



# **MOUNTAINEER** **MEAL PREP** **COOKBOOK**

*College-Friendly Recipes*







## ***Fellow Mountaineer,***

***Welcome to a journey of flavor, nutrition and simplicity! As your campus dietitian, I am thrilled to introduce you to this specially curated cookbook designed with your bustling student lifestyle in mind.***

***Whether you're between classes, studying late into the night or juggling extracurriculars, these recipes are here to meet you where you are. They require minimal ingredients, straightforward techniques and little time, all without compromising flavor and nutrition.***

***In addition to the helpful recipes found in this cookbook, you can also schedule one-on-one consultations with me to go over your unique needs. If you're looking to tailor your diet to better support your academic and personal goals, or if you have specific dietary needs, don't hesitate to reach out. Together, we can create a personalized nutrition plan that fits seamlessly into your busy schedule.***

***Enjoy your cooking adventures, and remember, I'm here to support your nutritional journey every step of the way.***

***Happy cooking!***

*request dietitian  
services!* →

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*Healthy recipes  
handpicked by campus  
dietitian, Leighann Scott*



# BALANCED BITES

*Recipes containing less than 30% fat to keep you full, fit and ready to go.*





## Breakfast

# OVERNIGHT OATS

**Total Time:** 5 minutes  
**Servings:** 1 serving

### Instructions:

**Assemble:** In a 16-oz jar, combine your base ingredients with any desired flavors. Stir to combine.

**Rest:** Seal shut and place in the fridge for at least 2 hours, until oats are soft.

**Serve:** Give your oats a good stir and dig in! If oats appear dry, add a splash of milk. Heat in microwave or enjoy cold.

### Nutrition Information:

**Calories:** 380 calories/serving

**Protein:** 13 grams

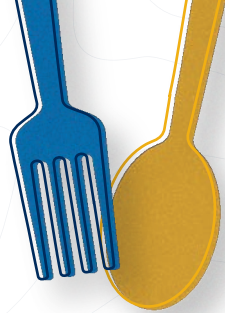
**Carbohydrates:** 46 grams

**Fat:** 13 grams

### Ingredients:

- ★ ½ cup rolled oats
- ★ ½ cup milk
- ★ 1 tbsp sweetener
- ★ 1 tbsp chia seeds
- ★ ¼ cup chopped fruit
- ★ ¼ tsp vanilla extract
- ★ Pinch of salt





## Breakfast

# ORANGE SMOOTHIE

**Total Time:** 5 minutes

**Servings:** 1 serving

### Instructions:

**Blend:** In a blender, combine all ingredients. Add ice as necessary to reach a frosty consistency of your liking.

**Serve:** Enjoy as a tasty breakfast, snack or whatever you please!

### Ingredients:

- ☀ 2 oranges (peeled)
- ☀ 1 tsp orange zest
- ☀ 1 banana
- ☀ ½ cup nonfat Greek yogurt
- ☀ 1 tsp vanilla extract

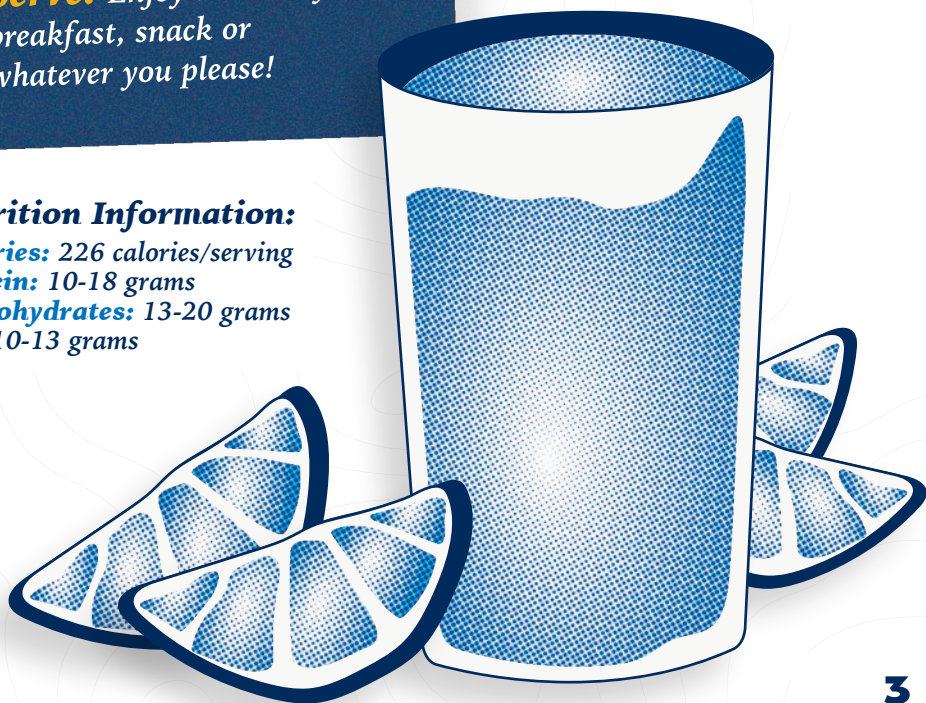
### Nutrition Information:

**Calories:** 226 calories/serving

**Protein:** 10-18 grams

**Carbohydrates:** 13-20 grams

**Fat:** 10-13 grams





## Lunch

# MEXICAN STREET CORN

**Total Time:** 25 minutes

**Servings:** 8 servings

## Instructions:

**Dressing:** Mix all dressing ingredients and set aside.

**Heat:** Combine corn and garlic in a bowl, then microwave on high for 5-10 minutes. Stir halfway through heat time and toss with lime juice and salt.

