

# THE WEEKLY COLLEGE MEAL PLAN!

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August 26

SURSEES



# On The Menu

## **Mains w/ leftovers!**

Chicken Fried Rice

Bowtie Broccoli Pasta

Tacos!

Taco Salad

## **Dessert / Snacks**

Chocolate Cake in a Mug

Sweet Potato Fries

No Bake Peanut Butter Balls

# INGREDIENTSHOPPING LIST

- Peanut butter
- Cocoa Powder (baking aisle)
- Sugar
- Chicken breast - 1 large (2 if you use for Bowtie Dish)
- Cooked Brown Rice (can be found in the freezer section) or you can get the boil in a bag kind
- Minced Garlic (found in the produce section)
- Bag of mixed peas and carrots (frozen aisle)
- Green Onions
- Bowtie or similar pasta (gluten free when you can)
- Parmesan Cheese (grated)
- 8 oz broccoli florets (Produce section - can get in a bag or fresh)
- Rolled Oatmeal
- Taco Kit
- Ground Beef
- Avocado
- Any toppings for tacos
- Mexican Rice mix

You should have on hand:

Butter

Eggs

*One cannot think well, love well, sleep well, if one has not dined well.*



# Chicken Fried Rice



30 MIN



SERVES 3

## INGREDIENTS

- 1 cups cooked brown rice
- 1 tbsp olive oil (divided)
- 1 chicken breasts (cubed)
- 1 cloves garlic (minced)
- ¼ cup diced carrots
- ¼ cup frozen peas
- 1 green onions (sliced)
- 1 tbsp soy sauce
- 1 egg (lightly beaten)
- salt (to taste)
- black pepper (to taste)
- chopped green onions

## METHOD

1. Heat 1 tablespoon of olive oil in a large skillet or wok over medium-high heat. Add the cubed chicken breasts. Cook until no longer pink in the middle. Remove the chicken from the skillet and set it aside.
2. In the same skillet, add another tablespoon of olive oil. Add the minced garlic and cook for about 30 seconds until fragrant. Then, add the diced carrots and frozen peas. Stir-fry the vegetables for about 2 to 3 minutes until they are tender.
3. Push the vegetables to one side of the skillet and pour in the beaten eggs. Allow the eggs to cook for a few seconds until they start to set. Next, scramble them with a spatula or spoon. Once the eggs are cooked, combine them with the vegetables.
4. Next, add the cooked rice to the skillet. Stir-fry everything together. Break up any clumps of rice and mix well.
5. Pour in the soy sauce over the rice. Stir to coat everything evenly. Cook for another 2 to 3 minutes, stirring frequently.
6. Return the cooked chicken to the skillet. Toss it with the rice and vegetables. Cook for a few more minutes until the chicken is heated through.
7. Season the fried rice with salt and pepper to taste. Stir in the sliced green onions and cook for 1 minute.
8. Finally, remove from the heat. Eat!

# Sweet Treats - Chocolate Cake in a Mug!

- 3 Tablespoons Peanut Butter
- 1 Egg
- 1/2 Tablespoon Cocoa
- 2 Tablespoons Sugar



Homemade chocolate cake...that's right, HOMEMADE CHOCOLATE CAKE.

Mix 3 tbsp of peanut butter, 1 egg, 1/2 tbsp cocoa and 2 tbsp of sugar in a mug, microwave for 1 minute and...you're welcome!

# Bowties & Broccoli

## INGREDIENT



PREP 5 MIN



COOK 15 MIN



SERVES 3-4

- 8 oz. Bowtie Pasta
- 1/2 pound Broccoli
- 2 Tablespoons Butter
- 2 Tablespoons Grated Parmesan
- Salt to taste
- Pepper to taste
- Pinch of crushed red pepper
- Optional: Rotisserie Chicken or cut uncooked chicken into cubes and cook in air fryer. Add to the pasta!



