

# Stock the Perfect Dorm Room:

## Some meal and snack ideas, plus a brand-specific shopping list

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From fast food to calorie-laden coffee drinks to late-night pizza, college life is filled with loads of nutritional temptations. To reduce the odds of completely ditching all things health-related, it helps to surround yourself with wholesome, nutritious options, making it easier for these to be your default go-to meals and snacks. Because as we know, smart eating translates to better energy, which can mean better grades, and can help to fend off the Freshman 15.

But with a tiny fridge and shelf space at a premium, it's essential to be strategic when stocking your dorm room. Most college dorms allow mini fridges, microwaves and blenders, and with a little creativity, these basic appliances can help you incorporate a variety of good-for-you meals and snacks. Here are some ideas for well-balanced meals and snacks, plus a brand-specific shopping list to help you stock the perfect dorm room.

### Breakfast and Snacks

- Greek yogurt, fruited or plain and add your own fruit (fresh or frozen)
- Kashi GOLEAN Hot Cereal Truly Vanilla (nine grams of protein and just six grams of sugar per packet)
- Cereal (Kashi GOLEAN and Special K Protein Cereal have two to six times more protein than most other cereals)
- Peanut butter (or any type of nut butter) on apple slices, whole grain bread or Triscuits
- Cheese quesadilla, with shredded reduced-fat cheese, on a high-fiber tortilla
- Egg & cheese wrap or sandwich
- High-protein iced coffee (coffee or coffee concentrate mixed with ready-to-drink protein drink)
- Smoothie (blend fresh or frozen fruit with milk or almond milk, along with a source of protein, like Greek yogurt, nut butter, or protein powder)
- Thin whole grain bagel topped with peanut butter, reduced-fat cheese, or Laughing Cow Light Spreadable Cheese
- High protein granola bar (like Oike Nature Valley Protein, Kashi's Honey Almond Flax)
- Nuts (buy in bulk and divvy up into snack-size zip-top bags)
- Baby carrots or snow peas with hummus

### Lunches and Dinners

- Bean-based soups (black bean, lentil, and split pea soup)
- Red beans over brown rice
- Bagel thin pizzas (bagel thins with tomato paste, meats and veggies of choice, and shredded reduced-fat cheese)
- Tuna, chicken or salmon salad or sandwich, made with light mayo
- Peanut butter and (no-sugar-added) jelly sandwich
- Smoothie: Milk or milk alternative blended with banana, nut butter, 1/3 cup raw oats, and ice
- Turkey, ham, chicken, roast beef, or tofu wrap
- Bean burrito (fat-free refried beans, shredded reduced-fat cheese, and salsa rolled up in high-fiber tortilla)
- BLT with center-cut bacon, reduced-fat mayo, and ideally sliced tomato and lettuce, on whole grain bread
- Tex-Mex salad (mixed greens topped with sliced deli meat or diced veggie burger patty, black beans, shredded reduced-fat cheese, and salsa)
- Sweet potato topped with black beans, shredded reduced-fat cheese, and salsa

## **Miscellaneous:**

- Salsa
- Hummus
- Reduced-fat mayonnaise (Hellman's Lite or Spectrum Light Canola Mayo)
- Fruit (Smucker's Simply Fruit)
- Laughing Cow Light Spreadable Cheese Wedges
- Milk or milk alternative
- Juice boxes, 100% fruit and/or vegetable juice (Motts, V-8, V-Fusion)
- Flavored seltzer
- Green tea (Celestial Seasonings Green Tea in Peach Blossom or Pomegranate)

# Dorm Room Grocery Checklist

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## Protein-rich Foods:

- Eggs
- Cheese, shredded reduced-fat cheese
- Cheese, snack-sized (Babybel rounds or any brand of string cheese)
- Greek yogurt (Chobani, Oikos, Fage)
- Peanut butter, or any type of nut butter (almond, cashew, or SunButter)
- Ready-to-drink protein drinks (Special K Protein Drink, Evolve, Boost)
- Protein bars (Kind, Balance, Zone, Clif, Special K Protein Bars, Luna, Nature, with ~10-15 gm protein/bar)
- Nuts, any type (plain or seasoned)
- Trail mix
- Tuna, chicken or salmon pouches (plain or flavored)
- Deli meats (ham, roast beef, turkey, or chicken breast)
- Veggie burgers (Boca Vegan or Morningstar Farms Grillers)

## Fiber-rich Foods:

- Fruit, any variety (fresh or frozen)
- Dried fruit, raisins, craisins
- Baby carrots, snow peas, snap peas
- Kashi GOLEAN Original or Crunch Cereal
- Instant oatmeal packets
- Special K Protein Cereal
- Whole grain bread and wraps
- High-fiber tortillas (La Tortilla Factory Smart & Delicious Tortillas)
- Triscuits, Wheat Thins, Kashi TLC Crackers
- Bagel thins (Thomas' 100% Whole Wheat Bagel Thins)
- Kashi's Honey Almond Flax or Peanut Butter Chewy granola bar
- Blue Runner red beans
- Black beans, canned
- Black bean or lentil soup
- Frozen dinners with at least 20 grams of protein and 30-40 grams of carbs (Kashi's Chicken Florentine)