

Open Kitchen | Term 1

Healthy Eating Profile

WHO IS JAMIE?

Jamie is an international student who eats a healthy diet. Jamie:

- Lives in Orchard Commons Residence.
- Stays on campus for all long weekends and holidays, but is planning a 2-day trip to Whistler with friends.
- Stays in residence until Dec 20, 2021.
- Tends to eat three meals a day and doesn't like skipping meals.
- Keeps some healthier snack foods in their room which they pick up at the residence markets, Harvest, or the dining room.
- Drinks water most often because it is a healthy choice and saves money. They also drink coffee with milk some mornings.
- Usually eats off campus once on the weekend. For example, dinner with friends downtown on Friday night or lunch when they are out exploring the city.
- Has a mini fridge in their room and eats breakfast in their room once a week (fruit, yogurt and muesli) as they have an early class and don't have time to visit the dining room.

CALCULATING JAMIE'S DAILY BUDGET

Jamie uses the budget calculator at food.ubc.ca/budget to calculate how much they can spend each day in term 1.

In Term 1, they'll be away from campus:

Thanksgiving:	0 Days
Remembrance Day:	0 Days
Other days away:	2 Days
Last day of term in residence:	December 20

Each week, they'll eat some meals away from Residence Dining:

Meals eaten with Flex Dollars:	3 Meals
Meals eaten outside of the Residence Meal Plan:	2 Meals

In an average week, Jamie will eat 16 meals per week in the dining room, 3 meals per week using flex dollars, and 2 meals per week outside of their meal plan.

For **Residence Dollars**, this works out to approximately **\$25.53/day** or **\$178.71/week** before the 25% discount.

For **Flex Dollars**, this works out to approximately **\$12.35/meal** after the 5% discount.

The next page shows a sample week of meals based on an average week for a student like Jamie.

*This sample menu is intended as a guide only. Healthy eating looks different for everyone. Listen to your body's hunger and fullness cues to ensure you are eating enough to nourish your body and mind - even if that is more or less than others around you or outlined in this guide.

Read more...

Open Kitchen | Term 1

Healthy Eating Menu Plan

BREAKFAST

LUNCH/SNACK

DINNER

DAILY SPEND

MEATLESS
MONDAY

Avocado Toast
\$6.99 Retail (\$5.24 Rez)
Scrambled Eggs
\$2.69 Retail (\$2.02 Rez)

Southwest Bowl
\$8.99 Retail (\$6.74 Rez)

Greek Yogurt
\$2.99 Retail (\$2.24 Rez)

FLEX MEAL
\$12.35 Flex

\$21.66 RETAIL
(\$16.25 Rez)

TUESDAY

Strawberry Steel Cut Oats
\$5.99 Retail (\$4.49 Rez)
237 mL Milk
\$1.90 Retail (\$1.43 Rez)

Latino Bowl
\$7.99 Retail (\$5.99 Rez)

Orange
\$0.79 Retail (\$0.59 Rez)

Vegetable Burrito Bowl
\$7.99 Retail (\$5.99 Rez)

\$24.66 RETAIL
(\$18.50 Rez)

WEDNESDAY

2 Eggs Any Style
\$2.58 Retail (\$1.94 Rez)
2 Slices Whole Wheat Toast
\$1.78 Retail (\$1.34 Rez)
Grilled Tomato
\$0.79 Retail (\$0.59 Rez)

Kale Caesar Salad
\$8.99 Retail (\$6.74 Rez)
Hard Boiled Egg
\$1.09 Retail (\$0.82 Rez)

1 Slice Whole Wheat Toast with Peanut Butter
\$1.05 Retail (\$0.79 Rez)
237 mL Milk
\$1.90 Retail (\$1.43 Rez)

Paneer Tika Masala
\$5.49 Retail (\$4.11 Rez)
Salad Bar Small Salad
\$8.99 Retail (\$6.74 Rez)

\$32.66 RETAIL
(\$24.50 Rez)

THURSDAY

Small Cold Cereal with Milk
\$2.99 Retail (\$2.24 Rez)
Honeydew Melon
\$1.59 Retail (\$1.19 Rez)

FLEX MEAL
\$12.35 Flex

Ambrosia Apple
\$0.79 Retail (\$0.59 Rez)

Spicy Dan Dan Pork
\$9.99 Retail (\$7.49 Rez)
Side Bar Vegetable Plate
\$3.99 Retail (\$2.99 Rez)

