

# ARI'S FOOD DIARIES

a mediterranean-style  
cookbook for college  
students







HI THERE :)

THANK YOU FOR BEING HERE <3

My name is Arianna and I am a college student who loves to cook! This cookbook is your Survival Guide on how to eat the Mediterranean Diet/Lifestyle on and off campus!

For my fellow Uconn Huskies, this one is for you. Whether you have a meal plan or not, here are some ideas on what to eat in your apt./home or local dining hall ;)



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# MED DIET 101:

## Why the Mediterranean Diet?

Growing up, I was always fascinated by my grandmother's healthy eating. She has always lived a healthy lifestyle, looking 10 years younger than her age. I would always ask her "Abuela, how do you do it?" She answered with a smile and said "La Dieta Mediteranéa". She would always tell me it was a lifestyle more than a diet, but I didn't understand that until now.

As I went into my junior year of college, I remembered our conversation from a couple of years back and then did further research for my BOLD Project.

Research has consistently shown that the Mediterranean diet is effective in reducing the risk of cardiovascular diseases and overall mortality. To this day, it is arguably the best healthy eating pattern that increases healthy aging, life span, and prevention of cardiovascular disease. When the diet is coupled with the caloric restriction it can be a huge aid in weight loss.

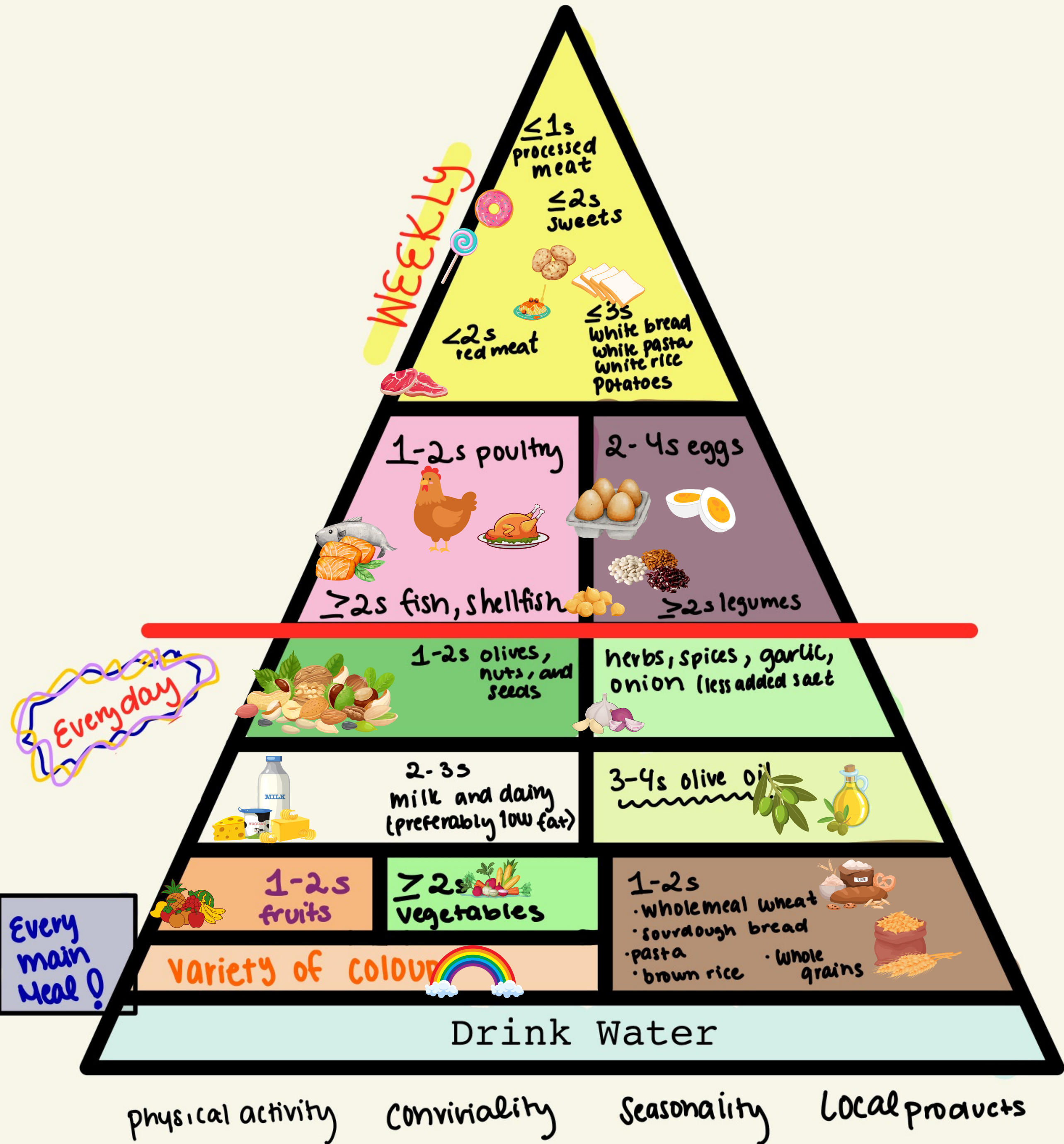
Eating healthy can be challenging in college on top of all of our other responsibilities and a fast-paced semester. The best thing we can do is educate ourselves on how we can eat healthy and improve our habits as college students. My recipes are designed to make the Mediterranean Diet easy and affordable with the tools we have as college students.



