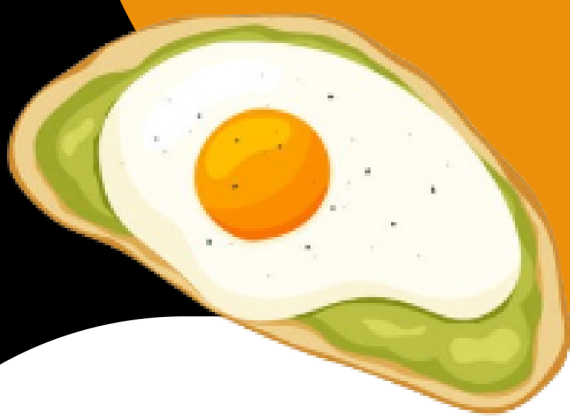


BREAKFAST

Dorm-Friendly Meals

Overnight Oats

- oats
- milk of choice (milk, almond milk, soy, oat, etc.)
- fruits (blueberries, raspberries, strawberries, etc.)
- nut butters
- protein powder of choice
 - Pour oats in the container of choice. Add about $\frac{1}{2}$ C of milk or until it covers the oats. Mix in any protein powders, fruits, nut butters and store in the fridge over night.



Toast

Pick your bread:

-Bagel, english muffin, sourdough, whole grain, wheat, etc.

Pick your topping:

-nut butter (peanut butter, almond, sunflower, etc.)

-avocado

-cottage cheese (can add honey, cinnamon, etc. for a sweeter taste)

-eggs (can microwave, have boiled eggs, or cook on a pan)

- Toast your choice of bread and pick your choice of spread! Can add a side of fruit, yogurt, and/or eggs!

Yogurt Bowls

-choose a base (yogurt):

-greek yogurt, non-dairy (soy, almond cashew, oat, coconut), etc.

-pick your toppings:

-fruit: blueberries, strawberries, raspberries, pineapple, blackberries, etc.

-granola: pick your favorite!

-nut butter: (peanut butter, almond, sunflower, etc.)

-honey/agave/sugar-free syrup, etc.



LUNCH

Dorm-Friendly Meals

Nut Butter Banana Sandwich

Pick your bread:

-Sourdough, whole wheat, white, rye

Nut butter

-Peanut butter, almond, sunflower, etc.

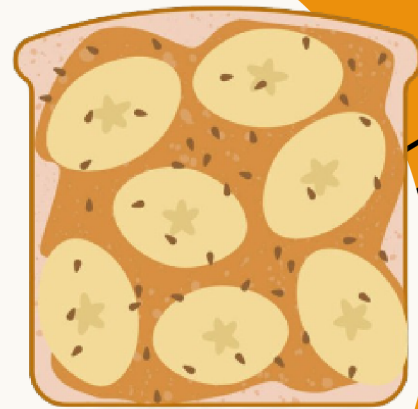
Banana

Add ons:

-Cinnamon, honey, chocolate chips, chia seeds, etc.

- **Take 1 or 2 slices of chosen bread and spread the chosen nut butter on them. Slice up the banana and place it on the bread. Add additional ingredients to your taste.**

- **Optional: toast the bread**



Rice Bowl

Minute rice

Canned beans (strained and rinsed)

Vegetables

-Fresh, frozen, canned, etc.

Optional: feta cheese, olive oil, spices

- **Make rice in the microwave according to the package. strain and rinse beans. Cook vegetables as desired. Add anything else to make it enjoyable**



Soft boiled egg

Ramen packet

Half the flavor packet

Other spices and herbs (garlic, red pepper flakes, black pepper, etc.)

Vegetables

-Baby spinach

-Canned corn

-Frozen stir fry veggies

- **Boil the egg in the microwave. Cook the Ramen according to the package. Add everything else as desired**

