



# Dorm Room Dining: A College Student's Guide to Healthy Cooking

*Vivian Brooks Armitage*

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College is stressful. Between leaving home, moving into a dorm, and making new friends, you have a lot on your plate (...figuratively, of course). The last thing you need to worry about is gaining weight. However, just because you have a busy schedule doesn't mean you can't eat whole, healthy meals. In fact, cooking nutritious dishes can actually take less time than getting in your car, going through the drive-thru, and devouring mega calories on the run. That is where Dorm Room Dining comes in. Whether you are new to college and want to begin your career on a healthy track, need ideas on how to incorporate wholesome options into your weekly meal plan, or you want to change your diet for the better, Dorm Room Dining will serve you well. Don't have a full kitchen, or access to dozen of cooking gadgets? Don't let that stop you! Dorm Room Dining's chapters are divided by appliance for your convenience. Even if you only have access to a mini fridge and blender, you will be able to find delicious recipes that suit your needs. Prepare yourself to eat fresh foods, feel fit, and look amazing! What are you waiting for? Open Dorm Room Dining now to microwave, blend, and bake your way to a more energetic you!

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