

MEAL PLANNING

FOR STUDENTS

AT HOME OR IN YOUR DORM



Freezer

- Frozen vegetables
 - Spinach, broccoli, cauliflower, etc.
- Frozen proteins
 - Veggie or turkey burgers, shrimp, fish filets, edamame, etc.
- Frozen fruits for smoothies
 - Berries, mangos, bananas, etc.
- Whole grain bread
 - Keep it in the freezer and thaw/toast when needed to keep it fresh

Fridge

- Eggs
- Cheeses in all varieties
- Fresh fruits and vegetables
 - This gives you more options when cooking!
- Rotisserie chicken
 - Great weekly purchase that can be utilized in a variety of ways
- Tofu



Pantry

- Snacks
 - Beef jerky, nuts, nut butter, whole-grain crackers, dried fruit
- Canned items
 - Tuna, salmon, tomatoes, and pasta sauce
- Legumes (canned or dried)
 - Black beans, kidney beans, chickpeas, lentils, and other beans
- Basics
 - Brown rice, whole grain pasta, and oats
- Cooking essentials
 - Olive oil, salt and pepper, spice/herb blends



On the Go Snack Ideas

- Apple and peanut butter
- Hummus and carrots or whole-grain crackers
- Jerky and cheese
- Turkey and bell pepper rollups
- Hard-boiled egg and slices of bell pepper
- Yogurt and berries
- Guacamole and veggie slices
- Homemade trail mix

Tips

- Utilize whole foods as much as possible
- Limit added sugars and artificial colors
- Try to combine a mix of **protein** and **fiber** in every snack!



Sunday

Veggie Chili and Tossed Salad

Monday

Chicken Parm and Steamed Veggies

Tuesday

Whole Grain Pasta with Meat Sauce with Tossed Salad

Wednesday

Chicken Burrito Bowl

Thursday

Fried Rice with Chicken and Veggies

Friday

Veggie Chili and Tossed Salad

Saturday

Whole Grain Pasta with Meat Sauce and Steamed Veggies



Grocery List



- 1 pound ground turkey, chicken, or beef
- 1 1/2 pounds boneless chicken
- 1 dozen eggs
- 1 pack shredded cheddar or Mexican blend cheese
- 1 zucchini
- 1 red bell pepper
- 1 yellow squash
- 1 package mixed salad greens of your choice
- 1 package fresh or frozen vegetables of your choice
- 1 box whole grain pasta
- 1 jar marinara/pasta sauce
- 1 box instant brown rice
- 3 cans beans of your choice
- 1 pack chili seasoning
- 1 15-ounce can diced tomatoes or tomato sauce
- 1 bottle soy sauce or teriyaki sauce
- 1 jar salsa
- Spice/herb blend of your choice (e.g., Italian, Cajun, lemon pepper, seasoned salt)
- Salad dressing of your choice

Sunday – Prep Day/Chili for Dinner

- Make Grilled or Baked Chicken Breast
 - Season boneless chicken with your favorite spice/herb mix. Drizzle some olive oil on both sides. Bake in preheated 400 degree oven for 15-20 minutes until cooked through (no longer pink inside). Transfer to a container and let cool to room temperature; refrigerate.
- Make Meat Sauce
 - Heat a few teaspoons of olive oil in a large skillet. (Optional: Add some chopped onion and garlic and sauté a few minutes.) Add 1 pound of ground meat and cook until browned, using a large spoon to break up the meat into pieces. (Optional: Season with garlic and onion powder.)
 - Add 1 jar marinara sauce and heat. Cook for 5 minutes. Transfer to a container and let cool to room temperature; refrigerate

Sunday – Continued

- Make Chili
 - Chop zucchini, bell pepper, and yellow squash into bit sized pieces.
 - Heat a few teaspoons of olive oil in a large pot. Saute the veggies over medium heat and add chili seasoning. Cook for 5 minutes. Add 1 can diced tomatoes or tomato sauce and two cans of beans. Mix together and cook for 10-15 minutes. Transfer to a container and let cool to room temperature; refrigerate.
- Cook Brown Rice
 - Cook 1-2 cups brown rice according to package instructions. Transfer to a container and let cool to room temperature; refrigerate.
- Dinner
 - Reheat chili and brown rice in microwave; serve with salad or steamed vegetables of your choice.

Monday – Chicken Parmesan

- Place 1-2 pieces of cooked chicken breast on foil-lined baking sheet. Spread a little sauce (from meat sauce) on top. Sprinkle with shredded cheese and either bake in preheated 375 oven for 10-15 minutes until heated through, or microwave for about 2 minutes. Serve with steamed vegetables of your choice (make a double batch of vegetables and save for Thursday's meal).

Tuesday – Meat Sauce Pasta

- Cook 1/2 box pasta according to package directions. Reheat meat sauce and serve on top of pasta. Serve with salad. Rinse extra cooked pasta with cold water, drain, transfer to a container and refrigerate.

Wednesday – Chicken Burrito Bowl

- Place a scoop of cooked rice in a microwaveable bowl. Top with chopped cooked chicken, and beans. Heat in microwave 3 minutes or until hot. Top with salsa and shredded cheese. Serve with salad.

Thursday – Fried Rice

- Cut desired amount of cooked chicken into pieces. Cut leftover steamed vegetables into pieces.
- Heat a few teaspoons oil in a large skillet. Add desired amount of cooked rice and toss until hot. Push rice to perimeter of skillet and drizzle a little oil in the center of the skillet. Break an egg in the center and scramble until cooked. Add chopped chicken and vegetables and toss everything together. Season with soy sauce or teriyaki sauce.

Friday and Saturday

- Reheat leftovers and serve with salad or steamed vegetables.



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