



THE COLLEGE PANTRY

ITEMS

- Spices: Salt, Pepper, Garlic Powder, Cumin, Italian or Greek
- Olive Oil
- Nut Butter
- Low Sodium Soy sauce
- Low Sodium Chicken Broth
- Milk: 1% or Skim, Soy, Nut milk
- Frozen vegetables
- Canned Tomatoes
- Salsa
- Onions
- Frozen fruit
- Brown Rice (Instant or Regular)
- Potatoes
- Canned Beans: Garbanzo, Black, Pinto, White
- Whole Wheat Pasta
- Oatmeal or High Fiber Cereal
- Whole Grain Bread
- Eggs
- Canned Tuna
- Frozen Chicken breast or tenders

EXTRA ADDITIONS:

Fresh fruit, Fresh Greens, Protein (seafood, ground turkey, pork tenderloin), Chia seeds, Ground Flaxseed, Hemp Seeds, Greek Yogurt, Almonds or Mixed Nuts, Low Fat Cheese

WHAT CAN YOU MAKE?

1. Bean and Vegetable Stew
2. Vegetable Stir Fry with rice and Eggs
3. Spaghetti with Roasted Vegetables
4. Power bowls (Grains + vegetables + protein)
5. Overnight Oats or Hot Oatmeal with fruit
6. On the Go cereal (add chia seeds and hemp seeds or mixed nuts for extra protein and fiber)
7. Mexican or Vegetable Omelette
8. Tuna Melt Toast
9. Peanut Butter and Fruit Toast
10. Avocado Egg Toast
11. Chicken curry with vegetables and Rice
12. Baked Sweet Potato with black beans and Salsa
13. Superfood Smoothie (fruit and milk + chia and hemp seeds, greek yogurt, nuts)
15. One pan meals with potatoes, vegetables, protein

*****When assembling well-balanced, energy sustaining meals, you should include 3 main groups (Grain + vegetable and/or fruit + protein)**