# MED DIET 101:

Much Like other diets, it is best explained from a pyramid!  
working from the bottom to the top on what needs to be consumed the most to least!

## Mediterranean Diet Pyramid



The 4 bottom components are extremely important to the Mediterranean Diet Lifestyle. It is what separates itself from other diets like Paleo, Atkins, Vegetarian, etc. Conviviality refers to eating with friends or with a group of people! Seasonality refers to what foods are in season!



# WHAT SHOULD I HAVE IN MY KITCHEN?



greek yogurt

extra virgin olive oil!

(pro tip: buy the olive oil that comes in a dark green bottle. it prevents the damaging light rays from chlorophyll oxidation.)



whole grains/pasta!



fresh/frozen seafood



vegetables!

uncanned or canned!

(pro tip: if canned look for the ones that are “no salt added”



different types of fruits!





# WHAT SPICES SHOULD I BUY?

## MEDITERRANEAN HERBS AND SPICES

GARLIC  
BASIL  
OREGANO  
PARSLEY  
ROSEMARY  
BAY LEAVES  
NUTMEG  
FENNEL SEEDS  
RED PEPPER FLAKES  
SAGE  
SALT  
PEPPER  
PAPRIKA





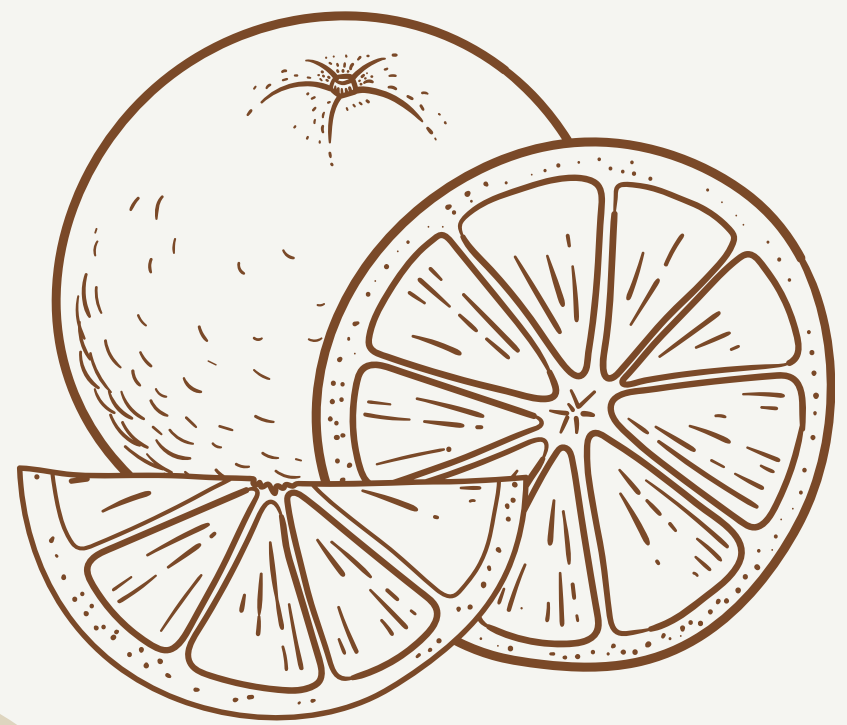


check out my instagram!

