

Apartment or Dorm Meals
Healthy, Fun Ideas- Oven, Toaster, and Microwave Friendly



1. Whole Grain Pita, one
Pouch of Light Tuna
String Cheese

*place tuna in pita, spread cheese evenly over tuna, place in oven @200, 5 min. to melt cheese & warm pita.
2. Small Whole Grain Bagel
Sliced Turkey Breast
Hummus

* spread hummus over lightly toasted bagel, place turkey, warm in oven @ 200, 5 min., enjoy!
3. English Muffin
Natural Peanut Butter
Banana Slices

*Toast English muffin, spread PB on each side, evenly slice banana, on each side.
4. Small Red Potato, canned
Organic Chili & Salsa

*cook potato in microwave ~5 minutes, cut; evenly spread warmed chili, add salsa to flavor
5. Corn Tortilla
Vegetarian Refried or Black Beans
Salsa and Olives (or Avocado)

*prepare as mini-pizza with tortilla as base and other ingredients in small amounts
6. Top Ramen
Veggie Mix (fresh or frozen)
A Medium Egg

*prepare noodles per directions; steam veggies in microwave - mix egg - boil all together
7. Whole Wheat Pasta 1cup + 1/4c. cheese
Broccoli, (fresh or frozen)
Canadian Bacon (sliced or diced)

*prepare noodles per directions; steam broccoli in microwave - combine all ingredients together
8. Killer Dave's Bread
Sliced Chicken Breast
Tomato, Lettuce, & Avocado

*lightly toast bread, build sandwich - use lite mayo for moisture as desired
9. Small Whole Wheat Flour Tortilla,
Lite Cream Cheese
Hummus
Vegetable Mix (leftover)

*spread cr. cheese/hummus thinly over tortilla - add vegetables as desired and roll and cut for mini-portions
10. Sourdough English Muffin
Tomato Sauce
Canadian Bacon
Mozzarella Cheese

*toast English muffin, prepare all ingredients as a mini-pizza, heat in oven until cheese melts ~5-8 mins.