Veggie Ramen

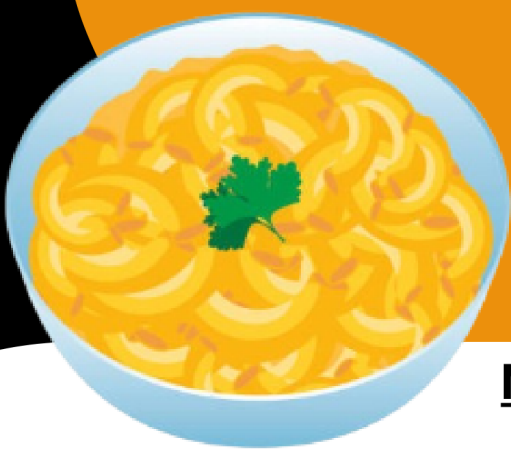
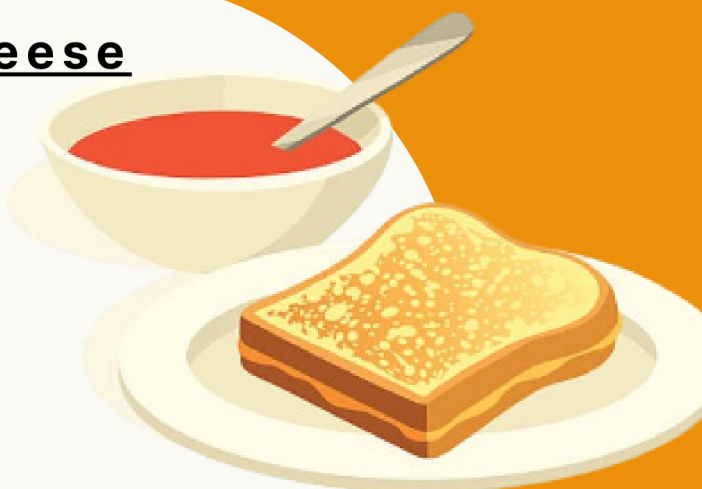
DINNER

Dorm-Friendly Meals

Tomato Soup with Grilled Cheese

-Marinara sauce
-Chicken broth
-Whole milk
Parmesan cheese
-Salt
Black Pepper

- Mix ingredients and microwave for 2-3 minutes. When finished, garnish with croutons and enjoy eating!



Mac and Cheese

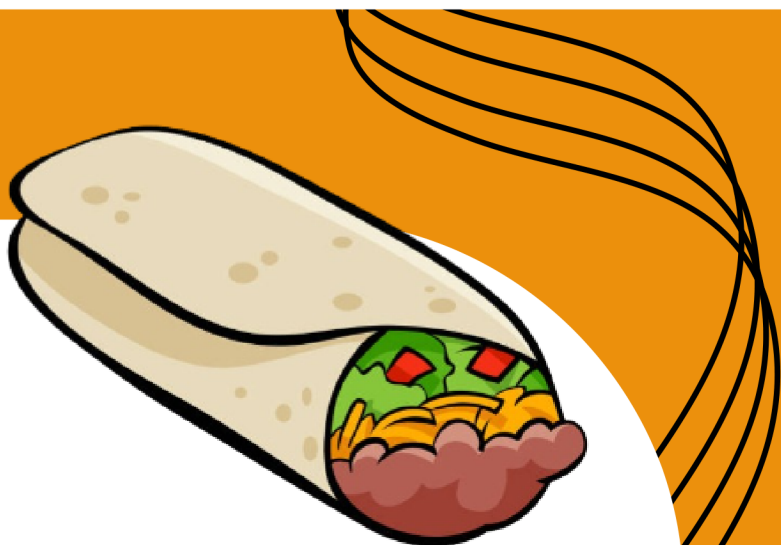
Macaroni
Water
Salt
Shredded cheese
Milk

- In a mug, combine macaroni noodles, water, and salt. Stir to combine and place in the microwave for as long as needed!

Bean Burrito

Tortilla
Rice
Refried beans
Black beans
Cheese
Salsa

- Combine all ingredients and fold them into a burrito. Microwave for 3-4 minutes and enjoy!



SNACKS

Dorm Friendly

Yogurt Parfait

Pick your yogurt

-Chobani, oikos, yoplait, etc.

Pick your fruit

-strawberries, blueberries, bananas, etc.

Granola or cereal

Any add-ins

-chocolate chips, honey, flaxseeds, etc.

- Layer all of the ingredients in a cup or bowl for an easy on-the-go snack



Hummus and Dippers

Hummus

Veggies

-Carrots, bell peppers, cucumbers

Others

-Crackers, pita chips, pretzels, etc.



Homemade Trail Mix

Nuts

-Almonds, peanuts, cashews, etc.

Dried Fruit

-Raisins, cranberries, pineapple

Chocolate chips

Seeds

-Pumpkin or sunflower

- Pick a couple of items to mix into a bowl and enjoy

