

# Building Balanced Meals at College

WORKSHEET: [From The Dorm's "A Stronger Return to College & Campus Life: A Guide"](#)

Whether you are cooking for yourself, ordering takeout, or dining at on-campus food halls, thinking about how to nourish your body in a new environment is a big adjustment. Prioritizing the right fuel can make a huge difference in your physical and mental well-being.

This worksheet can help you prepare balanced meals, identify nutritious snacks, and plan your grocery list to keep you nourished throughout the day.

## BUILD YOUR MEAL

Circle one from each category to build a balanced meal. (Try and create a few different meal options and combinations to set you up for your week).

|           | CARB                                                                               | PROTEIN                                                                        | FAT                                                                       | FRUIT/VEG                                                                                |                                                             |
|-----------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------|
| BREAKFAST | pancake/waffle<br>cereal<br>english muffin<br>toast<br>oatmeal<br>bagel<br>granola | bacon<br>sausage<br>yogurt<br>eggs<br>cottage cheese<br>smoke salmon<br>cheese | olive oil<br>hemp seeds<br>chia seeds<br>nuts<br>peanut butter<br>avocado | apples<br>grapes<br>oranges<br>banana<br>berries<br>melon<br>raisins<br>spinach          | mushrooms<br>tomatoes<br>onions<br>beets<br>kale<br>arugula |
| LUNCH     | pasta<br>tortilla<br>white or brown rice<br>bread<br>pita<br>sweet/white potato    | deli meat<br>hamburger<br>eggs<br>tuna fish<br>tofu<br>tempeh<br>beans         | olive oil<br>hemp seeds<br>chia seeds<br>nuts<br>peanut butter<br>avocado | leafy greens<br>tomatoes<br>kale<br>carrots<br>peas<br>sweet potato<br>bell peppers      |                                                             |
| DINNER    | pasta<br>tortilla<br>quinoa<br>bread<br>naan<br>white or brown rice                | steak<br>chicken<br>fish<br>tofu<br>tempeh<br>meatballs<br>hot dog             | olive oil<br>hemp seeds<br>chia seeds<br>nuts<br>peanut butter<br>avocado | leafy greens<br>tomatoes<br>squash<br>asparagus<br>broccoli<br>mushrooms<br>sweet potato |                                                             |

## BUILD YOUR SNACK

Choose a combination of at least 2-3 foods—all from different categories—for a complete, balanced, and filling snack.

| CARB                                                                                                                                                         | PROTEIN                                                                                                                                                                          | FAT                                                                                                                                                                   | FRUIT/VEG                                                                                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| 1 slice bread<br>1 medium waffle<br>2 handful berries<br>1 banana<br>1 small round fruit<br>4 fistfuls of popcorn<br>1 small bowl cereal<br>1 15oz bag chips | 2 egg whites/whole egg<br>2 slices deli meat<br>1/2 can tuna/salmon<br>1 slice cheese<br>1 small bowl yogurt<br>1 handful nuts<br>1 meatless patty<br>1 small bowl beans/lentils | 1 handful nuts<br>1 spoonful nut butter<br>1 small spoon olive/avocado oil<br>1 handful olives<br>1/2 avocado<br>2 large spoonful seeds<br>1 large spoonful flax/chia | 1 handful berries<br>1 banana<br>1 apple<br>2 clementines<br>1 peach<br>10 cucumber slices<br>8 baby carrots<br>1 sliced bell pepper |

## GROCERY LIST

Use your meal and snack ideas to build a grocery list so you have all the ingredients you need to fuel yourself throughout the week.

|                                                                                                                                                                                            |                                                                                                                                                                                                    |                                                                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>GRAINS</b><br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____    | <b>DAIRY/EGGS</b><br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____        | <b>MEAT/SEAFOOD</b><br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____ |
| <b>PRODUCE</b><br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____   | <b>SNACKS</b><br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____            | <b>FROZEN FOODS</b><br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____ |
| <b>BEVERAGES</b><br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____ | <b>HOUSEHOLD STAPLES</b><br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____ | <b>OTHER</b><br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____<br><input type="checkbox"/> _____        |

*These resources are offered by The Dorm, a mission-driven mental health treatment program helping young adults build lives of purpose and independence.*