



COLLEGIATE



# One Week Easy Cooking Recipes

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Welcome to the “One Week Easy Cooking Recipes for Students” booklet, brought to you by Collegiate Student Accommodation! We understand that student life can be hectic, with a tight schedule and limited budget, but that doesn’t mean you have to compromise on delicious and nutritious meals.

This booklet is designed to provide you with quick, easy, and budget-friendly recipe ideas that you can whip up in no time, right in your own kitchen. Whether you’re a cooking novice or a culinary enthusiast, you’ll find a variety of meals that are both satisfying and simple to prepare. From hearty breakfasts to energize your day, to wholesome dinners perfect for a cozy night in, our recipes cater to all your needs.



For our vegetarian and vegan friends, we’ve got you covered too! Feel free to swap out chicken or turkey with your favourite plant-based proteins like tofu, tempeh, or chickpeas. These alternatives not only provide the necessary nutrients but also add a delightful twist to each recipe.

Happy cooking and bon appétit!

## Monday

### Breakfast

#### *Banana Smoothie*

1 banana  
1 cup milk (or almond milk)  
1 tbsp peanut butter  
1 tbsp honey  
Blend all ingredients until smooth.

### Lunch

#### *Chicken Salad Wrap*

1 whole wheat wrap  
1 cup cooked chicken breast, shredded  
1/2 cup mixed greens  
1/4 cup cherry tomatoes, halved  
2 tbsp ranch dressing  
Assemble ingredients in the wrap and roll.

### Dinner

#### *Spaghetti Aglio e Olio*

200g spaghetti  
3 garlic cloves, sliced  
1/4 cup olive oil  
1/2 tsp chili flakes  
Cook spaghetti. Sauté garlic in olive oil, add chili flakes, toss spaghetti in mixture.

# Tuesday



## Breakfast

### *Overnight Oats*

1/2 cup rolled oats

1/2 cup yogurt

1/2 cup milk

1 tbsp chia seeds

Mix all ingredients and refrigerate overnight.

## Lunch

### *Veggie Quesadilla*

2 tortillas

1/2 cup shredded cheese

1/2 bell pepper, sliced

1/4 onion, sliced

Sauté veggies, place on tortilla with cheese, cook on skillet until cheese melts.

## Dinner

### *Stir-Fry Chicken with Rice*

1 cup cooked rice

1 chicken breast, sliced

1 cup mixed vegetables

2 tbsp soy sauce

Stir-fry chicken and vegetables, add soy sauce, serve over rice.



# Wednesday



## Breakfast

### *Avocado Toast*

1 avocado  
2 slices whole wheat bread  
Salt and pepper to taste  
Mash avocado, spread on toasted bread,  
season with salt and pepper.

## Lunch

### *Turkey Sandwich*

2 slices whole grain bread  
3 slices turkey breast  
1 slice cheese  
Lettuce, tomato, mustard  
Assemble sandwich with ingredients.

## Dinner

### *Beef Tacos*

100g ground beef  
4 taco shells  
1/2 cup shredded lettuce  
1/4 cup shredded cheese  
Cook beef, fill taco shells,  
top with lettuce and cheese.

# Thursday



## Breakfast

### *Greek Yogurt with Honey and Nuts*

1 cup Greek yogurt  
1 tbsp honey  
2 tbsp mixed nuts  
Top yogurt with honey and nuts.

## Lunch

### *Caprese Salad*

1 tomato, sliced  
1 mozzarella ball, sliced  
Fresh basil leaves  
1 tbsp balsamic vinegar  
1sp Olive oil  
Layer tomato and mozzarella, top with basil,  
drizzle with olive oil and balsamic vinegar.

## Dinner

### *Baked Salmon with Veggies*

1 salmon fillet  
1 cup broccoli  
1 tbsp olive oil  
Lemon wedge  
Bake salmon and broccoli with olive oil  
at 200°C for 15-20 mins, serve with lemon.



# Friday

## Breakfast

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### *Fruit Parfait*

1 cup yogurt

1/2 cup granola

1/2 cup mixed berries

Layer yogurt, granola, and berries in a glass.

## Lunch

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### *Hummus and Veggie Wrap*

1 whole wheat wrap

1/4 cup hummus

1/2 cup sliced cucumber

1/2 cup shredded carrots

Spread hummus on wrap, add veggies, roll up.

## Dinner

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### *One-Pot Pasta*

200g pasta

1 can diced tomatoes

1/2 onion, chopped

2 garlic cloves, minced

Combine all ingredients in a pot with water, cook until pasta is done.



# Saturday



## Breakfast

### *Pancakes*

1 cup flour  
1 tbsp sugar  
1 tsp baking powder  
1 egg  
1 cup milk

Mix ingredients, cook on skillet until golden brown.

## Lunch

### *Chicken Caesar Salad*

1 cup romaine lettuce  
1/2 cup cooked chicken breast, sliced  
1/4 cup croutons  
2 tbsp Caesar sauce dressing  
Toss all ingredients together.

## Dinner

### *Veggie Stir-Fry with Noodles*

200g noodles  
1 cup mixed vegetables  
2 tbsp soy sauce  
Cook noodles, stir-fry vegetables, mix with noodles and soy sauce.

# Sunday



## Breakfast

### *Scrambled Eggs with Spinach*

2 eggs  
1/2 cup spinach  
Salt and pepper to taste  
Scramble eggs with spinach, season to taste.

## Lunch

### *BLT Sandwich*

2 slices whole grain bread  
3 slices bacon  
Lettuce, tomato, mayonnaise  
Cook bacon, assemble sandwich with ingredients.

## Dinner

### *Chicken Curry*

1 chicken breast, cubed  
1/2 onion, chopped  
1/2 cup coconut milk  
1 tbsp curry powder  
Cook chicken and onion, add coconut milk  
and curry powder, simmer until done.