

Healthy Easy Dorm Room Meal Prep

Here are some suggestions for easy to prep, healthy, minimal cook foods for a dorm room. You will need a refrigerator, microwave, toaster, cutting board, knife, large mug, microwave safe medium bowl, plate and cereal bowl.

I have the meal items categorized by meal, but feel free to be creative and select any meal item for any meal.

For more suggestions go to this post about [travel meals](#).

BREAKFAST

- Cottage cheese and fruit
- Egg-in-a-mug (there are lots of recipes on the internet)
- Hot or Cold Cereal and fruit
- [Kodiak Cakes High Protein Oatmeal](#) in a cup
- Greek yogurt, preferably plain; add your own fruit (fresh or frozen)
- 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 [whole wheat tortilla](#) (this brand is my favorite!)
- 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 [Think Thin Crunch](#)
- Protein bar (like Think Thin, Atkins Advantage, Pure Protein, or Power Crunch)

- Nuts (buy in bulk and divide up into snack-size zip-top bags)
- Toast with nut butter/yogurt, fruit, and toppings (hemp seeds, cacao nibs).
- [Microwave oatmeal](#) topped with fruit and nut butter / nuts / seeds.
- Overnight oats require no cooking and can be prepped ahead of time. All you need are rolled oats, a liquid (milk, Ripple, almond milk, fruit, and nuts / seeds. Put together in a bowl, refrigerate and enjoy in the morning.
- Loaded sweet potato: Microwave a sweet potato until soft (about 3-4 minutes), then top with nut butter, hemp seeds, yogurt, Ceylon [cinnamon](#), and a dash of maple syrup.
- Smoothies or a smoothie bowl (if you have access to blender, nutribullet, or food processor).
- Banana boats filled with peanut butter, cinnamon, hemp seeds, and [cacao nibs](#).
- [Nut butter](#) and fruit wrap. Use any nut butter and fruit. Ideas: sliced apples, pears, bananas, strawberries, blueberries, and raspberries.

LUNCH OR DINNER

- Shredded cheddar cheese between two tortillas makes an easy microwavable quesadilla. Top with salsa.
- Buy pre-cooked chicken, microwave some frozen vegetables and pair with minute [instant brown rice](#)
- Whole grain crackers (like wasa) / rice cakes / or toast topped with flaked tuna mashed with chickpeas, avocado, or hummus and Dijon mustard.
- Mason jar salads with easy veggies (cucumbers, carrots, red peppers, carrots) and protein (canned beans, tuna, pre-baked tofu).
- Sandwich with tuna/egg/protein, avocado, veggies.
- Cheese toast (Make a piece of toast and top with cheese)

- Tuna salad served in lettuce cups.
- Frozen ready to heat and eat [brown rice](#).
- Bean-based soups (like black bean, lentil, and split pea soup)
- Ready to eat [Brown Rice and Lentils](#) topped with cottage cheese or reduced fat sour cream and reduced fat shredded cheese.
- Bagel thin pizzas (bagel thins with tomato paste, meats and veggies of choice, and shredded reduced-fat cheese)
- Tuna, turkey, chicken or salmon salad or sandwich, made with light mayo or mustard
- Peanut butter/almond butter and (no-sugar-added) jelly and banana sandwich
- Smoothie: Milk or milk alternative blended with banana, nut butter, 1/3 cup raw oats, and ice
- Turkey (or ham, chicken, roast beef, or tofu) wrap.
- Microwave baked potato topped with cottage cheese or shredded reduced-fat cheese, and salsa
- Microwave baked sweet potato topped with cinnamon and walnuts
- Bean burrito (fat-free refried beans, shredded reduced-fat cheese, and salsa rolled up in [whole grain tortilla](#))
- 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
- Soup. Start with a [low-sodium canned soup](#), then add more veggies, like baby spinach, and pre-cooked whole grains. You can find plain pre-cooked brown rice and quinoa in shelf stable packages.
- Burrito wrap, made with whole grain tortilla, hummus, avocado, veggies, tuna, salsa, and shredded cheese.
- Black beans and salsa
- Southwestern stuffed sweet potato- black beans, veggies (frozen, then microwaved), salsa, avocado.
- Microwave egg sandwich. Whisk an egg with a teaspoon of

water in a small bowl or mug, microwave for 45 seconds or until egg is firm. Add egg, cheese, salsa, and spinach to an English muffin or whole grain roll.

- Top salad greens with veggies, canned chickpeas, and any flavor of Seasoned Tuna Pouch with Spoon.

SNACKS/DESSERT

- Cheese stick along with some carrots and hummus
- Date filled with nuts or nut butter
- Slice up apple / fruit and drizzle with nut butter and cinnamon.
- Cube apples, add a little water, microwave covered for about 2 minutes or until soft. Top with Greek yogurt, cinnamon, and a little honey or maple syrup if desired.
- Veggies with hummus (grape tomatoes, cucumbers, snap peas, carrots & celery sticks, bell peppers, broccoli, and zucchini).
- Rice cakes with nut butter or sliced / mashed avocado.
- Celery with peanut butter and hemp seeds.
- Nut butter and fruit tortilla wrap. Use any nut butter and sliced fruit like bananas, strawberries, blueberries, or raspberries.