs Whole Wheat Rotini Pasta

### Bread, Fish, Meat & Cheese

- 12 Keto Wraps

### Condiments & Oils

- 2 tbsps Avocado Oil
- 1/4 cup Burger Sauce
- 1 cup Pickle
- 3 cups Tomato Sauce

### Cold

- 3 ozs Vegan Cheese Shreds



## Veggie Burger Bowl

4 servings  
20 minutes

### Ingredients

1 Sweet Potato (chopped into fries)  
6 units Black Bean Burger (each salad will have 1.5 burgers)  
6 cups Mixed Greens  
2 cups Broccoli Sprouts  
1/2 cup Red Onion (sliced)  
1 cup Pickle (chopped)  
1/4 cup Burger Sauce  
2 Avocado

### Directions

- 1 Air fry or baked the sweet potato fries. Drizzle with 1-2 tbsp of avocado oil and toss with 1 tbsp of corn starch. If baking, add them to a parchment paper lined baking sheet and bake for 15-20 minutes at 400 F. Air fry for ~10-15 minutes at 400 F.
- 2 Cook the veggie burgers according to package directions.
- 3 Create the burger bowls with the greens, pickles, red onion, cooked sweet potatoes and veggie burgers. Serve with burger sauce and a sliced avocado.

### Nutrition

Amount per serving	
Calories	506
Fat	22g
Carbs	59g
Fiber	25g
Sugar	3g
Protein	27g
Cholesterol	0mg
Sodium	519mg
Vitamin A	4832IU
Vitamin C	18mg
Calcium	87mg
Iron	2mg



## Sheet Pan Crunchwraps

6 servings  
40 minutes

### Ingredients

12 Keto Wraps  
5 units Veggie Burger Patty  
1 cup Red Onion (diced)  
1 Red Bell Pepper (diced)  
3 ozs Vegan Cheese Shreds  
2 tbsps Avocado Oil

### Nutrition

Amount per serving	
Calories	388
Fat	14g
Carbs	52g
Fiber	11g
Sugar	2g
Protein	17g
Cholesterol	0mg
Sodium	144mg
Vitamin A	622IU
Vitamin C	27mg
Calcium	334mg
Iron	3mg

### Directions

- 1 Cook the veggie burgers according to package directions.
- 2 Preheat your oven to 400°F (200°C) and line a large sheet pan with parchment paper.
- 3 Lay 6 of the tortilla wraps slightly overlapping across the prepared sheet pan.
- 4 Crumble the veggie burgers in a bowl. Spoon the crumbled burger evenly over the tortillas. Top with the onion, pepper and cheese. Top with the remaining 6 tortillas and brush on avocado oil.
- 5 Bake for 15 to 20 minutes.
- 6 Let cool slightly before slicing into squares. Serve with your fresh toppings, extra sour cream, salsa, or guac if desired!



## Lentil Veggie Pasta

4 servings  
25 minutes

### Ingredients

10 ozs Whole Wheat Rotini Pasta  
2 cups Frozen Vegetable Mix  
3 cups Tomato Sauce  
1 cup Lentils (cooked)  
2 cups Frozen Broccoli (cooked)

### Nutrition

Amount per serving	
Calories	433
Fat	3g
Carbs	86g
Fiber	19g
Sugar	13g
Protein	20g
Cholesterol	0mg
Sodium	76mg
Vitamin A	4979IU
Vitamin C	57mg
Calcium	98mg
Iron	7mg

### Directions

- 1 Cook pasta according to package directions. Set aside.
- 2 Air fry or bake the frozen veggie mix according to package directions.
- 3 In a high speed blender, blend the red lentils into the pasta sauce, along with the air fried frozen veggies.
- 4 Divide the pasta, cooked broccoli and sauce evenly between bowls. Top with cheese and greens if desired and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Reheat on the stove and add some water.

**Serving Size:** One serving is approximately one cup.

**More Flavor:** Add fresh herbs like parsley or basil. Season with salt and/or use regular broth.

**Additional Toppings:** Top with dairy-free parmesan.