@arisfooddiaries

you'll find videos on how  
to make some of these  
recipes <3 and others!





# FRUITS







## RECIPE:

PREP TIME 20 MINUTES + COOLING TIME 30 MINUTES

- start by cutting and dicing your peaches
- place them in a stir-pot
- cook on medium heat
- add your lemon and sugar
- mix until well combined
- keep stirring and mashing until it is a jam-like consistency!
- place jam in a mason jar
- refrigerate for 30 minutes or as long as you'd like... and ta-da!

## INGREDIENTS:

4 PEACHES  
2 TBSP OF SUGAR  
 $\frac{1}{2}$  OF A LEMON



# NUTRITIONAL FACTS

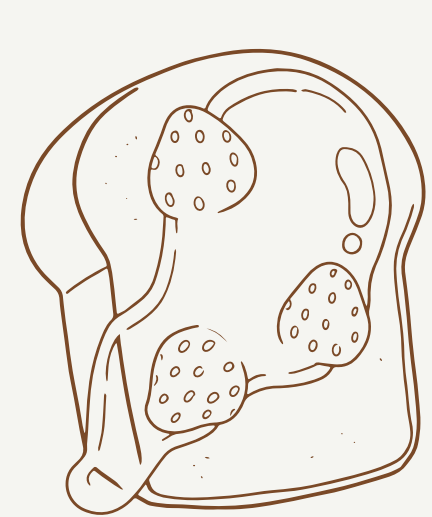


SERVES 4

- CALORIES PER SERVING: 50
- FAT: 0.5G
- PROTEIN: 1G
- CARBS: 15G
- FIBER: 2G
- SUGAR: 13G







# CHLOE'S FRUIT TOAST



## RECIPE:

### PREP TIME: 15 MIN

- melt butter in a pan on the stove and place a slice of bread on top; no flipping of the bread is necessary!
- alternatively; you could place the slice of bread in a toaster.
- while the bread is warming up:
  - slice up the strawberries; nectarine; and basil leaves!
- combine the fruit in a bowl with lime juice; salt; and red pepper flakes.
- once the bread is finished toasting; remove it from the pan.
- spread the ricotta on the soft side of the bread and place the fruit mixture on top.
- add some chia seeds; drizzle honey on top...and ta-da!!

## INGREDIENTS:

1 SLICE OF SOURDOUGH BREAD  
1 TSP BUTTER  
3 GENEROUS SPOONFULS OF RICOTTA CHEESE  
RED PEPPER FLAKES TO TASTE (I USED ABOUT 1 TSP)  
1 NECTARINE, SLICED OR CUBED  
4 STRAWBERRIES, SLICED OR CUBED  
A SPRINKLE OF SALT  
JUICE OF 1/2 A LIME  
A DRIZZLE OF HONEY  
2 BASIL LEAVES  
SPRINKLE OF CHIA SEEDS



# NUTRITIONAL FACTS

SERVES: 2 SLICES

- CALORIES PER SERVING: 440
- FAT: 7G
- PROTEIN: 6G
- CARBS: 19G
- FIBER: 10G
- SUGAR: 20G







# SUMMER IN A BOWL



## RECIPE:

PREP TIME: 15 MIN

- wash strawberries; bananas; kiwi; raspberries; and blackberries
- cut the strawberries; bananas; raspberries; blackberries; and kiwi into thick slices!
- place the fruit in a bowl
- wash the orange and pat dry with a paper towel.
- zest the orange into the bowl of fruit.
- chop the orange in half and squeeze one-half into the bowl of fruit.
  - optional: eat the other half :)
- drizzle honey over the fruit and lightly stir together with a spoon.

## INGREDIENTS:

1 PACKAGE OF STRAWBERRIES  
2 BANANAS  
2 KIWIS  
1 ORANGE  
1 PACKAGE OF BLACKBERRIES + RASBERRIES  
2 TABLESPOONS OF HONEY



# NUTRITIONAL FACTS

SERVES 4

- CALORIES: 50 PER SERVING
- FAT: 0.5G
- PROTEIN: 1G
- CARBS: 15G
- FIBER: 2G
- SUGAR: 13G







# AN ITALIAN SUMMER SALAD



## RECIPE:

PREP TIME: 10 MIN

- combine cantaloupe; vinegar; salt; sugar; and oil into food processor until smooth
- place arugula on salad plates
- top with cantaloupe bits and prosciutto
- drizzle with vinaigrette and sprinkle evenly with black pepper.

