

# YOU'VE GOT THIS (AND BREAKFAST, LUNCH & DINNER, TOO)

Easy, High-Protein Meals for College Life



Hey kiddo,

I know you're busy — classes, friends, late-night studying (and maybe a little Netflix).

But I also know that eating well makes everything easier. These recipes are quick, simple, and filling, so you can take care of yourself even when life feels non-stop.

You don't need fancy tools, a huge pantry, or hours in the kitchen. Just a few basics, some smart shortcuts, and a little bit of love from me to you.

You've got this. And dinner, too.

Love,

Mom 

# How to Use This Ebook

## **Tools you'll need:**

- Microwave
- Mini-fridge
- One mixing bowl
- Fork/spoon
- If allowed — an air fryer or small pan

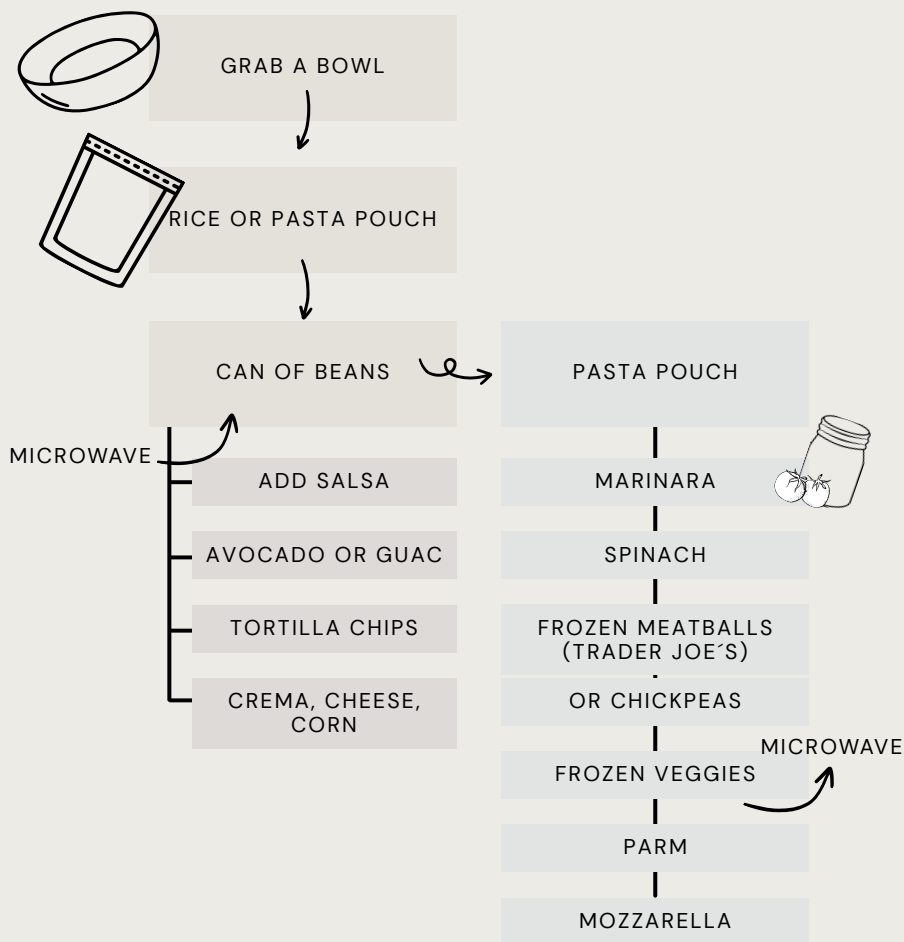
## **Ingredient swaps:**

- No chickpeas? Use black beans.
- No fresh spinach? Frozen works just fine.
- No tortillas? Try pita or sandwich bread.

## **Tips for shopping smart on a budget:**

- Buy frozen fruits & veggies — no waste, same nutrition.
- Stock up on canned beans — they last forever and are packed with protein.
- Keep seasonings like garlic powder, cumin, chili flakes, and soy sauce — they make everything taste better.