## METHOD

1. Bring a pot of water to a boil, then add the pasta. Boil until the pasta is al dente (7-10 minutes). Add the frozen broccoli florets\*\* to the boiling pasta water, turn off the heat, and let sit for 1-2 minutes, or until the broccoli is tender-crisp. Drain the pasta and broccoli in a colander.
2. Transfer the pasta and broccoli back to the pot (with the heat off) or to a bowl and add the butter. Toss until the butter has melted and coated everything. Add the Parmesan, salt, freshly cracked pepper, and red pepper flakes, then toss to coat again. Taste and adjust seasoning as needed. Serve immediately.

\*\* I like to cook my broccoli in the microwave because I don't like crisp broccoli then add it back into the pasta but this method is good too.

# Taco Tuesday!

This one is a "two-for". Tacos on day one for dinner then turn it into a salad for day 2! Grab a dressing at the grocery store like a Chick Fil A's Avocado lime ranch (produce area)!

## INGREDIENT



PREP 5 MIN



COOK 20 MIN



SERVES 4

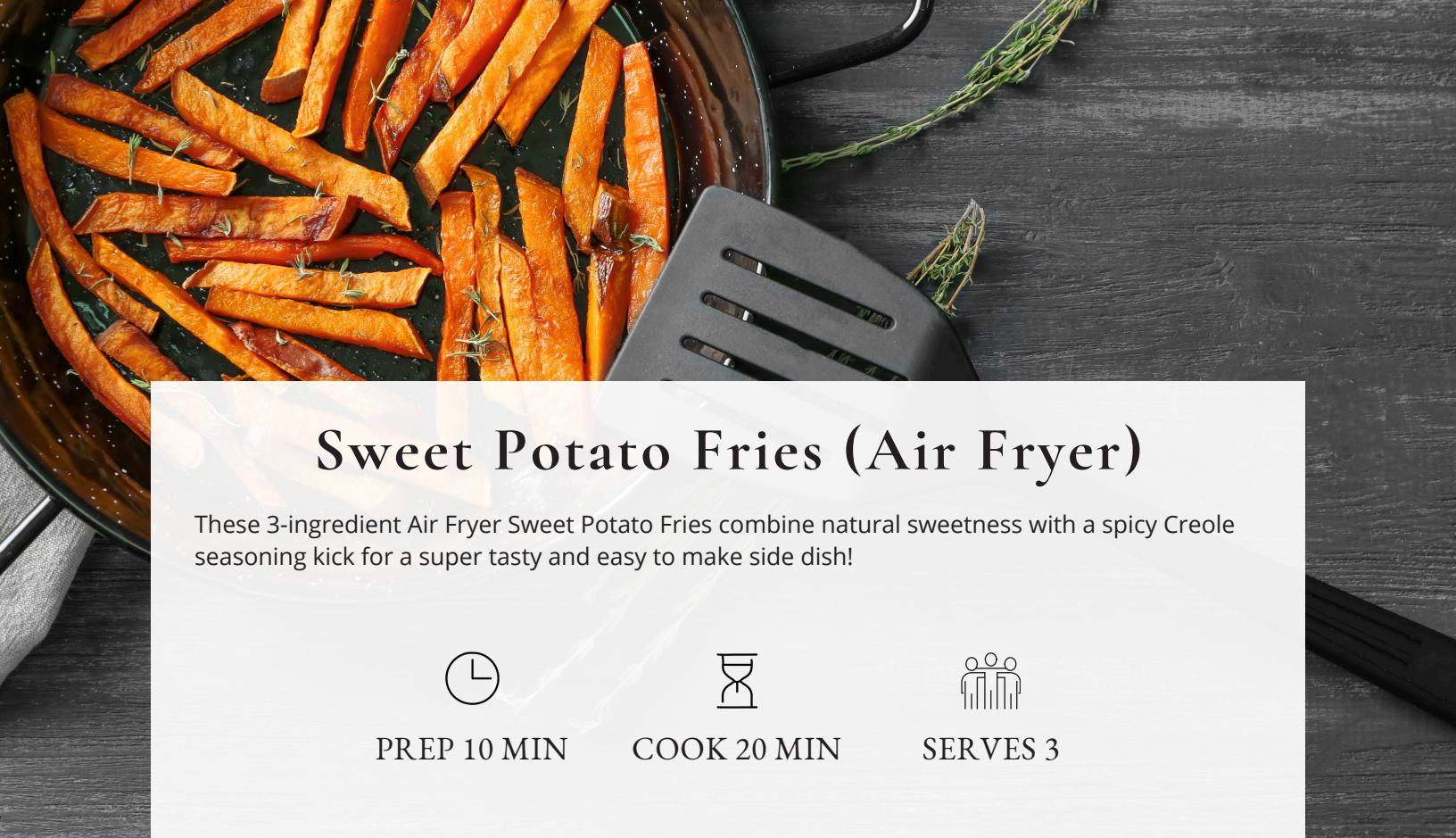
- Ground Beef (1 lb)
- Taco Kit (seasonings and shells)
- Shredded Lettuce
- Cheese, pico, salsa, avocado, etc
- Mexican Rice Mix
  