**Serve:** In large bowl, combine corn mix, black beans, pepper, onion, cilantro and cheese. Drizzle sauce over and serve!

## Nutrition Information:

**Calories:** 181 calories/serving

**Protein:** 9 grams

**Carbohydrates:** 29 grams

**Fat:** 4.6 grams

## Ingredients:

### Dressing

- ★ 1/2 cup plain nonfat yogurt
- ★ 1 tbsp lime juice
- ★ 1 tsp honey
- ★ 1/2 tsp paprika
- ★ 1/4 tsp cumin

### Salad

- ★ 3 cups canned corn
- ★ 1 clove garlic (minced)
- ★ 1 tbsp lime juice
- ★ 1 cup black beans
- ★ 1 red bell pepper (chopped)
- ★ 1/2 cup red onion (chopped)
- ★ 1/2 cup packed fresh cilantro (chopped)
- ★ 1/2 cup cotija cheese
- ★ Pinch of salt

## Lunch

# TURKEY CLUB SANDWICH

**Total Time:** 10 minutes

**Servings:** 1 serving

### Instructions:

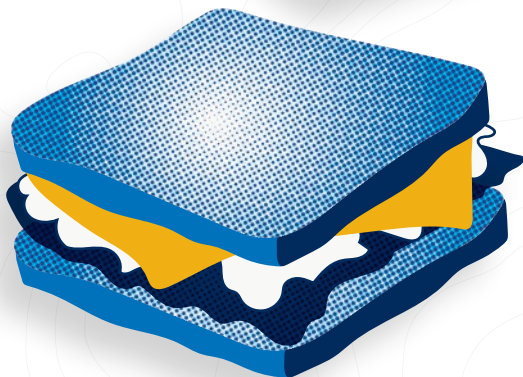
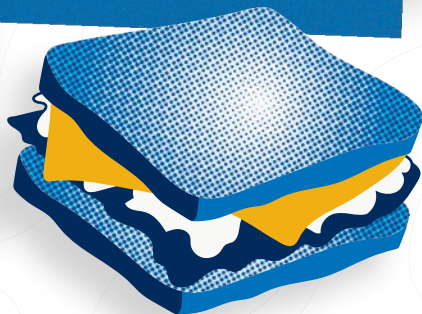
**Prep:** Cook bacon until crisp, draining grease on a paper towel. Toast bread and set aside.

**Assemble:** Spread mayo on both slices of bread. Top with lettuce, turkey, tomato and bacon. Close sandwich.

**Serve:** Slice your sandwich in half and enjoy!

### Ingredients:

- ☀ 2 slices center cut bacon (cut in half)
- ☀ 2 slices whole grain bread
- ☀ 1 tbsp light mayo
- ☀ 2 slices iceberg lettuce
- ☀ 3 oz turkey breast (thin)
- ☀ 2 slices ripe tomato



### Nutrition Information:

**Calories:** 376 calories/serving

**Protein:** 24 grams

**Carbohydrates:** 43 grams

**Fat:** 13 grams



## Lunch

# BROCCOLI & CHEESE BOWL

**Total Time:** 10 minutes

**Servings:** 1 serving

### Instructions:

**Prep:** In a large microwavable bowl, add your rice, broccoli and cold water. Place a plate over the top of the bowl.

**Heat:** Microwave for 3 1/2 minutes, keeping a close eye to ensure the water doesn't overflow. When the rice is fully cooked, mix in the cornstarch, milk, cheese and salt. Microwave for another 2 minutes, allowing the cornstarch to activate and create a thick sauce.

**Serve:** Enjoy your rice bowl alone or with a protein of your choice!

### Ingredients:

- 5 tbsp rice (quick cooking)
- 2/3 cup cold water
- 2 broccoli heads (chopped)
- 1/2 tsp cornstarch
- 3 tbsp milk
- 4 tbsp cheddar cheese (grated)
- Salt to taste

### Nutrition Information:

**Calories:** 150 calories/serving

**Protein:** 7 grams

**Carbohydrates:** 17 grams

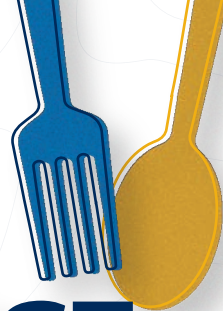
**Fat:** 6 grams

**Dinner**

# MICROWAVE EGG FRIED RICE

**Total Time: 10 minutes**

**Servings: 1 serving**



## Instructions:

**Prep:** In a microwavable cup, beat your egg and microwave for 1 minute. Place rice in a bowl, cover with a damp paper towel and microwave on high for 2 minutes.

**Assemble:** Add soy sauce and sesame oil to rice, stirring to combine. Add veggies and cover again, microwaving for 1 minute. Lastly, break up egg and add to rice. Microwave for another 30 seconds.

