



21 Items
21 meals

MC Student Health Center

Call us: (805) 490-3676

AD Bldg 111

Free Services for Students



Grocery List

1. Loaf of sliced bread */**
2. Tortillas */**
3. Pasta */**
4. Tomato Sauce **
5. Refried Beans **
6. Garbanzo Beans **
7. BBQ Sauce */**
8. Italian Dressing */**
9. Minced Garlic */**
10. Peanut Butter */**
11. Jelly */**
12. Oatmeal **
13. Tomatoes **
14. Lettuce **
15. Broccoli
16. Potatoes **
17. Bananas **
18. Eggs **
19. Cheese **
20. Deli Turkey **
21. Frozen Chicken **
22.
23. *Often available at Dollar Tree
24. **Often available at The 99 Cents Store

Day 1

Oatmeal and Banana



What you need: Oatmeal and banana

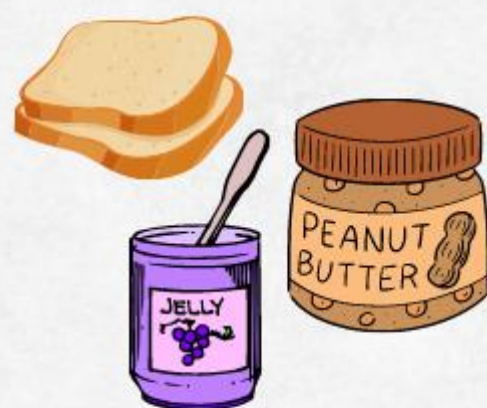
Preparing: Follow the instructions on the oatmeal box to cook the oatmeal. Generally speaking, 1 cup of cooked oatmeal is a standard serving. Some oatmeal can be microwaved, others can be cooked on a stove or soaked overnight. Once you have cooked the oatmeal, simply slice a banana on top. Extra: If you have brown sugar or maple syrup, you can add that.

Peanut Butter and Jelly Sandwich

What you need: 2 slices of bread, peanut butter, and jelly

Preparing: Cover one side of a slice of bread with peanut butter. Cover one side of the other slice of bread with jelly. Put the two pieces together.

Extra: Feeling extra hungry? Make two sandwiches or add a sliced banana for more filling. Try to pick a jam that is low in added sugar.



Chicken, Garlic Broccoli, and a Baked Potato

What you need: Broccoli, chicken, garlic, and a potato.

Preparing: Wash the potato. Poke several holes in the potato with a fork and put it in the microwave. Start with 3-4 minutes, then flip it with tongs and cook it another 3-4 minutes. If a knife can easily slide through, it is done. If not, you can add more time. When cooked, you can add salt or other toppings as desired.

Some bagged and frozen broccoli can be microwaved per the bags instructions, or you can cook broccoli on the stove. There are several ways to cook it stove top. For ease, you can simmer or boil the broccoli. To boil it, simply bring a pot of water to a boil and then cook the broccoli for 2-3 minutes. To simmer it, put about 1 inch of water in a pan and drop the broccoli in. Be sure to watch that the water doesn't run out. If the water runs out and you still want to cook the broccoli more, simply add more water. For garlic broccoli, drain the broccoli and add about 1/2 tablespoon of minced garlic to the broccoli. Simmer a bit more. You can add additional seasoning like salt or oil as desired. Use 1/4 of the bag.

For frozen, cooked chicken, follow the instructions on the bag. If you are cooking the chicken raw, be sure to cook it to an appropriate internal temperature (usually 165 degrees). You can add garlic to the chicken as well for extra flavor.

Extra: If you have access to oil or butter, you can melt some of the butter with garlic and a pinch of salt to make garlic butter. If you have oil, you can also make a garlic oil. This goes great on the potato or chicken.



Day 2

PB & Banana Toast



What you need: 2 slices of bread, peanut butter, and a banana

Preparing: Toast the bread. If you do not have access to a toaster, bread can be grilled on a pan with some oil/butter. Simply add a small amount of oil or butter to a hot pan and grill each side.

Apply about 2 tbsp. of peanut butter.

Slice a banana on top.

BBQ-Chicken Wrap

What you need: 1-2 tortillas, chicken, lettuce, tomato, BBQ sauce, cheese

Preparing: Take your tortilla(s) and apply barbeque sauce.

Then, sprinkle a little cheese.

You can use left over chicken from the previous night's dinner, or heat/cook new chicken. Dice the chicken and add it to the tortilla.