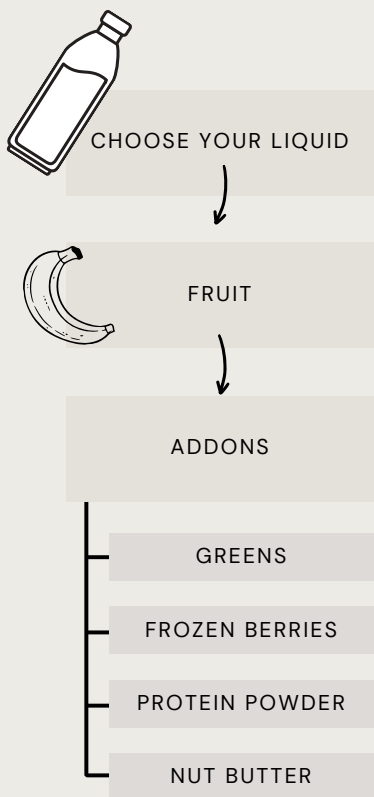
# Build you own bowl



## OTHER IDEA:

RICE BOWL WITH EDAMAME AND SRIRACHA MAYO. MICROWAVE THE RICE, THEN ADD THAWED FROZEN EDAMAME. TOP WITH SRIRACHA MAYO, AVOCADO, OR YOUR PREFERRED GREENS. FRESH, SPICY, AND PACKED WITH PROTEIN.

# Smoothie guide



No recipe needed. Just mix and match:

- 1 frozen banana
- ½ cup frozen berries or mango
- 1 cup milk or plant milk
- 1 scoop protein powder or 1 tbsp peanut butter
- Optional: spinach, oats, cinnamon

🧡 Mom's Notes: No blender? Mash the banana, shake the rest in a jar, and go.

# Quick Meals (No Stove Required)

## Chia Overnight Protein Pudding

Ingredients:

- 3 tbsp chia seeds
- 1 cup plant-based milk
- 1 tsp maple syrup or honey
- ¼ tsp cinnamon
- ¼ cup frozen berries or banana slices
- Optional: 1 scoop protein powder or 1 tbsp peanut butter
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Instructions:

1. Mix all ingredients in a jar with a lid.
2. Shake or stir, let sit 10 minutes, stir again.
3. Refrigerate overnight.

📌 Mom's Notes: Make three jars at once so breakfast is ready for days.

## Overnight Oats

Ingredients:

- 1 banana
- 1 tbsp peanut butter
- ½ cup oats
- 1 cup oat milk
- Optional: 1 scoop protein powder

Instructions:

1. Blend or mash the banana in a jar, and add all ingredients.
2. Shake well, let sit for 5–10 minutes, then eat immediately or refrigerate overnight.

📌 Mom's Notes: Cinnamon makes it taste like dessert.

## Microwave Burrito Bowl

### Ingredients:

- 1 pouch of microwaveable rice
- ½ cup canned black beans (rinsed)
- ½ cup frozen corn or peppers
- 2 tbsp salsa
- Optional: avocado, shredded cheese, cilantro

### Instructions:

1. Microwave rice.
2. Heat beans & veggies for 1–2 minutes.
3. Mix, top with salsa and extras.

📌 Mom's Notes: Salsa is your flavor lifesaver — keep a jar in the fridge.

## 15-Minute Chickpea Stir-Fry

### Ingredients:

- ½ can chickpeas (rinsed and drained)
- 1 cup frozen stir-fry veggies or broccoli
- 1 tsp soy sauce
- ¼ tsp garlic powder
- Cooked rice or microwave rice pouch

### Instructions:

1. In a bowl, mix chickpeas, frozen veggies, soy sauce, and garlic powder.
2. Microwave for 2–3 minutes or sauté in a pan until hot.
3. Serve over warm rice.

📌 Mom's Notes: Double the veggies — future you will thank you.