## INGREDIENTS:

1 CUP CUBE CANTALOUPE  
2 TBSP RICE VINEGAR  
1 TSP SUGAR  
4 TSP EXTRA-VIRGIN OLIVE OIL  
1/8 TSP OF SALT  
12 CUPS ARUGULA LEAVES  
1 MEDIUM CANTALOUPE, PEELED, SEEDED AND CUT INTO 24 PIECES  
8 VERY THIN SLICES OF PROSCIUTTO (ABOUT 4.OZ)  
1/2 TSP OF FRESHLY GROUND BLACK PEPPER



# NUTRITIONAL FACTS

SERVES 4

- CALORIES PER SERVING: 111
- FAT: 4G
- PROTEIN: 5G
- CARBS: 15G
- FIBER: 2G
- SUGAR: 13G







# BANANA BERRY OVERNIGHT OATS



## RECIPE:

PREP TIME: 10 MIN + OVERNIGHT (6 HOURS)

- place banana in a small bowl and use a fork to thoroughly mash; add yogurt; and stir to combine
- add oats; chia seeds; salt; and almond milk; and stir well to combine.
- cover and refrigerate overnight for at least 6 hours!
- top with mixed berries and avoid walnuts before serving

## INGREDIENTS:

$\frac{1}{2}$  MEDIUM SIZED RIPE BANANA  
 $\frac{1}{4}$  CUP PLAIN 2% REDUCED FAT GREEK STYLE YOGURT  
1 TSP CHIA SEEDS  
 $\frac{1}{8}$  TSP OF KOSHER SALT  
 $\frac{2}{3}$  CUP OF UNSWEETEND ALMOND MILK  
 $\frac{1}{4}$  CUP FROZEN THAWED MIXED BERRIE  
1 TBSP CHOPPED WALNUTS



# NUTRITIONAL FACTS



SERVES 1; SERVING SIZE APPROX. 1 CUP  
CALORIES: 352

- FAT: 13G
- PROTEIN: 14G
- CARBS: 51G
- FIBER: 10G
- SUGAR: 10G





# VEGTEABLES







## RECIPE:

---

PREP TIME: 10 MIN

---

- wash and slice tomatoes; making half slices
- place tomatoes on a plate
- slice fresh mozzarella and plate on top of the tomatoes
- drizzle olive oil and balsamic vinegar glaze
- season with salt and pepper to taste

## INGREDIENTS:

TWO WHOLE TOMATOES  
FRESH MOZZARELLA (SLICED OR LARGE BLOCK)  
OLIVE OIL  
BALSAMIC VINEGAR GLAZE  
SALT AND PEPPER TO TASTE



# NUTRITIONAL FACTS



SERVES 2

- CALORIES PER SERVING: 250
- FAT: 18G
- PROTEIN: 14G
- CARBS: 9G
- FIBER: 2G
- SUGAR: 5G





# SAUTEED MIXED VEGETABLES

## RECIPE:

PREP TIME: 20 MIN

- chop all vegetables to your liking!
- after chopping the vegetables
- heat 3 tablespoons of olive oil in a large skillet
- add chopped garlic and cook until caramelized
- add chopped vegetables and cook until browned or charred
- sprinkle salt and pepper before serving
  - this dish is typically a side dish.
  - by adding a form of protein (sausage; salmon; chicken; etc) it can become a main dish.

## INGREDIENTS:

1 GREEN BELL PEPPER (CHOPPED)  
1 RED BELL PEPPER (CHOPPED)  
1 WHITE ONION (CHOPPED)  
2 ZUCCHINIS (CHOPPED)  
 $\frac{1}{2}$  CUP OF CHERRY TOMATOES  
3 TABLESPOONS OLIVE OIL  
1 GARLIC CLOVE  
SALT  
PEPPER