Slice about 1/2 of a tomato and add it to the tortilla. Either chop/break the lettuce or use shredded lettuce and add it to the tortilla. Roll the tortilla(s) to make a wrap.



Pasta and Cheesy Bread

What you need: Pasta, marinara sauce, broccoli, cheese, garlic

Preparing: Follow the cooking instructions on the box for cooking the pasta. Cook about 1/4 of the box for a single serving. Or cook extra ahead of time for lunch tomorrow and set aside.

For the cheesy bread, you can spread a little bit of minced garlic on the bread. Then, sprinkle some cheese on top. It is easiest to bake it in an oven/toaster oven at 400 degrees for 10-12 minutes. If you do not have access to an oven, you can grill the bread in a pan and melt the cheese on top.

Either microwave the broccoli per the heating instructions on the bag. Or, simmer/boil the broccoli in water on the stove. To boil it, simply bring a pot of water to a boil and then cook the broccoli for 2-3 minutes. To simmer it, put about 1 inch of water in a pan and drop the broccoli in. Be sure to watch that the water doesn't run out. If the water runs out and you still want to cook the broccoli more, simply add more water. Use 1/4 of the bag.

Microwave the tomato sauce or heat it in a small pan on the stove.

When the pasta is cooked, mix the broccoli, sauce, and noodles together. If you want to add some extra zip, you can add some of the garlic. If you have access to red pepper flakes, they can add some heat and flavor.



Day 3

Potato and Eggs



What you need: A potato, 2 eggs, and cheese

Preparing: Wash the potato. Poke several holes in the potato with a fork and put it in the microwave. Start with 3-4 minutes, then flip it with tongs and cook it another 3-4 minutes. If a knife can easily slide through, it is done. If not, you can add more time. Scramble 2 eggs. To cook the eggs in a microwave, use a microwave safe container. Microwave the eggs in 30 second intervals. Stir in between each interval. Cook until the eggs are all of the way cooked. Scrambled eggs can also be cooked on the stove. To prevent sticking, use some oil or butter. Use a heat safe spatula to scramble the eggs on the stove as they cook. Once all items are cooked, open the potato. Pour the scrambled eggs on top. Sprinkle cheese on top.

Pasta Salad

What you need: Pasta, Italian dressing, turkey, garbanzo beans, and tomato

Preparing: Follow the cooking instructions on the box for cooking the pasta. Cook about 1/4 of the box for a single serving. While the pasta cooks, dice up half of a tomato and some deli turkey meat. Open the can of garbanzo beans and drain the liquid. Once the pasta is cooked, run it under cool water or chill it in the fridge. Then, add Italian dressing, the chopped tomato and turkey, and the garbanzo beans. If desired, add cheese.



Bean and Cheese Burrito

What you need: Tortilla, cheese, refried beans

Preparing: Open the refried beans. Heat 1/3 of the can for about 1 minute in the microwave. Grab a tortilla. Spread the beans on the tortilla. Sprinkle some cheese. Roll it into a burrito. Microwave for an additional 45 seconds-1 minute. Extra: Add salsa/hot sauce for an extra kick.



Day 4

Egg Burrito



What you need: Tortilla, eggs, refried beans

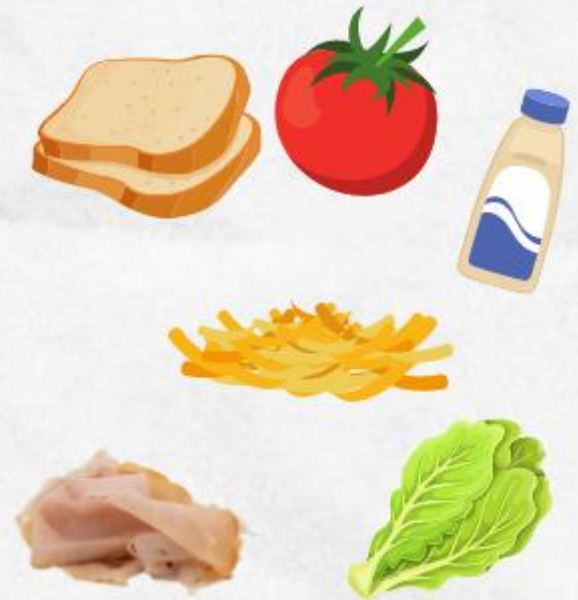
Preparing: Scramble 2 eggs. To cook the eggs in a microwave, use a microwave safe container. Microwave the eggs in 30 second intervals. Stir in between each interval. Cook until the eggs are all of the way cooked. Scrambled eggs can also be cooked on the stove. To prevent sticking, use some oil or butter. Use a heat safe spatula to scramble the eggs on the stove as they cook. Microwave 1/3 of a can of beans for about 1 minute. Lay a tortilla out. Add the beans and eggs. Add cheese if desired.