**Serve:** Enjoy alone or with a protein of your choosing!

## Ingredients:

- ★  $\frac{3}{4}$  cup cooked rice
- ★  $\frac{1}{4}$  cup mixed veggies (frozen)
- ★ 1 large egg
- ★ 1 tbsp soy sauce
- ★ 1 tsp sesame oil

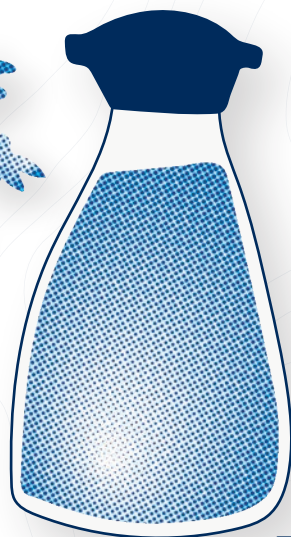
## Nutrition Information:

**Calories:** 291 calories/serving

**Protein:** 12 grams

**Carbohydrates:** 45 grams

**Fat:** 7 grams



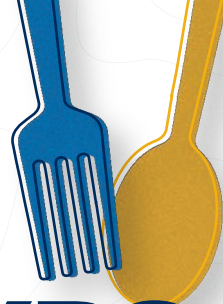


**Dinner**

# AIR-FRIED CHICKPEA GYRO

**Total Time: 15 minutes**

**Servings: 4 servings**



## Instructions:

**Prep:** Pat chickpeas dry with paper towel, removing any skins that may come off. Gently toss chickpeas with oil, paprika, black pepper, cayenne pepper and salt. Line air fryer with parchment paper.

**Air Fry:** Spread chickpeas onto your parchment lined air fryer and cook for 5-10 minutes at 350°F or until roasted.

**Serve:** Spread tzatziki onto your pita, sprinkle  $\frac{1}{4}$  of the chickpeas and add veggies. Fold in half and enjoy!

## Ingredients:

- 1 15-oz can chickpeas
- 1 tbsp olive oil
- 2 tbsp paprika
- 1 tsp black pepper
- $\frac{1}{2}$  tsp salt
- 4 pita flatbreads
- $\frac{1}{2}$  tsp cayenne pepper
- $\frac{1}{4}$  red onion (cut into strips)
- 2 lettuce leaves (rough chop)
- 1 sliced tomato
- 1 cup tzatzki sauce

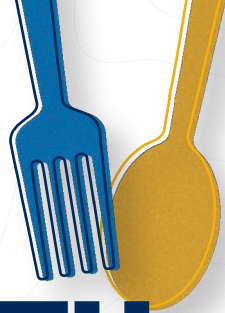
## Nutrition Information:

**Calories:** 331 calories/serving

**Protein:** 12 grams

**Carbohydrates:** 45 grams

**Fat:** 12.5 grams



**Dinner**

# STUFFED AVOCADO WITH CHICKPEAS

**Total Time:** 15 minutes

**Servings:** 3 servings

## Instructions:

**Avocado Prep:** Cut avocados in half lengthwise, making sure not to cut through the seed. Twist each half in opposite directions to create 2 halves. Place the half with the seed on a firm surface. Carefully thwack your knife into the seed, twisting to pop the seed out.

### Chickpea Filling Prep:

Drain chickpeas and roughly smash with a fork. Finely chop onion, celery and capers and mix into chickpeas. Add mayonnaise, dijon mustard, white vinegar and salt and pepper for taste to mixture. Stir well.

**Serve:** Stuff your chickpea filling into the well of each avocado half and enjoy.

## Ingredients:

☀ 3 avocados

### Chickpea Filling

☀ 1 15-oz can chickpeas

☀ ¼ cup red onion (chopped)

☀ 1 tsp capers (chopped)

☀ ¼ cup celery (chopped)

☀ ¼ cup mayonnaise

☀ 1 tsp dijon mustard

☀ 2 tsp white vinegar

☀ Salt and pepper  
to taste

## Nutrition Information:

**Calories:** 204 calories/serving

**Protein:** 5 grams

**Carbohydrates:** 18 grams

**Fat:** 14 grams



## Snack

# CHOCOLATE GRANOLA BARS

**Total Time:** 30 minutes  
**Servings:** 10 servings

## Instructions:

**Prep:** In a bowl, combine all dry ingredients except chocolate. In another bowl, combine honey and vanilla and microwave on high for 5-10 minutes, stirring occasionally. Quickly stir hot honey into dry ingredients until well incorporated.

**Refrigerate:** Line pan with parchment paper and press granola mixture into pan, using the bottom of something to pack it tightly. Refrigerate for 20 minutes to cool and harden, then cut into rectangles.

**Serve:** Melt chocolate in microwave, then transfer to a shallow dish or plate. Dip granola so that the tops are covered. Let cool and enjoy!

## Ingredients:

- ☀ 1 cup flake cereal
- ☀  $\frac{3}{4}$  cup rolled oats
- ☀  $\frac{2}{3}$  cup dried cranberries
- ☀  $\frac{1}{2}$  cup coconut flakes
- ☀  $\frac{1}{3}$  cup fine grind bulgur
- ☀  $\frac{1}{4}$  cup pumpkin seeds
- ☀  $\frac{1}{4}$  cup sunflower seeds
- ☀  $\frac{1}{2}$  cup honey
- ☀ 1 tsp vanilla extract
- ☀ 1 bar dark chocolate

## Nutrition Information:

**Calories:** 274 calories/serving

**Protein:** 5.3 grams

**Carbohydrates:** 46 grams

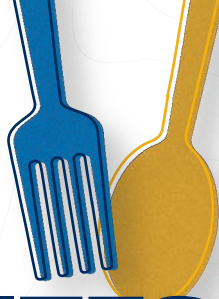
**Fat:** 11 grams



## Snack

# FROZEN BLUEBERRY BITES

**Total Time:** 1 hour  
**Servings:** 4 servings



### Instructions:

**Prep:** Line a plate with parchment paper.

**Dip:** Place each berry on a toothpick, then dip into yogurt. Set dipped berries on parchment paper in a single layer. Freeze.

