**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 ½ 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**
- 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.)

**Veggie Ramen**
- 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
**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