Turkey Sandwich

What you need: 2 slices of bread, turkey, lettuce, tomato, and Italian dressing

Preparing: Take out two slices of bread. Slice 1/2 of a tomato. Grab a few pieces of lettuce. Add turkey, tomato, lettuce, and cheese to the bread. Drizzle Italian dressing for a zesty flavor addition.

Extra: If you have other condiments like mayo, mustard, etc., you can add these as desired.



Loaded Potato

What you need: A potato, chicken, cheese, broccoli, and barbeque sauce

Preparing: Wash the potato. Poke several holes in the potato with a fork and put it in the microwave. Start with 3-4 minutes, then flip it with tongs and cook it another 3-4 minutes. If a knife can easily slide through, it is done. If not, you can add more time.

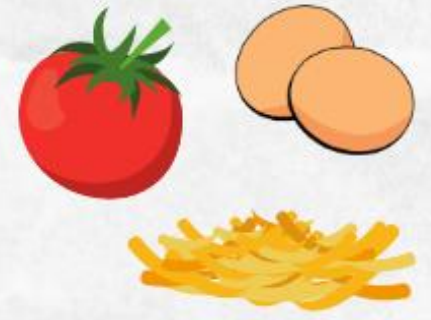
Either microwave the broccoli per the heating instructions on the bag. Or, simmer/boil the broccoli in water on the stove. To boil it, simply bring a pot of water to a boil and then cook the broccoli for 2-3 minutes. To simmer it, put about 1 inch of water in a pan and drop the broccoli in. Be sure to watch that the water doesn't run out. If the water runs out and you still want to cook the broccoli more, simply add more water. Use 1/4 of the bag.

For frozen, cooked chicken, follow the instructions on the bag. If you are cooking the chicken raw, be sure to cook it to an appropriate internal temperature (165 degrees). Cut a slice in the cooked potato. Add the cooked chicken and some chopped broccoli. Drizzle some BBQ sauce over it. Sprinkle cheese on top. Microwave to melt the cheese (about 1 minute).



Day 5

Omelet



What you need: 2 eggs, 1/2 tomato, cheese

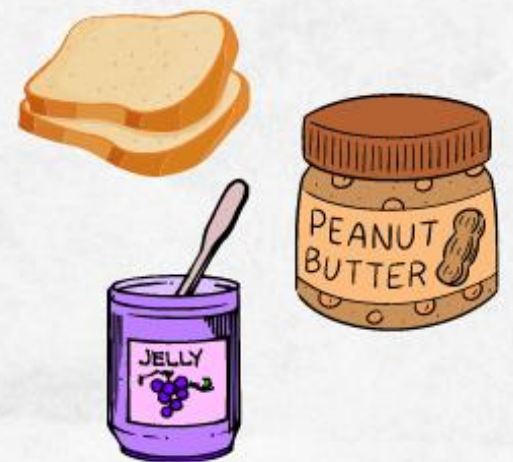
Preparing: Scramble 2 eggs. Dice the tomato and add it to the egg mix. Add cheese. To cook the eggs in a microwave, use a microwave safe container. Microwave the eggs in 30 second intervals. Stir in between each interval. Cook until the eggs are all of the way cooked. Eggs can also be cooked on the stove. To prevent sticking, use some oil or butter. Use a heat safe spatula to scramble the eggs on the stove as they cook.

PB&J

What you need: 2 slices of bread, peanut butter, and jelly

Preparing: Cover one side of a slice of bread with peanut butter. Cover one side of the other slice of bread with jelly. Put the two pieces together.

Extra: Feeling extra hungry? Make two sandwiches or add a sliced banana for more filling. Try to pick a jam that is low in added sugar.



