



THREE FREE RECIPES FROM THE DORM CHEF STARTER KIT

Three meals. No stove.

A bowl, a breakfast and a wrap, with a mini fridge and zero cooking.

US measures: cups and spoons first, grams in brackets.

1 • Lemon chickpea crunch bowl	No cook
2 • Banana-peanut overnight oats	No cook, overnight
3 • Hummus crunch wrap	No cook

Every recipe needs a fridge. Food images are AI illustrations, not photographs.

Your small kitchen.

Choose a recipe that matches the space you actually have.
Follow your residence rules and each appliance manual.

For every recipe

Clean work surface and drinking water.

Refrigerator with a thermometer for chilled ingredients.

Measuring cups and spoons, a bowl, plate and spoon.

When the recipe calls for it

Knife and chopping board; fork and colander.

Can opener for cans without a ring pull.

Covered food container and a liquid measuring cup.

For microwave recipes

A permitted microwave, microwave-safe dishes and heat protection.

Follow product-specific opening, venting and standing directions.

Do not assume a takeout container or closed cup is microwave-safe.



ONE SETUP, ONE RECIPE

No fridge? These current recipes are not a fit for your setup.

No microwave? Choose one of the no-cook options.

Equipment on each recipe page adds to this shared setup.

The lists describe requirements, not a request to buy everything.

Read. Check. Prepare.

1 Read labels first.

Check ingredient allergens, preparation and storage instructions.

A product marked ready to eat is different from a dry or raw ingredient.

2 Keep cold food cold.

Keep the fridge at 40 F / 4 C or colder and check its thermometer.

Return perishable ingredients promptly after measuring.

3 Prepare a clean space.

Wash hands and clean utensils. Rinse produce under running water.

Follow the package for prewashed or ready-to-eat greens.

4 Respect time out of the fridge.

Discard perishables left out over two hours, or over one hour when the temperature is above 90 F / 32 C.

5 Use the exact ingredient state.

Canned beans replace neither dry beans nor uncooked lentils.

The warm bowls use ready-cooked products with their own instructions.

No recipe is certified allergen-free. No substitutions are validated.

Sources and the limits of this edition are on page 63.

Lemon chickpea crunch bowl

1 portion

No cooking

Fridge required



AI ILLUSTRATION / SERVING SUGGESTION / FOLLOW THE MEASURED LIST

GATHER YOUR INGREDIENTS

- ☐ 1 cup canned chickpeas, rinsed and drained (150 g)
- ☐ 2/3 cup chopped cucumber (80 g)
- ☐ 1/2 cup chopped tomato, about 1 small (80 g)
- ☐ 1 cup ready-to-eat baby spinach (25 g)
- ☐ 1 tbsp lemon juice
- ☐ 1 tsp olive oil
- ☐ 1/8 tsp salt, optional

ON YOUR WORKTOP

Bowl, spoon, knife, board and colander.

Measuring cups and spoons; can opener if needed.

Check every packaged ingredient if you avoid allergens.

No allergen-free claim is made for this recipe.

Let's make it.

Chickpea bowl

1 Start with the chickpeas.

Check the can is ready to eat. Drain and rinse the chickpeas, let the water drain away, then measure 1 cup.

2 Make the crunch.

Cut the washed cucumber and tomato into small pieces. Put them in the bowl with the chickpeas and ready-to-eat spinach.

3 Dress it gently.

Add the measured lemon juice and oil. Use the spoon to lift and turn the ingredients until they have a light coating.

4 Taste, then decide.

Taste a bite. Add a little of the optional salt, then mix and taste before adding more. Eat now, or refrigerate promptly.



KITCHEN ROOMMATE SAYS

Toss means lift and turn, not squash.
Gentle mixing keeps the vegetables crisp.

Use ready-to-eat canned chickpeas, never dried ones.
Refrigerate promptly if not eating straight away.
Follow package directions for unused ingredients.

Banana-peanut overnight oats

1 portion

No cooking

Fridge required



AI ILLUSTRATION / SERVING SUGGESTION / FOLLOW THE MEASURED LIST

GATHER YOUR INGREDIENTS

- ☐ 1/2 cup old-fashioned rolled oats (40 g)
- ☐ 1/2 cup pasteurized dairy milk (120 ml)
- ☐ 1 tbsp smooth peanut butter
- ☐ 1 small banana, peeled (100 g)
- ☐ 1/4 tsp ground cinnamon, optional

ON YOUR WORKTOP

Covered food container with room to stir; spoon.

Measuring cups and spoons; knife and board.

Contains milk and peanuts in this exact version.

Check oats and other labels for additional allergens.

Let's make it.

Overnight oats

1 Choose the right oats.

Use commercial rolled oats with a manufacturer overnight or no-cook method. Steel-cut oats and dry instant sachets are not direct swaps.

2 Mix the base.

Stir the oats, milk and peanut butter in a clean food container. Add the optional cinnamon. Mix until no dry patches of oats remain.

3 Cover and chill.

Cover and refrigerate at 40 F / 4 C or colder for at least 8 hours. Do not leave the mixture on a desk or counter to soak.

4 Finish in the morning.

Stir the chilled oats. Peel and slice the banana, then add it on top. Eat cold the next morning; this recipe is for one morning, not a weekly batch.



KITCHEN ROOMMATE SAYS

Soaking changes texture; it is not a cooking step.
The refrigerator is part of this recipe, not optional.

Keep chilled throughout. Plan to eat within 24 hours of mixing, or sooner if an ingredient label requires.
The texture and exact portion still need a kitchen test.

Hummus crunch wrap

1 portion

No cooking

Fridge required



AI ILLUSTRATION / SERVING SUGGESTION / FOLLOW THE MEASURED LIST

GATHER YOUR INGREDIENTS

- ☐ 1 ready-to-eat 10-inch wheat tortilla
- ☐ 3 tbsp ready-to-eat hummus with tahini
- ☐ 1/3 cup chopped cucumber (50 g)
- ☐ 1/3 cup ready-to-eat shredded carrot (40 g)
- ☐ 1/2 cup ready-to-eat baby spinach (15 g)

ON YOUR WORKTOP

Plate, spoon, knife and chopping board.

Measuring cups and a tablespoon measure.

Contains wheat and sesame in this exact version.

Check tortilla and hummus labels for other allergens.

Let's make it.

Hummus wrap

1 Get everything ready.

Check the tortilla is ready to eat without heating. Slice the washed cucumber into thin sticks. Have the carrot and spinach beside you.

2 Spread a soft layer.

Lay the tortilla flat. Spread the hummus over the middle, leaving a clear border about 1 inch wide around the edge.

3 Keep the filling together.

Lay the spinach, carrot and cucumber across the lower middle. Keep the border clear. A compact strip is easier to fold than a pile.

4 Fold, tuck and roll.

Fold both sides inward, bring the bottom over the filling, then roll away from you. Place seam side down. Eat now or refrigerate promptly.



KITCHEN ROOMMATE SAYS

If the tortilla tears, the meal is still yours to enjoy. Serve it open and note what made folding difficult.

Keep hummus and prepared vegetables refrigerated.
Make this wrap close to eating time for better texture.
Follow package directions for unused ingredients.

Liked these? 17 more inside.



The full Dorm Chef Starter Kit has 20 recipes (14 no-cook, 6 microwave), six short lessons, a seven-day start and an editable meal planner.

\$19 once. No subscription.

thatdormchef.com/starter-kit

Pages in this preview come from the kit. Its sources and edition notes are on page 63 of the full kit. Physical kitchen tests are not recorded yet.