**Serve:** Once frozen, enjoy or store for a quick snack!

### Ingredients:

- ☀ 1 cup blueberries
- ☀ ½ cup yogurt
- ☀ A few toothpicks

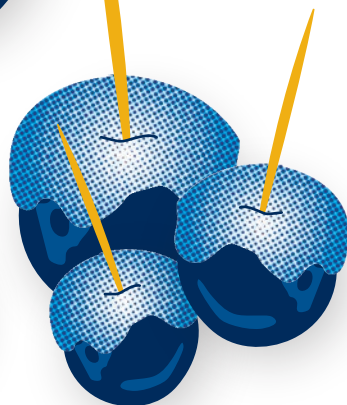
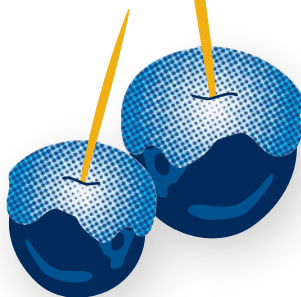
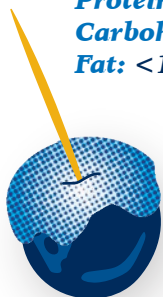
### Nutrition Information:

**Calories:** 43 calories/serving

**Protein:** 2 grams

**Carbohydrates:** 7.4 grams

**Fat:** <1 grams





# PLANT-POWERED PLATES

*Vegetarian recipes that are packed with nutrients and flavor.*



## Breakfast

# KALE SMOOTHIE BOWLS

**Total Time:** 15 minutes  
**Servings:** 2 servings

### Instructions:

**Blend:** In a blender, combine kale, spinach, banana, pear, blueberries and milk until smooth. Add ice if not using frozen fruit to reach a consistency of your liking.

**Chill:** Add chia seeds and stir well. Let chill and thicken in the refrigerator for at least 15 minutes.

**Serve:** Top with fresh fruit, nuts or seeds of your choosing and enjoy!

### Nutrition Information:

**Calories:** 141 calories/serving

**Protein:** 4 grams

**Carbohydrates:** 31 grams

**Fat:** 2.3 grams

### Ingredients:

- ☀ 1 cup chopped kale
- ☀ ½ cup packed spinach
- ☀ 1 banana
- ☀ ½ pear
- ☀ ¼ cup milk
- ☀ 1 tbsp chia seeds
- ☀ ½ cup blueberries
- ☀ Ice as needed



## Lunch

# PINEAPPLE POKE BOWLS

**Total Time:** 25 minutes

**Servings:** 3 servings

### Instructions:

**Dry:** Cut tofu into  $\frac{1}{2}$  inch thick slabs, set on paper towels and cover with more paper towels. Set a heavy plate on top to press out extra moisture.

**Flavor:** Whisk remaining tofu ingredients to create a marinade. Taste and adjust to your preference. Dice tofu into cubes and gently combine tofu with marinade. Refrigerate.

**Serve:** Spoon rice into serving bowls and top with carrot, pineapple, avocado, cucumber and tofu. Drizzle with remaining marinade and enjoy!

### Nutrition Information:

**Calories:** 580 calories/serving

**Protein:** 17 grams

**Carbohydrates:** 50 grams

**Fat:** 38 grams

### Ingredients:

#### Tofu

- ★ 1 14-oz block tofu
- ★  $\frac{1}{4}$  cup sesame oil
- ★  $\frac{1}{4}$  cup soy sauce
- ★ 2 tbsp pineapple juice
- ★ 1 tbsp rice vinegar
- ★ 1 tsp grated ginger
- ★ 1 tsp sesame seeds
- ★  $\frac{1}{4}$  tsp chili garlic sauce
- ★ Juice + zest of 1 lime

#### Bowls

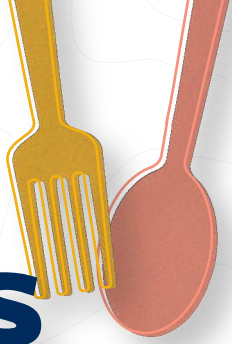
- ★ 1 cup pineapple (chopped)
- ★ 1 avocado (sliced)
- ★  $\frac{1}{2}$  cup cucumber (sliced)
- ★ 1 carrot (shredded)
- ★ 2 cups cooked rice

**Dinner**

# CUCUMBER SUSHI ROLLS

**Total Time:** 15 minutes

**Servings:** 2 servings



## Instructions:

**Scoop:** Cut each cucumber in half lengthwise and remove seeds, creating a long, hollow tube.

**Stuff:** Spoon in small amounts of rice, then compress to one side of the tube. Insert a slice of avocado and a few slices of pepper, then add rice to fill gaps. Compress and add rice until full.

**Slice:** With a knife, slice cucumber into  $\frac{1}{2}$  inch thick pieces. If you notice the filling is loose, stuff more rice and peppers as needed.