Chicken Quesadilla

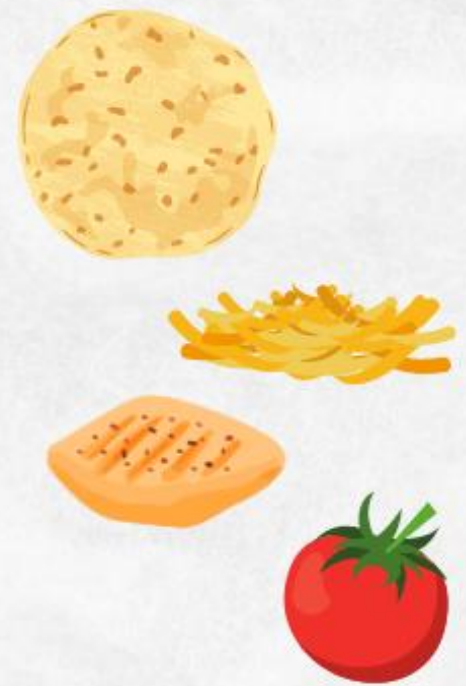
What you need: 2 tortillas, cheese, chicken, and 1/2 tomato

Preparing: For best results, cook on the stove. However, a microwave can be used as well.

For frozen, cooked chicken, follow the instructions on the bag. If you are cooking the chicken raw, be sure to cook it to an appropriate internal temperature (165 degrees).

Dice 1/2 tomato. Assemble the quesadilla by putting cheese, chicken, and the tomato between two tortillas. For additional flavor, you can add BBQ sauce. Cook on the stove or microwave until the cheese is melted.

Extra: Add salsa or hot sauce to taste.



Day 6

Oatmeal and Banana



What you need: Oatmeal and banana

Preparing: Follow the instructions on the oatmeal box to cook the oatmeal. Generally speaking, 1 cup of cooked oatmeal is a standard serving. Some oatmeal can be microwaved, others can be cooked on a stove or soaked overnight. Once you have cooked the oatmeal, simply slice a banana on top. Extra: If you have brown sugar or maple syrup, you can add that.

Pasta Salad

What you need: Pasta, Italian dressing, turkey, garbanzo beans, and tomato

Preparing: Follow the cooking instructions on the box for cooking the pasta. Cook about 1/4 of the box for a single serving. While the pasta cooks, dice up half of a tomato and some deli turkey meat. Open the can of garbanzo beans and drain the liquid. Once the pasta is cooked, run it under cool water or chill it in the fridge. Then, add Italian dressing, the chopped tomato and turkey, and the garbanzo beans. If desired, add cheese.



Chef Salad

What you need: Lettuce, tomato, egg, turkey, cheese, and Italian dressing

Preparing: Chop/shred lettuce and place in bowl. Dice 1/2 of a tomato and place with lettuce. Chop a few slices of turkey and add to the lettuce.

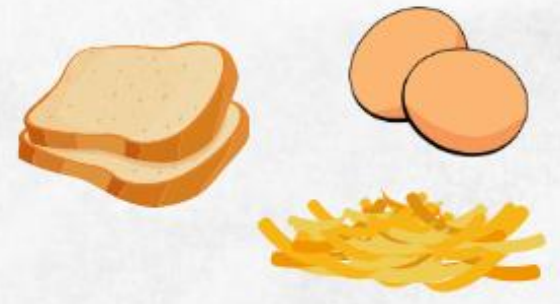
Either microwave or boil 2 eggs. To microwave, place the eggs in the bottom of a microwave-safe bowl and cover with hot water 1/2 inch above the eggs. Add 1/2 teaspoon salt for each egg to avoid an explosion. An alternate method is to poke a hole in the bottom of the shell. Microwave on high for 4 minutes for 2 eggs. Caution, eggs can explode in the microwave. For boiled eggs on a stove, place the eggs in a small sauce pan and cover with 1-2 inches of water. Turn on the stove and bring the water to a rolling boil. Once boiling, turn off the heat, cover the eggs, and let them sit for 12-15 minutes.

Once cooled, peel and chop the eggs. Add them to the salad. Toss the entire salad with Italian dressing.



Day 7

Egg Sandwich



What you need: 2 slices of bread, cheese, and 2 eggs

Preparing: Scramble 2 eggs. To cook the eggs in a microwave, use a microwave safe container. Microwave the eggs in 30 second intervals. Stir in between each interval. Cook until the eggs are all of the way cooked. Scrambled eggs can also be cooked on the stove. To prevent sticking, use some oil or butter. Use a heat safe spatula to scramble the eggs on the stove as they cook.

Melt the cheese on top of the eggs in a pan or microwave. Place the eggs and cheese on the bread.

