


D O R M

RECIPES

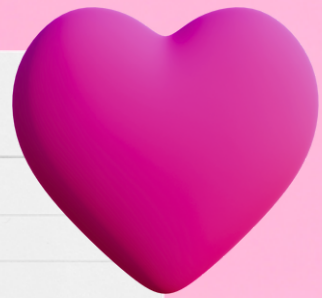


*Breakfast, Lunch,
Dinner, Snacks, +
Desserts to Make
Your Dorm Feel
Like Home*

BY THE NETWORK OF ENLIGHTENED WOMEN

BREAKFAST

The most
important
meal of the
day has
never tasted
so good...



OVERNIGHT OATS

WHAT YOU'LL NEED

- ½ cup rolled oats
- ½ cup milk of choice
- ½ cup Greek yogurt
- 1 teaspoon chia seeds
- 1 cup mixed berries/fruit
- A container (ex. Mason jar)

INSTRUCTIONS

1. Add oats to a container.
2. Pour in milk.
3. Layer Greek yogurt, chia seeds, and mixed berries/fruit.
4. Refrigerate overnight (at least 8 hours) and enjoy in the morning!

Source: www.quakeroats.com



FULL BREAKFAST

WHAT YOU'LL NEED

- “Just Crack an Egg” scramble kit (available at Publix, Walmart, & other stores)
- Eggs
- Microwavable pancakes (ex. Kodiak Protein-Packed Power Flapjacks)
- Butter & honey or syrup
- Fully cooked bacon

INSTRUCTIONS

1. Follow instructions on “Just Crack an Egg” scramble kit.
2. Microwave pancakes and add butter/syrup/honey.
3. Microwave bacon according to label instructions.
4. Plate & enjoy!





HEALTHY TOAST

WHAT YOU'LL NEED

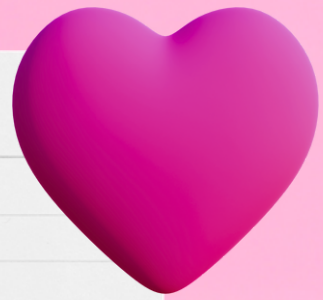
- Sprouted wheat bread
- Peanut butter
- Honey

INSTRUCTIONS

1. Toast your bread.
2. Add peanut butter and a drizzle of honey.
3. Enjoy!

Sprouted wheat provides more whole grains, easier digestion, and long-lasting energy!

LUNCH



*Easy,
Delicious,
& Healthy!*

GRILLED CHEESE & TOMATO SOUP

WHAT YOU'LL NEED

- Sprouted wheat bread
- Cheese of choice
- Lunchmeat (optional)
- Microwavable tomato soup
- Cooking spray

INSTRUCTIONS

1. Toast bread.
2. Lightly spray a paper plate with cooking spray and place 2 cheese slices on the plate, microwave for 20 seconds.
3. Microwave tomato soup according to label instructions.
4. Add melted cheese and lunchmeat to toast and enjoy!



MEDITERRANEAN BOWL

WHAT YOU'LL NEED

- Tuna pouch
- Cucumber
- Onion
- Cherry tomatoes
- Black olives
- Canned chickpeas
- Microwavable rice pouch
- Lemon juice
- Olive oil

INSTRUCTIONS

1. Wash cucumber, onion, and tomatoes, and slice/dice to preference.
2. Microwave rice pouch.
3. Combine tuna, cucumber, onion, cherry tomatoes, black olives, drained chickpeas, and rice.
4. Add lemon juice and olive oil to taste.
5. Enjoy a high-protein, high-fiber lunch that's also delicious!



YOGURT BOWL



WHAT YOU'LL NEED

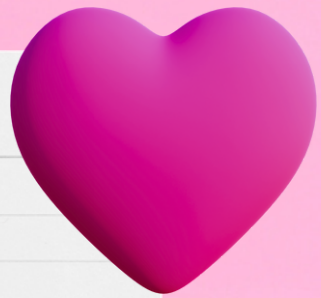
- Plain Greek yogurt
- Sliced fruit/berries (you can even use frozen fruit!)
- Granola
- Peanut butter/seed butter of choice

INSTRUCTIONS

Combine yogurt, fruit, granola, and peanut/seed butter for a delicious and high-protein lunch!



DINNER



*Just Like
Home...
Except in the
Dorm*



CHICKEN, RICE, & VEGETABLES

WHAT YOU'LL NEED

- Premade Publix Citrus Chicken (or another ready-to-eat protein of choice)
- Rice pouch (ex. Seeds of Change rice pouch with brown and red rice, chia, and kale)
- Microwavable steamed vegetables (ex. Birds Eye SteamFresh Broccoli, Cauliflower, & Carrots)

INSTRUCTIONS

This one is really easy—microwave chicken, rice, and vegetables. Assemble and enjoy!

HEALTHY NACHOS

WHAT YOU'LL NEED

- Organic black bean quinoa tortilla chips
- Shredded cheese of choice
- Tomato
- Jalapeño slices
- Guacamole
- Microwavable shredded chicken (ex. Herdez Shredded Chicken in Mild Chipotle Sauce)

INSTRUCTIONS

1. Microwave chicken according to label instructions.
2. Layer chips, shredded cheese, diced tomato, jalapeño slices, and chicken and microwave.
3. Add guacamole and enjoy!