**Serve:** Serve with the spicy mayo and enjoy!

## Ingredients:

### Sushi

- ★ 2 cucumbers
- ★ 1 cup sushi rice (cooked)
- ★  $\frac{1}{2}$  firm avocado (sliced)
- ★  $\frac{1}{4}$  red pepper (sliced)
- ★  $\frac{1}{4}$  orange pepper (sliced)

### Spicy Mayo

- ★ 3 tbsp mayonnaise
- ★ 1 tbsp sriracha

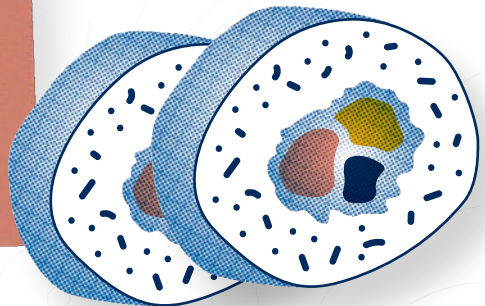
## Nutrition Information:

**Calories:** 400 calories/serving

**Protein:** 7.6 grams

**Carbohydrates:** 71 grams

**Fat:** 10.6 grams





## Snack

# TZATZIKI & VEGGIES

**Total Time:** 5 minutes

**Servings:** 12 servings

## Instructions:

**Yogurt:** Strain yogurt using cheesecloth for 30 minutes to 3 hours to remove excess moisture (skip if in a hurry).

**Prep:** Sprinkle salt onto shredded cucumber and spoon into cheesecloth. Let sit for a few minutes, then wring out extra moisture.

**Mix:** Mix together yogurt, dill, cucumber, garlic and lemon. Season with salt and pepper to taste.

**Serve:** Serve with veggies of your choice and enjoy!

## Nutrition Information:

**Calories:** 40 calories/serving

**Protein:** 1.7 grams

**Carbohydrates:** 3.2 grams

**Fat:** 2.4 grams

## Ingredients:

### Tzatziki

- ★ 2 cups Greek yogurt
- ★ 1 cup cucumber (shredded)
- ★ 2 tbsp lemon juice
- ★ 2 cloves garlic (minced)
- ★ 1 tbsp dill (chopped)
- ★ Salt and pepper to taste

### Veggies

- ★ Carrots, cucumber, celery, peppers or whatever you prefer!



# PROTEIN- PACKED PLATES

*Recipes full of protein that give you  
the fuel you need for any workout.*





# Breakfast

# PROTEIN BURRITO

**Total Time: 15 minutes**

**Servings: 1 serving**



## Instructions:

**Prepare Egg:** Crack both eggs into a microwavable bowl, add milk and beat until fully blended. Microwave on high 1 minute, scramble eggs, then microwave another minute.

**Assemble:** Spread avocado onto the tortilla to form a base. Add your diced meat and peppers. Add your egg to the tortilla and top with salsa. Ensure all ingredients are well distributed.

**Serve:** With everything in place, roll your tortilla to create a burrito. Microwave 15 seconds and enjoy!

## Ingredients:

- ✱ 2 eggs
- ✱ 1 tortilla
- ✱ 1 avocado
- ✱ 2 tbsp salsa
- ✱ 1 bell pepper (diced)
- ✱ 1 oz salami (diced)
- ✱ 2 tbsp milk
- ✱ Salt to taste

## Nutrition Information:

**Calories:** 490 calories/serving

**Protein:** 27 grams

**Carbohydrates:** 51 grams

**Fat:** 20 grams



## Lunch

# MAC N' CHEESE

**Total Time:** 5 minutes

**Servings:** 1 serving

### Instructions:

**Prepare Mac:** Put the macaroni and water into a microwavable cup and microwave on high for 4 minutes, stirring in between each minute.

**Add Cheese:** Ensure all water has been absorbed into the macaroni, heating further if not. Stir in milk and cheese.

**Serve:** Microwave 1 more minute to melt cheese, season with salt and pepper to your liking and enjoy!

### Ingredients:

- ★  $\frac{1}{3}$  cup macaroni (uncooked)
- ★  $\frac{1}{2}$  cup water
- ★  $\frac{1}{4}$  cup milk
- ★  $\frac{1}{2}$  cup cheese (shredded)
- ★ Salt and pepper to taste

### Nutrition Information:

**Calories:** 401 calories/serving

**Protein:** 33 grams

**Carbohydrates:** 36 grams

**Fat:** 21 grams

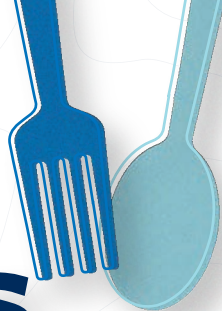


**Dinner**

# CHICKEN ENCHILADAS

**Total Time: 20 minutes**

**Servings: 4 servings**



## Instructions:

**Prepare:** In a medium bowl, mix  $\frac{1}{2}$  cup of enchilada sauce, chicken, seasoning mix and  $\frac{3}{4}$  cup of cheese.

**Assemble:** Oil a microwavable dish and place  $\frac{1}{2}$  cup of enchilada sauce in the bottom. 1 tortilla at a time, fill with  $\frac{1}{4}$  cup chicken mixture and roll to seal. Place the filled tortilla in the dish seam side down. Repeat with all tortillas and pour remaining enchilada sauce over. Top with  $\frac{3}{4}$  cup cheese.

**Serve:** Microwave on high 10 minutes (or until cheese is melted and enchiladas are heated through). Garnish with cilantro, top with sour cream and enjoy!