BBQ Turkey Sandwich



What you need: 2 slices of bread, peanut butter, and jelly

Preparing: Grab two slices of bread. Slice 1/2 of a tomato. Slice a few pieces of lettuce. Place the lettuce, tomato, turkey, and cheese on the bread. Drizzle it with BBQ sauce. You can also try this sandwich hot by grilling it in a pan or microwaving it.

Chicken Burrito

What you need: Tortilla, refried beans, chicken, cheese, and broccoli

Preparing: For frozen, cooked chicken, follow the instructions on the bag. If you are cooking the chicken raw, be sure to cook it to an appropriate internal temperature (165 degrees). Either microwave the broccoli per the heating instructions on the bag. Or, simmer/boil the broccoli in water on the stove. To boil it, simply bring a pot of water to a boil and then cook the broccoli for 2-3 minutes. To simmer it, put about 1 inch of water in a pan and drop the broccoli in. Be sure to watch that the water doesn't run out. If the water runs out and you still want to cook the broccoli more, simply add more water. Use 1/4 of the bag. Microwave 1/3 can of refried beans for 1 minute. Grab a tortilla. Spread the beans on the tortilla. Add the chicken, broccoli, and cheese. Roll it into a burrito.



21 Items for 21 Meals

A few notes

It is important to talk with your healthcare provider regarding your nutritional needs. The below information is not intended to act as a nutritional guide. Rather, it is a budget- friendly, meal option guide. Please be mindful of allergies.

If you are able to add snacks to your plan, consider choosing fresh fruits or vegetables. Adding additional vegetables to meals is also recommended.

Many of the items below can be found at dollar stores like Dollar Tree or The 99 Cents Store. These may not be the most cost-effective places, or they may not have all of the items. It can be a good idea to shop around to find the best prices.

Many of the meals can be made vegetarian or vegan by subbing vegan/vegetarian protein options.

A few facts on nutrition

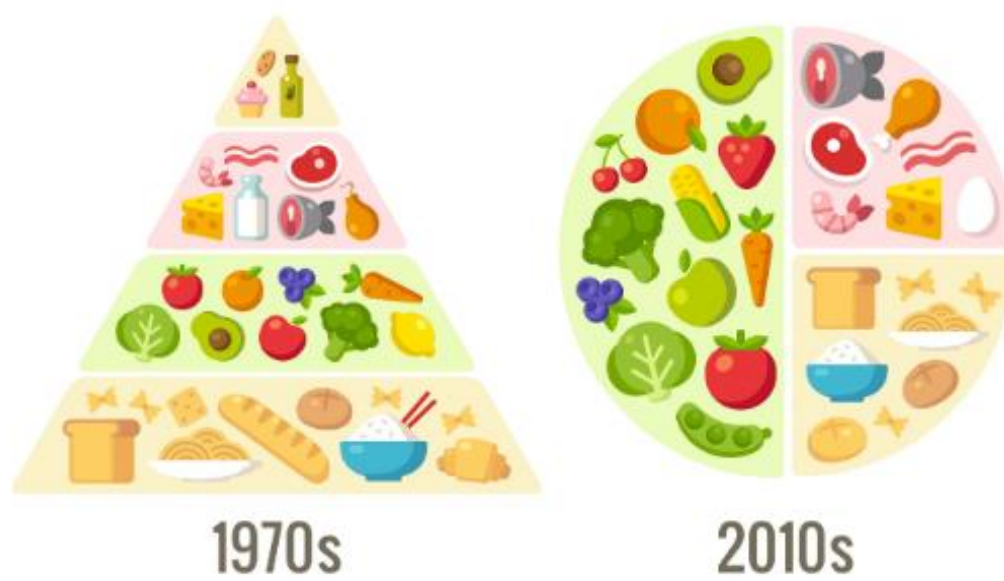
Myth: We all need 2,000 calories a day

Fact: 2,000 calories a day. That is what the standard caloric intake recommendation has been since 1992. However, the USDA now says that many of us don't actually need 2,000 calories a day. Especially if we mostly sit at a desk or are not very active. Factors like activity level, age, sex, height, weight, hormones, and medications impacts the number of calories an individual needs to consume. Talk with your healthcare professional on what your caloric intake should look like.

Myth: We should always follow the food pyramid

In 2010, the food pyramid got reworked into MyPlate. Individuals may have different dietary recommendations. It is important to consult your healthcare provider on dietary habits.

HEALTHY NUTRITION REDEFINED



From Best Colleges

The Moorpark College Student Health Center is here for you! Call us today at (805) 378-1413 to discuss resources available to help with food acquisition, health education, mental health support, or medical care.