## Microwave Egg Scramble — 3 Ways

Base Ingredients:

- 2 eggs
- 1 tbsp milk or water
- Salt & pepper
- Optional: spinach, bell peppers, cheese, or chili flakes

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Instructions:

1. Spray or lightly oil a mug.
2. Crack in eggs, add milk and extras. Beat with a fork.
3. Microwave 30 seconds, stir, then another 30–60 seconds until set.

Ways to Serve:

- 🥪 On a bagel sandwich with avocado and cheese
- 🌯 In a burrito with salsa and beans
- 🌿 Wrapped with hummus and greens

📧 Mom's Notes: You can make this ahead and reheat. Wrap it up and go!

## Air Fryer Quesadilla with Frozen Veggies

Ingredients:

- 2 tortillas
- ¼ cup frozen veggies (thawed)
- ¼ cup shredded cheese (or vegan cheese)
- Optional: canned black beans, salsa

Instructions:

1. Microwave veggies until thawed.
2. Place one tortilla in air fryer basket, add fillings, top with second tortilla.
3. Air fry at 375°F for 5–6 minutes, flipping halfway.

📧 Mom's Notes: Cut into wedges and dip into salsa for bonus flavor.

## Crispy Air Fryer Chickpeas

Ingredients:

- 1 can chickpeas (rinsed, drained, and patted dry)
- 1 tsp olive oil
- ½ tsp taco seasoning or smoked paprika
- Salt to taste

Instructions:

1. Toss chickpeas with oil and spices.
2. Air fry at 400°F for 12–15 minutes, shaking the basket halfway through.
3. Let cool — they'll get crispier!

📧 Mom's Notes: Keep a stash in your backpack for between classes.



## Air Fryer Sweet Potato Tacos

Ingredients:

- 1 small sweet potato, peeled and diced
- 1 tsp olive oil
- ½ tsp chipotle powder or paprika
- Salt
- Tortillas
- Optional: canned black beans, avocado, salsa

Instructions:

1. Toss sweet potato cubes with oil and seasoning.
2. Air fry at 400°F for 12–15 minutes, shaking halfway.
3. Warm tortillas, fill with potatoes, beans, and toppings.

📧 Mom's Notes: Roast extra sweet potatoes — they reheat beautifully.

## Air Fryer Veggie Egg Bites

Ingredients:

- 4 eggs
- ¼ cup frozen spinach (thawed and squeezed)
- ¼ cup shredded cheese
- Salt, pepper
- Optional: chopped cooked sweet potato or bell pepper

Instructions:

1. In a bowl, whisk eggs, veggies, cheese, and seasonings.
2. Pour into silicone muffin cups or greased ramekins.
3. Air fry at 300°F for 12–15 minutes until set.
4. Let cool and refrigerate for grab-and-go snacks.

📧 Mom's Notes: They're like the ones at Starbucks — but way cheaper.

## Crispy Air Fryer Chickpeas

Ingredients:

- 1 can chickpeas (rinsed, drained, and patted dry)
- 1 tsp olive oil
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- Salt to taste

Instructions:

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2. Air fry at 400°F for 12–15 minutes, shaking halfway.
3. Let cool — they'll get crispier!

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## **Creamy Chickpea Pasta Bowl**

Ingredients:

- 1 pouch precooked pasta (penne or rotini)
- ½ cup canned chickpeas (rinsed)
- 2 tbsp hummus or cashew cream
- 1 tsp lemon juice
- Salt, pepper, garlic powder
- Optional: spinach, sun-dried tomatoes, chili flakes

Instructions:

- 1.Heat pasta and chickpeas in microwave.
- 2.Stir in hummus, lemon juice, and seasoning.
- 3.Add extras if desired and serve warm.

📖 Mom's Notes: This is the pasta version of comfort food with a hug.