## Ingredients:

- ★ 2  $\frac{1}{4}$  cups canned mild enchilada sauce
- ★ 2 cups shredded rotisserie chicken
- ★ 1 tbsp taco seasoning
- ★ 1  $\frac{1}{2}$  cups shredded Mexican cheese blend
- ★ 8 corn tortillas (6 inch)
- ★ 3 tbsp cilantro (chopped)
- ★  $\frac{3}{4}$  cup sour cream

## Nutrition Information:

**Calories:** 520 calories/serving

**Protein:** 35 grams

**Carbohydrates:** 34 grams

**Fat:** 28 grams

## Snack

# BERRY SMOOTHIE

**Total Time:** 5 minutes

**Servings:** 1 serving

### Instructions:

**Combine:** In a blender, combine all ingredients. Puree until smooth to your liking, adding ice or orange juice as needed.

**Serve:** Pour your smoothie into a glass and enjoy!

### Ingredients:

- ★ 1 cup mixed berries (frozen)
- ★ 1 ripe banana (frozen)
- ★ 1/2 cup lowfat vanilla yogurt
- ★ 1/4 cup orange juice
- ★ 1 tsp honey (optional)

### Nutrition Information:

**Calories:** 320 calories/serving

**Protein:** 10 grams

**Carbohydrates:** 73 grams

**Fat:** 1 gram



# CARB- CONSCIOUS CUISINE

*Recipes low on carbs and  
filled with fiber and flavor.*



## Breakfast

# FRUIT PARFAIT

**Total Time:** 8 minutes

**Servings:** 4 servings

### Instructions:

**Combine:** In a jar, add all ingredients in layers. Start with your yogurt, then add granola, ending with the berries on top.

**Serve:** Eat immediately, or store in the fridge for a quick breakfast!

### Ingredients:

- ★ 4 cups vanilla Greek yogurt
- ★ 1 cup strawberries
- ★ 1 cup blueberries
- ★ 1 cup granola

### Nutrition Information:

**Calories:** 357 calories/serving

**Protein:** 22 grams

**Carbohydrates:** 39 grams

**Fat:** 6 grams

**Fiber:** 5 grams

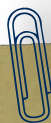
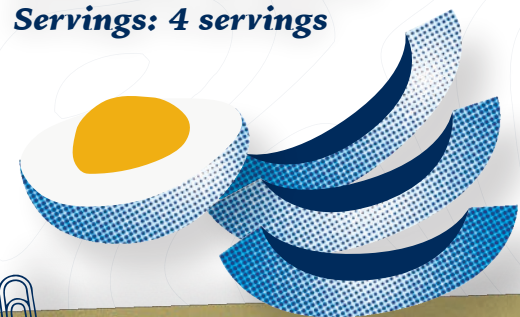


## Lunch

# AVOCADO EGG SALAD

**Total Time:** 20 minutes

**Servings:** 4 servings

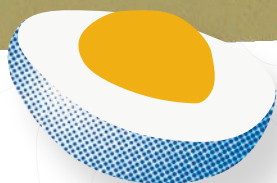


## Instructions:

**Prep:** Slice avocados, removing the center and peeling the outside. Mash in a bowl and add your lemon juice, salt, pepper, chives and mayo. Stir until mixed.

**Eggs:** Finely chop hard boiled eggs, add to the bowl and stir into mix.

**Serve:** Add to meal prep containers for an easy lunch or eat immediately with a side of chips!



## Ingredients:



- ★ 4 avocados
- ★ 10 hard boiled eggs
- ★ ½ cup mayonnaise
- ★ 3 tbsp lemon juice
- ★ ¼ cup chives
- ★ 1 tbsp salt
- ★ 1 tbsp pepper
- ★ Tortilla chips

## Nutrition Information:

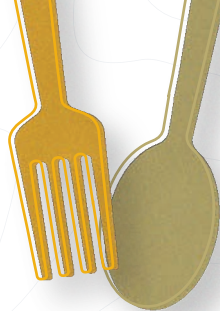
**Calories:** 703 calories/serving

**Protein:** 20 grams

**Carbohydrates:** 23 grams

**Fat:** 61 grams

**Fiber:** 14 grams



**Dinner**

# CHICKEN CAESAR WRAP

**Total Time:** 15 minutes

**Servings:** 3 servings

## Instructions:

**Assemble:** Top tortilla with 2 oz of chicken,  $\frac{1}{3}$  of kale,  $\frac{1}{3}$  of tomatoes and  $\frac{1}{3}$  of parmesan. Fold the bottom of the tortilla away from you and tuck sides in as you wrap. Slice in half and secure with a toothpick. Repeat with remaining ingredients.

**Serve:** Serve with your croutons, almonds, a side of dressing, grapes and snap peas. Enjoy!

## Nutrition Information:

**Calories:** 520 calories/serving

**Protein:** 24 grams

**Carbohydrates:** 62 grams

**Fat:** 22 grams

**Fiber:** 11 grams

## Ingredients:

- ★ 3 gluten-free burrito tortillas
- ★ 6 oz rotisserie chicken lunch meat
- ★ 3 cups kale (chopped)
- ★  $\frac{1}{2}$  cup tomatoes (chopped)
- ★ 3 tbs parmesan cheese (shaved)
- ★ 6 tbs light caesar dressing
- ★ 1 cup gluten-free croutons
- ★  $\frac{1}{4}$  cup almonds
- ★ 1  $\frac{1}{2}$  cups red seedless grapes
- ★ 1  $\frac{1}{2}$  cups snap peas



## Snack

# DEVEILED EGGS

**Total Time: 30 minutes**

**Servings: 16 servings**

## Instructions:

**Prep:** Cut peeled eggs in half and place on a serving platter. Remove yolks with a spoon and place them in a mixing bowl.