# NUTRITIONAL FACTS

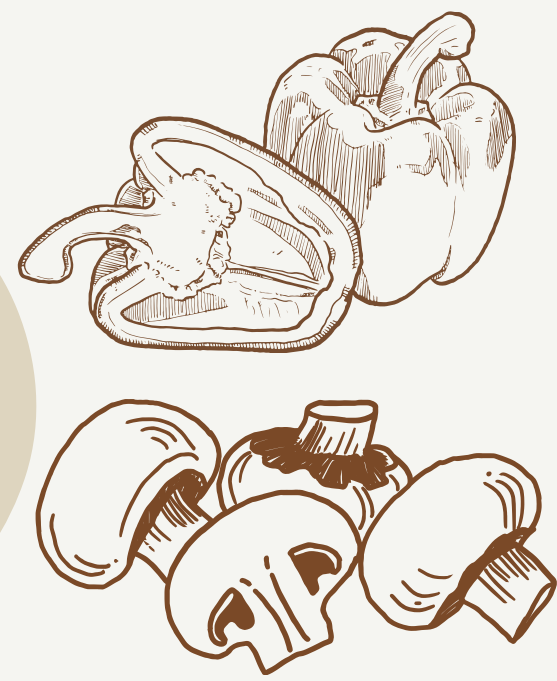
SERVES 2

- CALORIES PER SERVING: 100
- FAT: 0.5G
- PROTEIN: 3G
- CARBS: 6G
- FIBER: 3G
- SUGAR: 1.8G

NOT INCLUDED IN THE RECIPE + NUTRITIONAL FACTS  
BUT IN THE PICTURE: CHICKEN APPLE SAUSAGE







# STUFFED BELL PEPPERS

## RECIPE:

PREP TIME: 20 MIN + HANDS ON: 1HR 30MIN

- preheat oven to 350 degrees fahrenheit
- remove and discard the top quarter of each bell pepper; remove and discard inner membranes and seeds. set peppers aside.
- heat oil in a large skillet over medium-high. add onion; garlic; and thyme; cook; stirring occasionally; until tender about 4 minutes.
- chop the arugula and place in a small bowl
- transfer mixture to a medium bowl; stir in rice; arugula; gruyere; salt; pepper; and ¼ cup of mozzarella
- spoon mixture evenly into prepared peppers
- arrange stuffed peppers in even layers on a baking sheet
- use an airfryer or oven
  - if using an oven: preheat to 400 degrees fahrenheit
  - let them sit for 15-20min
- once peppers are cooked; transfer peppers to a plate; dollop with sour cream and sprinkle black pepper on top.

## INGREDIENTS:

1 GREEN BELL PEPPER (CHOPPED)  
1 RED BELL PEPPER (CHOPPED)  
1 WHITE ONION (CHOPPED)  
2 ZUCCHINIS (CHOPPED)  
½ CUP OF CHERRY TOMATOES  
3 TABLESPOONS OLIVE OIL  
1 GARLIC CLOVE  
SALT  
PEPPER



# NUTRITIONAL FACTS

SERVES 2

- CALORIES PER SERVING: 367
- FAT: 15G
- PROTEIN: 16G
- CARBS: 42G
- FIBER: 7G
- SUGAR: 10G







# LEGUMES







# CHICKPEA SALAD DELIGHT

## RECIPE:

---

PREP TIME: 15 MIN

---

- start by cutting in halves the cherry tomatoes
- cut your red onion
- cut your feta into small cubes or crumbles as you wish!
- in a large bowl mix together chickpeas; cherry tomatoes; red onion; and feta
- in the same bowl add cilantro; olive oil; salt; and pepper
- squeeze the juice of one lemon into the large bowl
- mix everything together! and ta-da!

## INGREDIENTS:

1 CAN OF CHICKPEAS (APPROX. 260 G)  
YOU CAN ADD BLACK BEANS FOR MORE BEANS.  
6 CHERRY TOMATOES  
1 RED ONION  
1/2 BOX FETA  
1 HAND CILANTRO  
1 LEMON  
TWO PINCHES SALT  
TWO PINCHES PEPPER  
1/3 CUP OLIVE OIL SALAD



# NUTRITIONAL FACTS

SERVES 4

- CALORIES PER SERVING: 200
- FAT: 10G
- PROTEIN: 18G
- CARBS: 27G
- FIBER: 9G
- SUGAR: 4G







# GRAINS/PASTA







# SUPER FOOD GRAIN BOWL

## RECIPE:

### PREP TIME: 15 MIN

- cook quinoa (via microwave or by pot)
- boil water and place the egg for about 6-7 minutes
- cut your veggies + and egg! (bell peppers; tomatoes; egg)
- arrange quinoa and brown rice; bell peppers; corn; tomatoes; avocado; and egg in a bowl. sprinkle with salt and pepper.
  - drizzle with dressing of choice
    - i used a reduced fat ranch dressing

