College Grocery List

# Breakfast items

peanut butter loaf of bread chia seeds protein bar protein shake mix

yogurt fruit granola honey

instant oatmeal

eggs

# Lunch items

 jelly

## premade salads

 hummus  carrots  celery  turkey  lettuce

## tomatoes pita chips

 turkey deli meat

 condiments for

 sandwiches (mayo,  mustard, ect.)

# Dinner items

## veggie steamer bags

 instant brown  rice

 teriyaki sauce

## frozen meatballs

frozen pizza and*/*or  pizza bites

## chicken breast

 rotisserie chicken  instant mashed

 potatoes

 gravy packets  fresh veggies

tortillas

sausage bacon salsa cheese

# Snacks

 pretzels berries  apples

 bananas

 cheese sticks  beef sticks

 granola bars  mixed nuts trail mix

# Treats

 Mug cake mix

 Halo Top ice cream  hot chocolate

 biscotti cookies

 rice krispies cereal  marshmallows

 butter

 bags of salad  pasta noodles  pasta sauce