PASTA & MEATBALLS

WHAT YOU'LL NEED

- Microwavable meatballs (ex. Rao's Meatballs and Sauce)
- Pasta sauce (if meatballs aren't in sauce)
- Microwavable pasta (ex. Barilla Ready Pasta)

INSTRUCTIONS

Microwave meatballs and pasta according to label instructions and enjoy!



HEALTHY BURRITO

WHAT YOU'LL NEED

- Microwavable pork carnitas (ex. Herdez Pork Carnitas)
- Whole wheat tortilla
- Microwavable rice pouch
- Guacamole
- Salsa
- Shredded cheese

INSTRUCTIONS

1. Microwave pork and rice according to label instructions.
2. Assemble burrito with pork, rice, and shredded cheese.
3. Add guacamole and salsa.
4. Enjoy!

SNACKS +
SIDES



*Enjoy with
an entree or
on their own!*

FRUIT SALAD

WHAT YOU'LL NEED

- Strawberries
- Kiwi
- Blackberries
- Raspberries
- Pineapple



INSTRUCTIONS

This one's super easy—just wash and slice the fruit, and you're good to go!



NO-BAKE OATMEAL ENERGY BALLS

WHAT YOU'LL NEED

- 1 cup rolled oats
- ½ cup ground flaxseeds
- ½ cup crunchy peanut butter
- ⅓ cup honey
- 1 tsp vanilla extract
- ½ cup mini chocolate chips

INSTRUCTIONS

1. Combine ingredients in a medium-sized bowl and mix well.
2. Roll about 1 tbsp of the dough between your palms to form a small ball.
3. Place on a plate that has been lined with parchment paper or sprayed with cooking spray and freeze for 1 hour. (Makes 20 oatmeal balls.)
4. Enjoy!

Source: www.cleandanddelicious.com



MAC & CHEESE

WHAT YOU'LL NEED

Microwavable mac & cheese (ex. Annie's, which is made with real cheese and organic pasta)

INSTRUCTIONS

It doesn't get any easier—just follow label instructions and enjoy!



AVOCADO GREEK SALAD



WHAT YOU'LL NEED

- Avocado
- Onion
- Cherry tomatoes
- Kalamata olives
- Cucumber
- Feta cheese
- Greek salad dressing

INSTRUCTIONS

1. Cut avocado into chunks, and chop the onion and cucumber.
2. Combine avocado, onion, cherry tomatoes, kalamata olives, cucumber, feta, and salad dressing.
3. Enjoy!





MINI POTATOES

WHAT YOU'LL NEED

- Microwavable seasoned baby potatoes (ex. The Little Potato Company Microwave-Ready Savory Herb Potatoes)
- Salt/pepper & butter (optional)

INSTRUCTIONS

1. Microwave potatoes according to label instructions.
2. Add any extra seasoning or butter as desired.
3. Enjoy!

DESSERTS

*Dorm
-Sweet-
Dorm!*





NO-BAKE PEANUT BUTTER & CHOCOLATE BAR

WHAT YOU'LL NEED

- 14 oz sweetened condensed milk
- 1 ½ cups chocolate chips
- 1 ½ cups peanut butter chips

INSTRUCTIONS

1. Line baking sheet with foil, and spray with cooking spray.
2. Combine the chocolate chips and half of the sweetened condensed milk in a bowl.
3. Microwave for 30-45 seconds until it's the consistency of fudge.
4. Spread onto the baking sheet
5. Repeat with the peanut butter chips and sweetened condensed milk and spread onto the baking sheet.
6. Let sit at room temperature for 20 minutes and slice into squares.
7. Enjoy!



BIRTHDAY MUG CAKE

WHAT YOU'LL NEED

BIRTHDAY CAKE:

- 2 tbsp salted butter, room temperature
- 2 tbsp granulated sugar
- 1 egg yolk
- 1 tsp vanilla extract
- 1 tbsp whole milk
- 3 tbsp all-purpose flour
- ½ tbsp rainbow sprinkles, plus a pinch for the top

GLAZE:

- 3 tbsp powdered sugar
- ½ tbsp whole milk

INSTRUCTIONS

1. Place the softened butter into a small bowl. Add the granulated sugar and mix with a small rubber spatula until smooth.
2. Add in the egg yolk. Mix with the spatula until fully incorporated.
3. Add in the vanilla extract and whole milk. Mix until just combined.
4. Add in the flour. Mix until just combined.
5. Add in the sprinkles. Mix until just combined. Scoop batter into an 8 oz microwave-safe coffee mug and top with a pinch of extra sprinkles.
6. Microwave on high for 1 minute and 5 seconds. Allow cake to cool while preparing the glaze.
7. Prepare the glaze by combining the powdered sugar and whole milk. Mix until smooth. Pour over the warm birthday cake. Top with more sprinkles.

PEANUT BUTTER S'MORES

WHAT YOU'LL NEED

- Peanut Butter
- Graham Crackers
- Chocolate Chips
- Any other toppings you want!

INSTRUCTIONS

Layer the graham crackers, peanut butter, and chocolate chips, and heat in the microwave for 15–30 seconds for a melty, chocolatey treat—and you don't even need a campfire!

