

LIVING WITH LANDYN

COLLEGE GROCERY LIST

PROTEIN

- 1 pk. Trader Joe's Pesto Chicken (4 meals)
- 3 pks. TJ Organic Chicken Tenders (6 meals)
- 2 pks. TJ Salmon Filets Precut servings (6-8 meals)
- 1 lb TJ Ground Turkey (2 meals)

PRODUCE

- 1 Bag Fresh Spinach (TJ)
- 1 Bag Brussel Sprouts (TJ)
- 1 Bag Broccoli Florets (TJ)
- 4 Avocados (TJ)
- 5 Lemons (TJ)
- 3 Apples (TJ)
- 1 Container Pomegranate Seeds (TJ)
- 1 pk Raspberries
- 1 pk Blackberries
- Garlic
- Basil

SAUCES + SEASONINGS

- Yellow Curry Sauce (TJ)
- Buffalo Sauce
- Citrus Garlic Seasoning (TJ)
- Elote Seasoning (TJ)
- Green Goddess Seasoning (TJ)
- Garlic Powder
- Onion Powder
- Olive Oil
- Olive Garden Salad Dressing

DAIRY

- Fresh Mozzarella Balls
- Vanilla Greek Yogurt
- White Cheddar Cheese Snack pks.
- Kerry Gold Butter
- Shredded Monterey Jack Cheese
- Cream Cheese
- Crumbled feta cheese
- 2% Milk
- Sour Cream

BAKERY

- Sesame Bagels
- Almond Flour Tortillas

PANTRY

- Naan crackers (TJ)
- Kodiak Oatmeal pks.
- Peanut Butter
- Maple Syrup
- TJ PB Granola
- Pearl Couscous
- Parmesan couscous
- Multi Color Quinoa
- Boil Bag Brown Rice
- TJ Taco Seasoning
- Salsa
- Crushed tomatoes
- Refried Beans
- Pickles
- Flour
- Sugar
- Vanilla Extract
- Baking Powder
- Baking Soda
- TJ Banana Bread Mix
- TJ Blueberry Muffin Mix
- Bowtie Pasta
- Spinach Pasta
- Black Beans
- Chili Oil Crunch
- Tortilla Chips

FROZEN

- TJ Tropical Frozen Fruit (strawberry, mango, banana, pineapple)
- Frozen Mixed Berries
- Whole Grain Waffles
- Ezekle Sprouted English Muffins
- TJ Chicken Goyza Potstickers
- TJ Breaded Chicken Tenders
- Mini Ice Cream Cones
- Chicken Tamales
- Sweet Potato Fries
- Steamed Edamame

COLD

- Garlic Hummus
- Everything Bagel Dip
- Buffalo Chicken Dip
- 2 Dozen Eggs
- Cold Brew Coffee
- Hazelnut Coffee Creamer

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COLLEGE MEAL PREP

ITALIAN -

- spinach pasta + crushed tomatoes + fresh basil + garlic + pesto chicken + fresh mozzarella cheese
- bowtie pasta + Rao's marina + pesto chicken + parmesan cheese + sautéed spinach

MEXICAN -

- ground turkey & taco seasoning + almond flour tortillas + cheese + salsa + sour cream + avocado + refried beans
- elote chicken or tamales + rice + salsa + avocado + black beans
- elote chicken + rice + black beans + avocado

MEDITERRANEAN -

- quinoa + citrus salmon + steamed broccoli with lemon
- green goddess chicken + pearl couscous + feta cheese + sautéed spinach + lemon
- greek bowl + garlic hummus + couscous + feta + salmon + tomatoes + spinach + lemon + avocado

ASIAN -

- soup dumplings + rice + ponzu sauce (soy sauce + lemon juice) + steamed broccoli
- Salmon + soy sauce + jasmine rice + yum yum sauce + steamed edamame

COLD PASTA SALAD -

- cooked pearl couscous or quinoa + feta cheese + avocado + fresh spinach + chopped citrus chicken + pomegranate seeds + olive oil + lemon juice + salt & pepper

BUFFALO -

- breaded chicken tenders + buffalo sauce + sweet potato fries + air fryer brussel spouts

INDIAN -

- jasmine rice + yellow curry sauce + salmon or chicken + broccoli + spinach

SNACKS -

- peanut butter + granola + sliced apples
- buffalo chicken dip + crackers
- hummus + feta + chili oil crunch + crackers
- salsa + chips
- green goddess seasoning + sour cream + broccoli florets

BREAKFAST -

- blueberry muffins + yogurt + fruit + granola
- eggs + almond flour tortillas + cheese + salsa + avocado
- banana bread + cream cheese + fruit
- tropical frozen fruit + greek yogurt + milk + collagen powder
- mixed berry smoothie + greek yogurt + milk + collagen powder
- eggs + eziekle muffin + everything bagel seasoning + avocado
- pancakes + syrup + eggs
- oatmeal + fruit
- frozen waffles + eggs + fruit
- bagel + eggs + fruit

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COLLEGE FROZEN MEALS

FROZEN ZIPLOCK MEALS

CITRUS CHICKEN -

3 Chicken Tenders + 2 Slices of Lemon + 2 TB of Olive Oil (add fresh salt + pepper before cooking)

ELOTE CHICKEN -

3 Chicken Tenders + 1 TB of Elote Seasoning + 2 TB of Olive Oil (add fresh salt + pepper before cooking)

Air-fryer: Preheat to 400 + air fry the tenders 5-6 on each side

Oven: Preheat Oven to 350 + bake for 25 - 30 minutes

PESTO CHICKEN -

Pesto Chicken Thighs from Trader Joes (these are pre marinated) split the breast between 3 ziplock bags

Air-fryer: Preheat to 400 + air fry 12 minutes on each side

Oven: Preheat to 400 + bake for 30 - 40 minutes

GARLIC LEMON SALMON -

1 Piece of Salmon + 2 Slices of Butter + 1 Slice of Lemon + 1 tb of Olive Oil + 1/2 TB of Garlic Powder (add fresh salt + pepper before cooking)

GREEN GODDESS SALMON -

1 Piece of Salmon 2 Slices of Butter + 1 Slice of Lemon + 2 TB of Green Goodness Dressing (TJ) (add fresh salt + pepper before cooking)

EVERYTHING BAGEL SEASONING SALMON -

1 Piece of Salmon 2 Slices of Butter + 1 Slice of Lemon + 1/2 TB of Everything but the Bagel Seasoning (TJ) (add fresh salt + pepper before cooking)

Air-fryer: Preheat to 400 + air fry 7 - 9 minutes

Oven: Preheat to 400 + bake for 12 - 15 minutes