

College Runner's Grocery List



Endure 63 posts since

Dec 14, 2007

Hey everyone,

Didn't know if this was the right section of the forum to post this, but...

I'm finally moving on up and out of the house to head off to school this August. I'm a music education major, on some good scholarships, but nevertheless, I'm a college student on a college student's budget. I'm living off campus (nicer place, and a lot nicer on the checkbook) and not even considering a university meal plan (yum.... expensive innutritious food).

I run.



Not on a team and not for some crazy records. But I do like to run, and am planning on running the Space Coast (Florida) Half Marathon in November.

My parents have always been into eating well (okay, off and on) and my mom is a runner. But dad's wallet will not be replenishing the fridge supplies anymore. So I am asking...

Any advice? For going into the grocery store and coming out of it with healthy foods and not so much debt?

Any tips, secrets, advice you can give is greatly appreciated. !<http://www.coolrunning.com/forums/smile.gif>|src=<http://www.coolrunning.com/forums/smile.gif>|border=0!

Thanks,

Rachelle



houghton04063 23 posts since

Sep 26, 2006 1. Re: **College Runner's Grocery List** Jul 8, 2007 2:32 PM

I just graduated from undergrad and in August I will be heading to a graduate program- so I have been eating cheaply for awhile and will be doing so for quite a bit longer!!

So here is what I tend to buy/make:

- oatmeal- extremely cheap and lasts forever, add fruit and protein powder to give it a boost, and pop in microwave.

- canned beans, frozen veges, bouillon cubes, spices- mix together to make a soup, freeze in individual containers, perfect for quick lunches and dinners, or make a chili with canned beans, tomatoes and chili powder.
- omletes- all you need is an egg or two and a slice of cheese from the deli, with some veges.
- canned tunafish sandwich, buy some bread and make sure to freeze the bread to keep the loaf fresh.
- fruit shakes, buy frozen strawberries, peaches and freeze ripened bananas, buy a frozen juice and use only for the shake, you can even add some protein powder and flax seed- the best after run meal for me!
- chicken pieces, individually wrap, freeze and then bake, toss in flour, salt and pepper.
- quiche, (find a recipe) but all you need are eggs, milk, cheese and add some frozen veges.
- bag of popcorn, pop your own over the stove with a bit of oil, or in a small paper bag in the microwave.
- whole wheat pasta with sauce, just buy canned crushed tomatoes and add garlic powder and italian spices.
- whole wheat pasta and sauted veges in some olive oil/garlic and toss together (just buy a bit of broccoli, zucchini, and green beans- cheap because you can buy just what you need in the produce section)

I am not sure if you like/use protein powder but it is nice to have on hand, this is a good thing to get before you head to school when you do the precollege shopping with your parents



and I always stocked up on the pasta, canned goods and spices

Ok, that's all I can think of at the moment, I hope that gives you some ideas!

Good luck.



[graingirl](#) 270 posts since

Jul 20, 2001 2. **Re: College Runner's Grocery List** Jul 8, 2007 4:37 PM

You've already received some great advice. It seems to me that if you veer away from convenience foods, stock up on staples when those items are on sale (canned tomatoes, pasta sauces, frozen veggies, etc...), buy seasonal produce which tends to be cheaper, shop the bulk bins as opposed to pre-packaged items (only paying for the cost of packaging most of the time like with oatmeal, rice, flours, etc...), and try to split the costs of large items (like purchased from Costco or BJ's) with a roommate if you've got one, that will save you quite a bit.

Peanut butter is a great food. Smear it on toast for breakfast, make sandwiches with it for lunch, use it to dip apple slices in for a snack, have it with whole wheat crackers for a snack, etc...

Eggs were mentioned and they are cheap and great source of protein! Eat them for breakfast (fried, scrambled, omelettes), lunch (boiled, egg salad, in a tortilla with beans, salsa), dinner (quiche, strata, fried egg sandwich, french toast). Plus, they're quick and typically college students don't have much time.

Rotisserie chickens. Pound for pound, if you can buy them on sale, it's cheaper than buying and preparing a fryer yourself. Our local grocery store marks down the leftover rotisserie chickens after 8pm, so that is a great time to buy. We're a family of 3 and one lasts us about 2-3 days depending on size. So, you can really get a lot of of one and you can also prepare casseroles or soup with it and freeze it so no fear of having it go to waste. Great for sandwiches, on top of salads, in casseroles, soups.

Baked potatoes. Cheap, portable. Also, cottage potatoes, homemade french fries (the seasoning possibilities are endless), mashed, potato soup, etc...

Cottage cheese. Great source of protein. Pair it with fruit for breakfast. Plunk it on top of a salad for lunch or dinner. Mix it in with your spaghetti sauce for a protein boost at dinner.

Beans. Learn how to prepare them from dried. It is very simple, just requires some planning ahead for the soaking. Then, pair them with brown rice and some salsa for a mexican bowl. Put in a tortilla for a burrito. On top of tortilla chips for nachos.

Finally, whenever you get invited to dinner, say "yes."



And, attend all free social events that provide food. Hey, desperate times call for desperate measures.



[LMC1122](#) 8 posts since

Jul 4, 2007 3. Re: **College Runner's Grocery List** Jul 8, 2007 8:23 PM

Wow. All of you have already taken the words out of my mouth!! That is exactly the foods that I live off of/ would have named! Especially the peanut butter it really does go with everything.
Also look into buying certain things in bulk. Whenever I am home from school I hit up the local Sam's Club and stock up on things like water, boca burgers, cereal, powerbars etc. It can save you money (and trips to the store) on things that you go through quickly/eat frequently.

I would definately stay away from the campus meal plan if at all possible. Where I went to school my freshman year we were REQUIRED to buy a certain amount of points and we didn't get refunded if we didn't use them. Although having a little money on a campus

account may be a good idea for days you are in a rush or emergencies, healthy dorm food tends to be incredibly limited. Best of luck!



[aharmer](#) 452 posts since

May 25, 2005 4. **Re: College Runner's Grocery List** Jul 9, 2007 7:19 AM

I think it's been mentioned but buy dried beans. This is the staple of my diet due to the nutritional value, but they are incredibly cheap when you buy dried and prepare yourself.

Buy several kinds of dried beans and make a bean medley. Black, red kidney, soy, garbanzo, etc. Soak them overnight in a pan and then boil for 90 minutes. They store very well in Tupperware for at least a week.

Get a rice cooker. You can also buy a wide variety of grains to throw in the rice cooker for another medley. I guess this is the other staple of my diet. Also very cheap and stores well so you can make bulk. My recent batch had brown rice, quinoa, barley, spelt, kamut and rye.



[Endure](#) 63 posts since

Dec 14, 2007 5. **Re: College Runner's Grocery List** Jul 9, 2007 10:06 AM

Thank you all! These are all wonderful suggestions!!

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[randymar](#) 2,240 posts since

Dec 14, 2007 6. **Re: College Runner's Grocery List** Jul 9, 2007 3:18 PM

My college shopping list was beer, cup o' soup, hot dogs, and brownie mix.

Times have changed.

[Life is Short ... Make Fun of It.\[/URL" target="_blank">](#)
[400 Beers\[/URL" target="_blank">](#)