- Lettuce Mix for salad
- Salad Dressing



## METHOD

1. Follow the instructions on the taco kit (make sure you get the one with the seasoning and shells).
2. Use a microwavable rice for this if you want or pick up a box to cook. Follow those instructions.

For Day 2, layer up your salad with lettuce, taco beef, veggies, etc...



# Sweet Potato Fries (Air Fryer)

These 3-ingredient Air Fryer Sweet Potato Fries combine natural sweetness with a spicy Creole seasoning kick for a super tasty and easy to make side dish!



PREP 10 MIN



COOK 20 MIN



SERVES 3

## INGREDIENTS

- 1 lb Sweet Potatoes
- 1 Tbsp Olive Oil
- 1/2 tsp Tony Chachere's Seasoning (I substitute 1/2 tsp Season Salt & 1/2 tsp Cajun Seasoning)

60¢  
serving!

## METHOD

1. Wash, peel, then dry the sweet potatoes. Cut the sweet potatoes into wedges.
2. Place the sweet potato wedges in a bowl, drizzle with olive oil, then sprinkle seasoning over the top. Toss the sweet potatoes until they're evenly covered in oil and seasoning.
3. Preheat the air fryer to 400°F. Once preheated, add the seasoned sweet potatoes and spread them as evenly as possible inside the air fryer basket. Cook the fries at five-minute intervals, shaking the basket to flip and stir the fries after each interval.
4. Continue cooking until the sweet potatoes are slightly blistered and browned on the edges, about 15-20 minutes total. Serve immediately.



# No Bake Peanut Butter Balls

COOK 15 MIN



PREP 5 MIN



5 MIN



SERVES 10

INGREDIENT

- 1 cup rolled oatmeal
- 1/4 cup honey or brown rice syrup
- 1/4 cup all natural peanut butter\*
- 2 tablespoons cocoa powder
- pinch of salt

METHOD

1. In a medium-size bowl, mix together all ingredients.\*
2. Then wet hands. Use a tablespoon cookie scoop to scoop out dough and roll between your palms to form balls.
3. Store in the fridge for up to 1 week or in the freezer for up to 3 months.

## Tips & Notes

For this recipe, make sure you use drippy peanut butter. The moisture in the oils will help these balls form!

If your dough is a little too dry, add more honey.



## Green Smoothie



PREP 5 MIN



COOK 5 MIN



SERVES 1

### INGREDIENT

- 2 Cups Spinach
- 1 Small Apple
- 1/2 Cucumber
- Thumb of Ginger
- 1/2 Lemon

### METHOD

1. Wash all your veggies and peel the ginger
2. Roughly chop the cucumber, apple and ginger.
3. Add to blender with the other ingredients.
4. Blend until well combined.
5. Feel free to add in some water or ice as needed.