## INGREDIENTS:

$\frac{1}{2}$  CUP COOKED BROWN RICE & QUINOA

$\frac{1}{2}$  CHOPPED BELL PEPPERS (ANY COLOR CHOICE)

$\frac{1}{4}$  CUP FRESH CORN KERNELS

6 CHERRY TOMATOES; HALVED

$\frac{1}{4}$  RIPE AVOCADO, SLICED

1 HARD-BOILED EGG; HALVED

$\frac{1}{4}$  TSP. KOSHER SALT

$\frac{1}{8}$  TSP BLACK PEPPER

1 TBSP REDUCED-FAT RANCH DRESSING



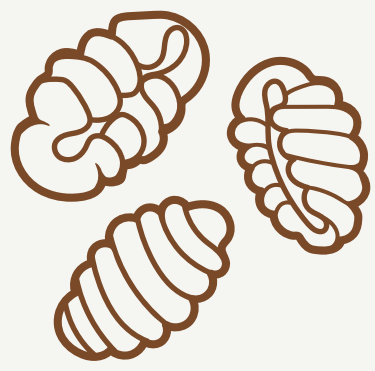
# NUTRITIONAL FACTS

SERVING SIZE: 1 BOWL

- CALORIES PER SERVING: 376
- FAT: 18G
- PROTEIN: 15G
- CARBS: 44G
- FIBER: 10G
- SUGAR: 9G







# GNOCCHI WITH SPINACH AND PEPPER SAUCE



## RECIPE:

PREP TIME: 15 MIN + HANDS ON: 20MIN

- cook gnocchi according to package directions; omitting salt and fat. drain gnocchi; return to pan. add spinach;  $\frac{1}{4}$  cup cheese; and 1 table spoon olive oil; cover and let stand until spinach wilts; 2 to 3 minutes. gently toss to combine
- place red peppers; almonds tomato; baguette; vinegar; garlic; paprika; crushed red pepper; and remaining 2 tablespoons olive oil in a blender or food processor and process until smooth; about 1 minute.
- spoon gnocchi mixture into bowls. top with sauce and remaining 2 tablespoons of cheese.

## INGREDIENTS:

1 (16OZ) PKG. WHOLE WHEAT POTATO GNOCCHI  
1 (5-OZ) PKG. BABY SPINACH  
1  $\frac{1}{2}$  OZ. MANCHEGO CHEESE; GRATED AND DIVIDED (ABOUT 6 TBSP)  
3 TBSP. OLIVE OIL; DIVIDED  
1 PLUM TOMATO CHOPPED  
 $\frac{1}{2}$  CUP JARRED ROASTED RED BELL PEPPERS, CHOPPED  
 $\frac{1}{4}$  CUP OF ALMONDS UNSALTED  
1 BAGUETTE SLICE (TORN)  
2 TBSP SHERRY VINEGAR  
1 GARLIC CLOVE  
 $\frac{1}{2}$  TSP. PAPRIKA  
 $\frac{1}{4}$  TSP CRUSHED RED PEPPER



# NUTRITIONAL FACTS

SERVES 5

- CALORIES PER SERVING: 324
- FAT: 16G
- PROTEIN: 9G
- CARBS: 34G
- FIBER: 8G
- SUGAR: 2G







# MUSHROOM BOLOGNESE

## RECIPE:

HANDS ON: 20MIN TOTAL: 1HR 30MIN

- boil water in a large pan and place spaghetti to cook
- cut the baby bella mushrooms and onions into slices
- season your ground pork to your liking
- in a seperate pan add your olive oil; ground pork; mushrooms; onion; garlic salt; and peeled tomatoes
  - cook on medium high
- after cooking for around 20 minutes; add the tomato paste and milk and stir until well combine for about another 10 min
  - lower the heat if needed
- once the pasta is cooked; combine the sauce with pasta on a pan
- serve pasta in a bowl and add your parmesan on top to your liking!