## **Air Fryer Pasta Bake (Mini Version)**

Ingredients:

- 1 cup cooked or precooked pasta
- ¼ cup tomato sauce
- ¼ cup shredded cheese
- Optional: lentils, chopped mushrooms, Italian seasoning

Instructions:

- 1.Mix pasta, sauce, cheese, and add-ins in an air fryer-safe dish.
- 2.Top with more cheese if you want.
- 3.Air fry at 350°F for 6–8 minutes until bubbly and golden.

📖 Mom's Notes: Use what you have — this one is hard to mess up.

## **Pasta with Spinach & White Beans**

Ingredients:

- 1 pouch cooked pasta
- ½ cup canned white beans (rinsed)
- ¼ cup frozen spinach (thawed and squeezed)
- 1 tbsp olive oil or pesto
- Salt, pepper, lemon zest or chili flakes

Instructions:

- 1.Combine pasta, beans, and spinach in a bowl.
- 2.Microwave 1–2 minutes to warm.
- 3.Stir in olive oil or pesto and season.

📖 Mom's Notes: You're basically a grown-up now. You just made a fancy dinner.

## Microwave Mug Brownie

Ingredients:

- 2 tbsp flour
- 2 tbsp cocoa powder
- 2 tbsp sugar
- 2 tbsp milk
- 1 tbsp oil
- Pinch of salt, splash of vanilla

Instructions:

1. Stir everything in a mug until smooth.
2. Microwave 60–90 seconds.
3. Let cool for 1–2 minutes before eating.

💖 Mom's Notes: Add chocolate chips or peanut butter if you want to be fancy.

## Popcorn with Toppings

Start with a microwave popcorn bag or air-popped popcorn and try one of these combos:

- Chili powder + lime zest
- Cinnamon + sugar
- Everything bagel seasoning
- Nutritional yeast + garlic powder

💖 Mom's Notes: A little salt and spice fixes everything.

## Peanut Butter Energy Bites

Ingredients:

- ½ cup oats
- ¼ cup peanut butter
- 1 tbsp honey or maple syrup
- Pinch of salt
- Optional: chocolate chips or chia seeds

Instructions:

1. Mix all ingredients in a bowl.
2. Roll into small balls.
3. Store in fridge.

💖 Mom's Notes: Make these on a Sunday and snack all week long.

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# SECTION: Mom Tips

Tips:

- Don't skip meals. Coffee is not a food group.
- Text me when you run out of eggs.
- Keep beans, rice, and tortillas on hand — they're magic.
- Always taste before adding more salt.
- A microwave can do more than you think.
- If you're stressed, start with a snack, not your phone.
- One pan is enough. So is one good meal a day.
- Add greens when you can. But chips and guac count too.
- You've got this. Really.

base	protein	veggies	sauce/extras
rice	beans/eggs	frozen spinach	salsa/soy sauce
pasta	chickpeas/ cheese	broccoli	pesto/ hummus
tortilla	refried beans	avocado/corn	hot sauce
oats	chia/peanut butter	banana	cinnamon/ honey

# Printable Grocery List

## Pantry Staples

- Rice pouches
- Pasta (precooked or dry)
- Canned black beans
- Canned chickpeas
- Canned white beans
- Refried beans
- Tortilla chips
- Peanut butter
- Chia seeds
- Rolled oats
- Olive oil
- Salsa
- Hummus
- Soy sauce
- Flour
- Cocoa powder
- Sugar
- Maple syrup or honey
- Salt, pepper, chili flakes, garlic powder

## Fridge & Freezer Staples

- Eggs
- Cheese (sliced or shredded)
- Plant-based or regular milk
- Frozen spinach
- Frozen broccoli or veggie mix
- Frozen corn
- Frozen fruit
- Edamame
- Tortillas
- Avocados
- Bagels or sandwich bread

# You've Got This.

You're doing better than you think. Some days, feeding yourself is a big win — and I'm proud of you for it.

Save this ebook, come back to it often, and remember: I'm always a text away (and yes, I'll still Venmo you for groceries).

Love you,  
Mom ❤️