\$19.35 RETAIL
(\$14.51 Rez)

FRIDAY

BREAKFAST IN ROOM

Sandwich Bar Falafel Sandwich
\$8.79 Retail (\$6.59 Rez)

Greek Yogurt
\$2.99 Retail (\$2.24 Rez)

MEAL OFF CAMPUS

\$11.78 RETAIL
(\$8.84 Rez)

SATURDAY

Hot Breakfast Cereal
\$1.99 Retail (\$1.49 Rez)
Hard Boiled Egg
\$1.09 Retail (\$0.82 Rez)
Pear
\$1.39 Retail (\$1.04 Rez)

Tabouleh Bowl
\$7.99 Retail (\$5.99 Rez)

Veggie Crudite
\$4.79 Retail (\$3.59 Rez)

Custom Kitchen Build-Your-Own Stir Fry
with Salmon and Brown Rice
\$13.99 Retail (\$10.49 Rez)

\$31.24 RETAIL
(\$23.43 Rez)

SUNDAY

Black Bean Breakfast Bowl
\$8.99 Retail (\$6.74 Rez)
12 oz. Coffee
\$2.30 Retail (\$1.73 Rez)

FLEX MEAL
\$12.35 Flex

Ambrosia Apple
\$0.79 Retail (\$0.59 Rez)

Pasta Bar with Chicken
\$12.99 Retail (\$9.74 Rez)

\$25.07 RETAIL
(\$18.80 Rez)

Gather at Vanier | Term 1

Healthy Eating Profile

WHO IS ALEX?

Alex is an international student who eats a healthy diet. Alex:

- Lives in Place Vanier Residence.
 - Stays on campus for all long weekends and holidays.
 - Stays in residence until Dec 18, 2021.
 - Tends to eat three meals a day.
 - Keeps some healthier snack foods in their room which they pick up at the residence markets, Harvest, or the dining room.
 - Drinks water most often because it is a healthy choice
- and saves money. They also drink coffee with milk some mornings.
 - Usually eats off campus a few times per week while exploring the city.
 - Has a mini fridge in their room and eats breakfast in their room once a week (fruit, yogurt and muesli) as they have an early class and don't have time to visit the dining room.

CALCULATING ALEX'S DAILY BUDGET

Alex uses the budget calculator at food.ubc.ca/budget to calculate how much they can spend each day in term 1.

In Term 1, they'll be away from campus:

Thanksgiving:	0 Days
Remembrance Day:	0 Days
Other days away:	0 Days
Last day of term in residence:	December 18

Each week, they'll eat some meals away from Residence Dining:

Meals eaten with Flex Dollars:	3 Meals
Meals eaten outside of the Residence Meal Plan:	3 Meals

In an average week, Alex will eat 15 meals per week in the dining room, 3 meals per week using flex dollars, and 3 meals per week outside of their meal plan.

For **Residence Dollars**, this works out to approximately **\$27.27/day** or **\$190.89/week** before the 25% discount.

For **Flex Dollars**, this works out to approximately **\$12.35/meal** after the 5% discount.

The next page shows a sample week of meals based on an average week for a student like Alex.

*This sample menu is intended as a guide only. Healthy eating looks different for everyone. Listen to your body's hunger and fullness cues to ensure you are eating enough to nourish your body and mind - even if that is more or less than others around you or outlined in this guide.

[Read more...](#)

Gather at Vanier | Term 1

Healthy Eating Menu Plan

BREAKFAST

LUNCH/SNACK

DINNER

DAILY SPEND

MEATLESS MONDAY

Chocoholic Smoothie
\$5.99 Retail (\$4.49 Rez)
Ambrosia Apple
\$0.79 Retail (\$0.59 Rez)
12 oz. Coffee
\$2.30 Retail (\$1.73 Rez)

Thai Coconut Buddha Bowl
\$7.99 Retail (\$5.99 Rez)
Side Bar Vegetable Plate
\$3.99 Retail (\$2.99 Rez)

Harvest Wild Berry & Yogurt Parfait
\$6.59 Retail (\$4.94 Rez)

Spinach Avoacdo Pasta
\$8.99 Retail (\$6.74 Rez)
Topper of Edamame, Nuts, Seeds or Tofu
\$2.99 Retail (\$2.24 Rez)

\$35.64 RETAIL
(\$26.88 Rez)

TUESDAY

BREAKFAST IN ROOM

Simply Local Roasted Turkey with Seasonal Vegetable and Choice of Starch
\$14.79 Retail (\$11.09 Rez)