## INGREDIENTS:

½ OZ. BABY BELLA MUSHROOMS  
1 CUP BOILING WATER  
1 TBSP. OLIVE OIL  
2 ½ CUPS OF CHOPPED ONION  
¾ TSP KOSHER SALT  
½ TSP. FRESHLY GROUNDED BLACK PEPPER  
½ LB. GROUND PORK  
1 TBSP MINCED GARLIC  
2 TBSP TOMATO PASTE  
14OZ. CAN WHOLE PEELED TOMATOES; UNDRAINED  
¼ CUP WHOLE MILK  
10 OZ. UNCOOKED WHOLE-WEAT SPAGHETTI  
1 ½ OZ. PARMIGIANO REGIANO CHEESE GRATED (ABOUT ¼ CUP)



# NUTRITIONAL FACTS

SERVES 6

SERVING SIZE: 3/4 CUP SAUCE, 3/4 CUP PASTA, ABOUT 1TBSP CHEESE

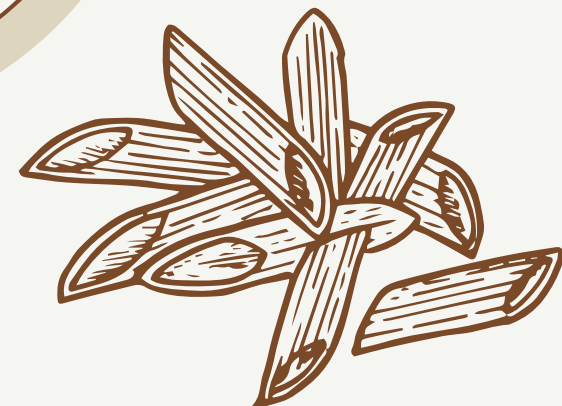
- CALORIES PER SERVING: 484
- FAT: 11G
- PROTEIN: 25G
- CARBS: 75G
- FIBER: 13G
- SUGAR: 17G







# MEDITERRANEAN PASTA SALAD



## RECIPE:

HANDS ON: 20MIN TOTAL: 40MIN

- heat oil in a pan over medium heat.
- dice carrot; onion; and celery and add to pan; cook for 5 minutes or until soft.
- add minced garlic and cook another minute until fragrant.
- add chicken; canned tomatoes; olives; capers and red pepper flakes.
- bring to a boil and then reduce heat to simmer for 15 minutes.
- while sauce is simmering; cook pasta to al dente.
- pour sauce over pasta and serve with parmesan on top.
- this can be served cold or warm! great for meal prepping.