**Fill:** Mash yolks to a fine crumb. Add mayo, pickle juice, mustard, salt, pepper and garlic powder. Mash again until creamy. Mix in the diced pickles and season to your preference. Spoon egg mixture into egg halves.

**Serve:** Top with paprika and bacon bits, and enjoy!

## Ingredients:

- ★ 8 hard boiled eggs  
(peeled & halved)
- ★ 1/4 cup mayonnaise
- ★ 2 tsp dill pickle juice
- ★ 1/2 tsp dijon mustard
- ★ Salt to taste
- ★ 1/8 tsp black pepper
- ★ 1/8 tsp garlic powder
- ★ 2 baby dill pickles  
(finely diced)
- ★ 1/8 tsp paprika
- ★ 3 oz bacon  
(chopped and browned)

## Nutrition Information:

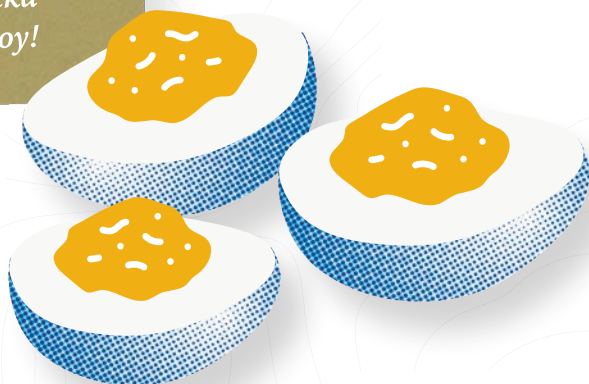
**Calories:** 87 calories/serving

**Protein:** 4 grams

**Carbohydrates:** 1 grams

**Fat:** 7 grams

**Fiber:** 2 grams



# ALLERGY-FREE FARE

*Recipes free of common food allergens  
like nuts, fish, dairy and gluten.*





## Breakfast

# DAIRY-FREE OVERNIGHT OATS

**Total Time:** 5 minutes

**Servings:** 1 serving

### Ingredients:

- ★  $\frac{3}{4}$  cup gluten-free oats
- ★  $\frac{3}{4}$  tsp cinnamon
- ★ 1  $\frac{1}{4}$  cup non-dairy milk
- ★  $\frac{1}{2}$  tbsp maple syrup
- ★ 1 tbsp sunbutter
- ★ 2 tbsp dried cranberries
- ★ 2 tbsp pumpkin seeds
- ★  $\frac{1}{2}$  cup apple (chopped)
- ★ 2 tsp chia seeds

### Instructions:

**Prep:** Put your oats and cinnamon in a jar, then pour in maple syrup and non-dairy milk. Stir well. Close jar and refrigerate overnight.

**Serve:** In the morning, stir your oats and add any toppings, then enjoy!

### Nutrition Information:

**Calories:** 600 calories/serving

**Protein:** 13 grams

**Carbohydrates:** 98 grams

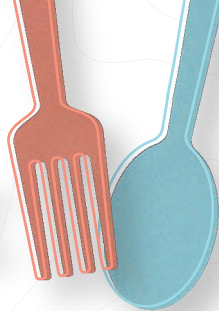
**Fat:** 19 grams

**Lunch**

# MICROWAVE MEATLOAF

**Total Time: 15 minutes**

**Servings: 4 servings**



## Instructions:

**Prep:** Spray microwavable dish with cooking spray. Gently combine all ingredients in a bowl, then spread the mixture into your dish.

**Heat:** Cover dish with a paper towel and microwave on high for 8 1/2 minutes.

**Serve:** Let the meatloaf cool, then enjoy!

## Ingredients:

- ★ **1/3 cup marinara sauce** (reduced sodium)
- ★ **1/3 cup breadcrumbs**
- ★ **2 tbsp onion** (grated)
- ★ **1 tsp thyme** (chopped)
- ★ **1/2 tsp kosher salt**
- ★ **1/2 tsp black pepper**
- ★ **1 lb ground meat** (beef, chicken, turkey or pork)
- ★ **1 large egg** (or 3 tbsp flax seed + 1 tbsp water)
- ★ **Cooking spray**

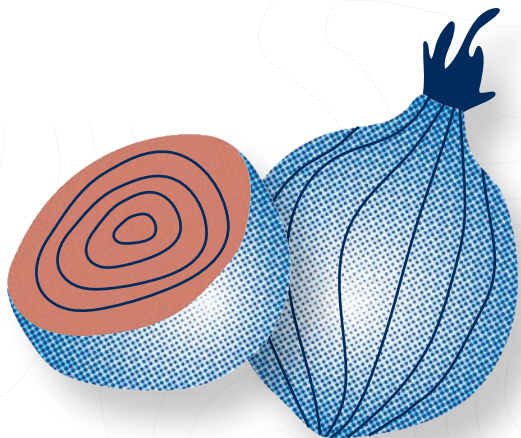
## Nutrition Information:

**Calories:** 225 calories/serving

**Protein:** 19 grams

**Carbohydrates:** 13 grams

**Fat:** 10 grams



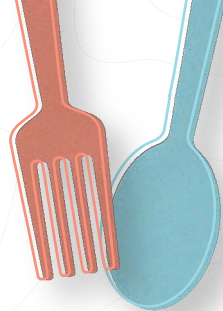


**Dinner**

# VEGGIE BURGER

**Total Time: 10 minutes**

**Servings: 1 serving**



## Instructions:

**Prep:** Place frozen burger patty on a microwavable plate and cook according to packaging.

**Assemble:** Open bun and add any condiments you prefer. If using cheese, place it on burger after it finishes cooking and allow it to melt slightly. Add your burger to the bun and add any additional toppings before closing bun.