2 Slices Whole Wheat Toast with Peanut Butter Packettes
\$2.10 Retail (\$1.58 Rez)
Banana
\$0.79 Retail (\$0.59 Rez)

Marinated Tofu Salad
\$8.99 Retail (\$6.74 Rez)
8 oz Soup Bowl
\$3.25 Retail (\$2.44 Rez)

\$29.92 RETAIL
(\$22.44 Rez)

WEDNESDAY

Farm Veg Toast
\$4.99 Retail (\$3.74 Rez)
237 mL Milk
\$1.90 Retail (\$1.42 Rez)

Mediterranean Bowl
\$7.99 Retail (\$5.99 Rez)

Grapefruit
\$1.49 Retail (\$1.12 Rez)

2 Pacific Cod Tacos
\$6.98 Retail (\$5.24 Rez)
Side Bar Vegetable Plate
\$3.99 Retail (\$2.99 Rez)

\$26.55 RETAIL
(\$19.91 Rez)

THURSDAY

Hot Breakfast Cereal
\$1.99 Retail (\$1.49 Rez)
Greek Yogurt
\$2.99 Retail (\$2.24 Rez)
Ambrosia Apple
\$0.79 Retail (\$0.59 Rez)

Kitsilano Poke Bowl
\$7.99 Retail (\$5.99 Rez)
237 mL Milk
\$1.90 Retail (\$1.43 Rez)

Grape Cup
\$1.69 Retail (\$1.27 Rez)

Guacamole Bowl
\$8.99 Retail (\$6.74 Rez)

\$26.84 RETAIL
(\$20.13 Rez)

FRIDAY

Gather Breakfast
\$9.29 Retail (\$6.97 Rez)
237 mL Milk
\$1.90 Retail (\$1.43 Rez)
Pear
\$1.39 Retail (\$1.04 Rez)

FLEX MEAL
\$12.35 Flex

FLEX MEAL
\$12.35 Flex

\$12.58 RETAIL
(\$9.44 Rez)

SATURDAY

Grilled Asparagus Wrap
\$6.99 Retail (\$5.24 Rez)
Orange
\$0.79 Retail (\$0.59 Rez)
12 oz. Coffee
\$2.30 Retail (\$1.73 Rez)

FLEX MEAL
\$12.35 Flex

Greek Yogurt
\$2.99 Retail (\$2.24 Rez)

MEAL OFF CAMPUS

\$13.07 RETAIL
(\$9.80 Rez)

SUNDAY

Small Cold Cereal with Milk
\$2.99 Retail (\$2.24 Rez)
Honeydew Melon
\$1.59 Retail (\$1.19 Rez)

MEAL OFF CAMPUS

Veggie Crudite
\$4.79 Retail (\$3.59 Rez)

Simply Local Grilled Lemon Thyme Chicken Breast, with Seasonal Vegetable and Choice of Starch
\$10.29 Retail (\$7.72 Rez)

\$19.66 RETAIL
(\$14.75 Rez)

WHO IS TAYLOR?

Taylor is a domestic student from out of province who eats a healthy diet. Taylor:

- Lives in Totem Park Residence.
- Stays on campus for most long weekends and holidays, but is away for 3 days over Thanksgiving.
- Stays in residence until Dec 19, 2021.
- Tends to eat three meals a day and doesn't like skipping meals.
- Keeps some healthier snack foods in their room which they pick up at the residence markets, Harvest, or the dining room.
- Drinks water most often because it is a healthy choice and saves money. They also drink coffee with milk some mornings.
- Usually eats off campus once on the weekend. For example, dinner with friends downtown on Saturday night or lunch when they are out exploring the city.
- Has a mini fridge in their room and eats breakfast in their room once a week (fruit, yogurt and muesli) as they have an early class and don't have time to visit the dining room.

CALCULATING TAYLOR'S DAILY BUDGET

Taylor uses the budget calculator at food.ubc.ca/budget to calculate how much they can spend each day in term 1.

In Term 1, they'll be away from campus:

Thanksgiving:	3 Days
Remembrance Day:	0 Days
Other days away:	0 Days
Last day of term in residence:	December 19

Each week, they'll eat some meals away from Residence Dining:

Meals eaten with Flex Dollars:	3 Meals
Meals eaten outside of the Residence Meal Plan:	2 Meals

In an average week, Taylor will eat 16 meals per week in the dining room, 3 meals per week using flex dollars, and 2 meals per week outside of their meal plan.

