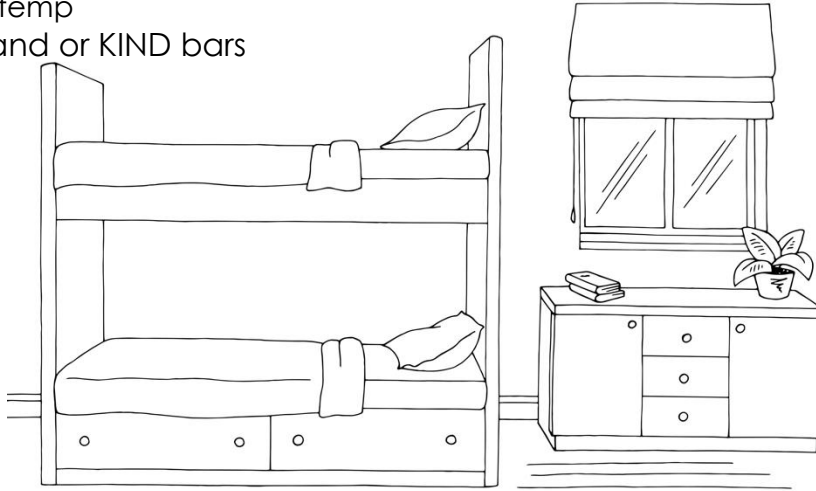


Food Ideas for Dorms & Workplace

Shelf Stable

Proteins

- Protein Powders, Protein bars
- Ready-made protein shakes
 - Taste better refrigerated, but some (like Orgain) can be stored on the shelf
 - Check the label – “Keep frigerated” means keep cool, below 40°F, and do not consume if left out for >2 hrs at room temp
- Trail mix, Nuts, Nut Butter, Nut bars – Kirkland or KIND bars
- PB2 (de-fatted peanut butter powder)
- Tuna, Salmon, Chicken pouches
- Roasted chickpeas or dried edamame
- Meat jerky (beef, turkey, chicken, etc.)
- Cheese crisps
- High protein granola
- High protein cereals:
 - Kashi GO flavors
 - Food 4 Life Ezekiel cereals
 - Grape Nuts
 - Purely Elizabeth cereals
 - ***Three Wishes, Magic Spoon, Catalina Crunch
 - High protein, low calorie, low carb -- Not recommended for endurance athletes
 - Catalina Crunch is very high in fiber, may cause bloating/GI upset



Carbohydrates

- Bagels, bread, tortillas, English muffins
- Instant oatmeal or cream of wheat/rice
- Cereal
- Fig bars, granola bars, breakfast bars
- Rice cakes
- Crackers – Triscuits, Wheat Thins, Graham crackers etc.
- Chips – Baked Lays, SunChips
- Pretzels, popcorn
- Microwavable rice packets
- Instant mashed potatoes
- Sports drinks with sugar, gels, gummies



Fruits & Veggies (also provide carbs, fiber)

- Fresh bananas, apples, oranges, pears, kiwis
- Squeezable fruit pouches
- Fruit cups & canned fruit (in fruit juice, not syrup)
- Dried fruits & fruit leathers (look for no sugar added) – dates, mango, banana, figs
- Freeze dried fruit & freeze dried veggie chips
- Canned veggies

Food Ideas for Dorms & Workplace

Refrigerated

Proteins

- Greek yogurt and drinkable Greek yogurt
- Milk, chocolate milk, soy milk, pea milk (not almond milk, oat milk)
- Kefir
- Fairlife CorePower and other ready-made protein shakes
- Lean deli meats – turkey, chicken, ham, tofurky (not salami, bologna)
- Smoked salmon
- Cheese – sliced and cheese sticks
- Marinated tofu or tempeh
- Grilled chicken strips
- Hard boiled eggs, or egg muffins
- Cheese, fruit & nut snack packs
- Hummus (a lower protein option)



Carbohydrates

- Leftovers/meal prep: rice, quinoa, pasta, potatoes, beans
- Ready-made pasta salads and sandwiches
- Overnight oats
- Sweetened yogurts and milks (carb + protein)

Fruits & Veggies

- Fresh veggies: Baby carrots, cherry tomatoes, mini bell peppers, snap peas, broccoli
- Pre-washed spinach, kale, arugula, greens
- Salad mix or veggie slaw with mix-ins and dressing
- Salsa
- Pre-made guacamole
- Fresh fruit: strawberries, blueberries, raspberries, oranges, cherries

* Keep some dips/sauces on hand in your fridge for your fruits & veggies:

- o Ranch dressing, balsamic dressing, or other salad dressing
- o Hummus dip for veggies (and dessert hummus goes well with fruit and/or graham crackers)
- o Pesto, ketchup, mustard, mayo for dip or spread on sandwiches

Food Ideas for Dorms & Workplace

Freezer (items to microwave or air-fry)

Proteins

- Grilled chicken or breaded chicken tenders – heat in airfryer
- Turkey meatballs – microwave or airfryer
- Pre-cooked burgers or veggie burgers – microwave or airfryer
- Microwavable breakfast sandwiches or burritos

Carbohydrates

- Frozen rice -- microwave
- Frozen hashbrowns or other potatoes – heat in airfryer
- Microwavable breakfast sandwiches or burritos
- Freezer waffles – heat in airfryer

Fruits & Veggies

- Frozen fruit – for blending in smoothies or add to overnight oats, cereal, yogurt
- Frozen veggies in steam bag – steam in microwave or take out of bag and roast in airfryer