**Serve:** Eat your burger alone or with a side of your choosing. Enjoy!

## Ingredients:

- ★ Frozen veggie burger of choice
- ★ Gluten-free burger bun or roll
- ★ Toppings of choice

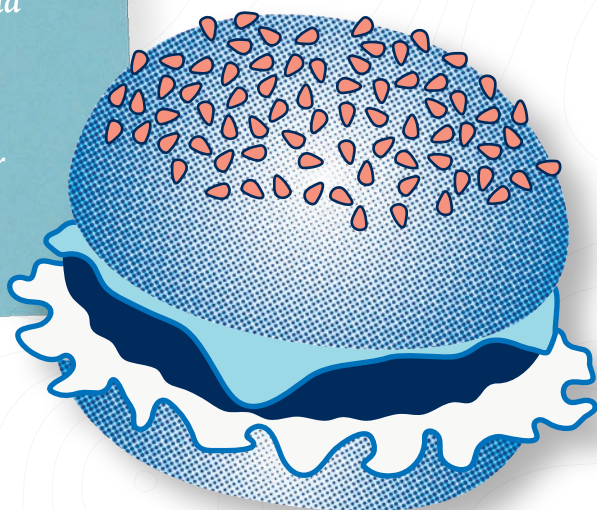
## Nutrition Information:

**Calories:** 251 calories/serving

**Protein:** 20 grams

**Carbohydrates:** 0 grams

**Fat:** 19 grams



**Snack**

# SWEET POTATO CHIPS

**Total Time:** 5 minutes

**Servings:** 8 servings



## Instructions:

**Prep:** Cut parchment paper to fit a microwavable plate, then coat with cooking spray of choice.

**Assemble:** Arrange  $\frac{1}{4}$  of potato slices in a single layer on parchment. Sprinkle evenly with  $\frac{1}{8}$  tsp salt and a dash of pepper. Cook on high for 4 minutes or until crisp. Repeat with remaining potato slices.

**Serve:** Add a dash of salt to taste and enjoy!

## Ingredients:

- ★ Cooking spray
- ★ 1 14-oz sweet potato (thinly sliced and separated)
- ★  $\frac{1}{2}$  tsp salt
- ★  $\frac{1}{4}$  tsp ground black pepper

## Nutrition Information:

**Calories:** 58 calories/serving

**Protein:** 1 gram

**Carbohydrates:** 8 grams

**Fat:** 3 grams



# RECIPE REFERENCES



## **LIVE EAT LEARN**

[www.liveeatlearn.com](http://www.liveeatlearn.com)

Overnight oats, orange smoothie, mexican street corn, air-fried chickpea gyro, stuffed avocado with chickpeas, chocolate granola bars, frozen blueberry bites, kale smoothie bowl, pineapple poke bowl, cucumber sushi roll, tzatziki and veggies

## **MEAL PREP ON FLEEK**

[www.mealpreponfleck.com](http://www.mealpreponfleck.com)

Avocado egg salad, chicken caesar wrap

## **SKINNY TASTE**

[www.skinnytaste.com](http://www.skinnytaste.com)

Turkey club sandwich

## **THE PRETTY BEE**

[www.theprettybee.com](http://www.theprettybee.com)

Dairy-free overnight oats

## **LIFE MADE DELICIOUS**

[www.lifemadedelicious.ca](http://www.lifemadedelicious.ca)

Chicken enchiladas

## **THE VIEW FROM GREAT ISLAND**

[www.theviewfromgreatisland.com](http://www.theviewfromgreatisland.com)

Mac n' cheese

## **FOOD ALLERGY SURVIVAL GUIDE**

[www.foodallergysurvivalguide.weebly.com](http://www.foodallergysurvivalguide.weebly.com)

Microwave meatloaf, veggie burgers, sweet potato chips

## **DORM ROOM COOK**

[www.dormroomcook.com](http://www.dormroomcook.com)

Microwave egg fried rice

## **THE VANDERBILT HUSTLER**

[www.vanderbilthustler.com](http://www.vanderbilthustler.com)

Protein breakfast burrito

## **BIGGER BOLDER BAKING**

[www.biggerbolderbaking.com](http://www.biggerbolderbaking.com)

Broccoli and cheese bowl

## **FOOD NETWORK**

[www.foodnetwork.com](http://www.foodnetwork.com)

Berry smoothie

## **MEAL PREP MONDAYS**

[www.mealpreppmondays.com](http://www.mealpreppmondays.com)

Fruit parfait

## **NATASHA'S KITCHEN**

[www.natashaskitchen.com](http://www.natashaskitchen.com)

Deviled eggs

# DINING SERVICES



***[dining.wvu.edu](https://dining.wvu.edu)***

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