For **Residence Dollars**, this works out to approximately **\$26.16/day** or **\$183.12/week** before the 25% discount.

For **Flex Dollars**, this works out to approximately **\$12.35/meal** after the 5% discount.

The next page shows a sample week of meals based on an average week for a student like Taylor.

*This sample menu is intended as a guide only. Healthy eating looks different for everyone. Listen to your body's hunger and fullness cues to ensure you are eating enough to nourish your body and mind - even if that is more or less than others around you or outlined in this guide.

Read more...

Feast | Term 1

Healthy Eating Menu Plan

BREAKFAST

LUNCH/SNACK

DINNER

DAILY SPEND

MEATLESS
MONDAY

BREAKFAST IN ROOM

Sandwich Bar Falafel Sandwich
\$8.79 Retail (\$6.59 Rez)

Grape Cup
\$1.69 Retail (\$1.27 Rez)

Margherita Pizza
\$7.99 Retail (\$5.99 Rez)
Side Bar Seasonal Veggies Plate
\$3.99 Retail (\$2.99 Rez)

\$22.46 RETAIL
(\$16.85 Rez)

TUESDAY

Smashed Avocado Toast
\$6.99 Retail (\$5.24 Rez)
Hard Boiled Egg
\$1.09 Retail (\$0.82 Rez)
12 oz. Coffee
\$2.30 Retail (\$1.73 Rez)

FLEX MEAL
\$12.35 Flex

Greek Yogurt
\$2.99 Retail (\$2.24 Rez)

Perogies with Braised Apple and Cabbage
\$8.99 Retail (\$6.74 Rez)

\$22.36 RETAIL
(\$16.77 Rez)

WEDNESDAY

Hot Breakfast Cereal
\$1.99 Retail (\$1.49 Rez)
Harvest Wild Berry & Yogurt Parfait
\$6.59 Retail (\$4.50 Rez)

1/4 Chicken Dinner with
Rosemary Potatoes and Roasted Veggies
\$10.29 Retail (\$7.72 Rez)

Ambrosia Apple
\$0.79 Retail (\$0.59 Rez)

White Bean Burrito Bowl
\$10.29 Retail (\$7.72 Rez)

\$29.95 RETAIL
(\$22.46 Rez)

THURSDAY

2 Slices Whole Wheat Toast
\$1.78 Retail (\$1.34 Rez)
Banana
\$0.79 Retail (\$0.59 Rez)
2 Packettes Peanut Butter
\$0.32 Retail (\$0.24 Rez)
237 mL Milk
\$1.90 Retail (\$1.42 Rez)

Spicy Caesar Salad
\$8.49 Retail (\$6.37 Rez)
Hard Boiled Egg
\$1.09 Retail (\$0.82 Rez)

Bibimbap
\$10.99 Retail (\$8.24 Rez)

\$25.36 RETAIL
(\$19.02 Rez)

FRIDAY

Mexi Egg Sandwich
\$5.49 Retail (\$4.11 Rez)
12 oz. Coffee
\$2.30 Retail (\$1.73 Rez)

Classic Veggie Burger
\$8.99 Retail (\$6.74 Rez)
Salad Bar Small Salad
\$8.99 Retail (\$6.74 Rez)

Greek Yogurt
\$2.99 Retail (\$2.24 Rez)

FLEX MEAL
\$12.35 Flex

\$28.76 RETAIL
(\$21.57 Rez)

SATURDAY

Rise and Shine Smoothie
\$5.99 Retail (\$4.49 Rez)
Ambrosia Apple
\$0.79 Retail (\$0.59 Rez)

MEAL OFF CAMPUS

Veggie Crudite
\$4.79 Retail (\$3.59 Rez)

Kale and Bean Quesadilla
\$8.99 Retail (\$6.74 Rez)

\$20.56 RETAIL
(\$15.42 Rez)

SUNDAY

2 Eggs Any Style
\$2.58 Retail (\$1.94 Rez)
2 Slices Whole Wheat Toast
\$1.78 Retail (\$1.34 Rez)
Orange
\$0.79 Retail (\$0.59 Rez)

Pasta Bar with Chicken
\$12.99 Retail (\$9.74 Rez)

Harvest Wild Berry & Yogurt Parfait
\$6.59 Retail (\$4.94 Rez)

FLEX MEAL
\$12.35 Flex

\$24.73 RETAIL
(\$18.55 Rez)