

Dorm Fridge Grocery List

Eat and stay healthy with
choice ingredients that go
from study snacks to full
meals in a few simple steps!

Tools

Bowls
Plates
Microwave
Mini fridge
Silverware
Sharp knife
Toaster oven

Freezer

Freezie pops
Frozen yogurt
Ravioli
Whole grain
waffles

Fridge

Coffee creamer
Cooked protein
Cottage cheese
Deli meat
Dressing
Eggs
Fresh fruit
Fruit juice
Hummus
Jelly
Milk
Pasta sauce
Salad
Sauces
Shredded cheese
Spray butter
String cheese
Vegetables
Yogurt

Pantry

Bagels
Coffee/tea
Cereal
Chocolate chips
Dried fruit
Honey
Mixed nuts
Nutella
Pasta noodles
Peanut butter
Pretzels
Protein bars
Popcorn
Potatoes
Quick oats
Rice
Salt & pepper
Soft tortillas
Soup

Recipe Ideas to Get Started

Apple nachos
Baked potato
Breakfast scramble
Burritos
Chicken salad
Fresh fruit salad

Froyo fruit bites
Fruit dip
Garden salad
Mini pizzas
Nutella sundae
Oatmeal

Potato skins
Protein balls
Quesadillas
Roasted vegetables
Risotto
Sandwiches

Stir fry
Tacos
Trail mixes
Tuxedo berries
Wraps
Yogurt parfaits