## INGREDIENTS:

1/4 CUP EXTRA-VIRGIN OLIVE OIL  
1 CARROT

1 DICED 1 LARGE STALK OF CELERY

1 DICED 1/2 WHITE ONION

DICED 4 CLOVES GARLIC

MINCED CHICKEN

MINCED 28-OZ. CANNED DICED TOMATOES 1/2 CUP KALAMATA

OLIVES PITTED AND CUT IN HALF

1/4 CUP CAPERS

1/2 TSP. CRUSHED RED PEPPER FLAKES

1 LB. ROTINI

FRESHLY GRATED PARMESAN, FOR SERVING



# NUTRITIONAL FACTS

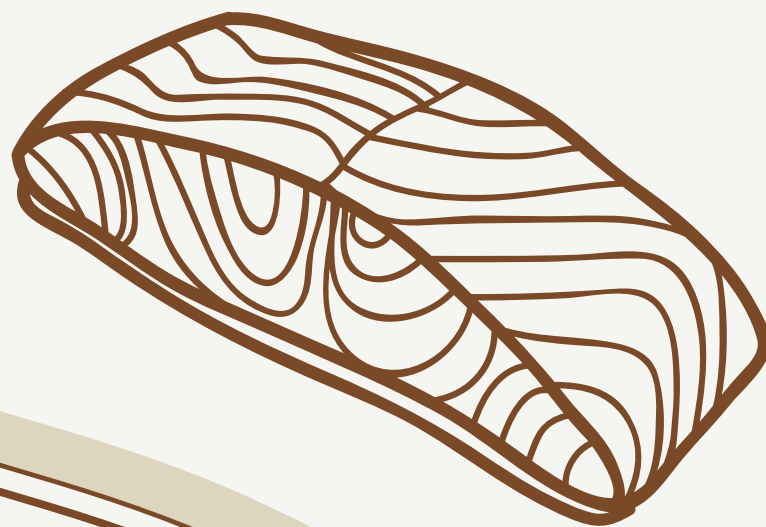
SERVES 4

CALORIES PER SERVING: 376

- FAT: 18G
- PROTEIN: 15G
- CARBS: 44G
- FIBER: 10G
- SUGAR: 9G



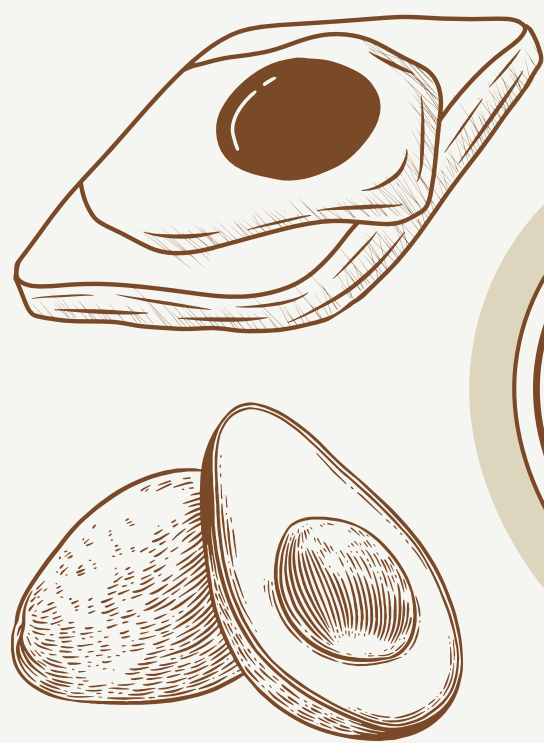




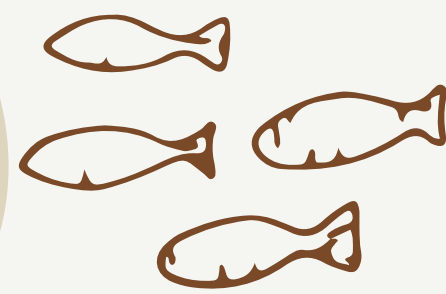
# FISH







# SUNDAY SALMON TOAST



## RECIPE:

HANDS ON: 5MIN TOTAL: 10MIN

- start by buttering a pan
- place the bread on the pan and wait for it to toast
- once the bread is toasted and buttered; place it on your plate
- reusing that pan and reapplying the butter; crack an egg and let it cook
- while the egg is cooking; start the avocado spread
- cut your avocado; scoop out the inside; and mash it in a bowl
- to the bowl add some salt; pepper; olive oil; and half the juice of a lemon
- mix it all up and you have your spread!
- place the spread on your toast
- place your salmon (amount is to you liking)
- place the fried egg on top
- add some salt and pepper over the egg and ta-da!

## INGREDIENTS:

1 EGG  
1 TBSP CREAM CHEESE  
1 SLICE OF SOURDOUGH BREAD  
DASH OF RED PEPPER FLAKES  
1TSP OF OLIVE OIL  
DASH OF SALT  
DASH OF PEPPER  
1/2 SALMON FILLET OR 1-2 SLICES OF SMOKED SALMON  
OPTIONAL: 3 SLICES OF HONEY HAM



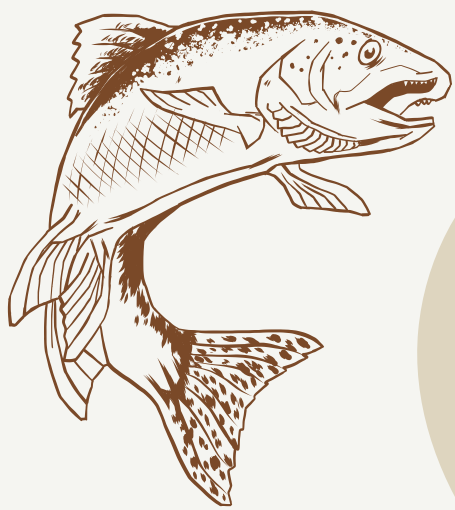
# NUTRITIONAL FACTS

## CERVES 1

- CALORIES: 350
- FAT: 16G
- PROTEIN: 29G
- CARBS: 27G
- FIBER: 1G
- SUGAR: 5G







# MARLA'S LIGHT AND LEMONY SALMON



## RECIPE:

HANDS ON: 30MIN TOTAL: 1HR

- preheat oven to 375°F and line a baking sheet with aluminum foil.
- slice lemon and place all but two slices on the aluminum foil.
- place the piece of salmon directly on top of the lemons so they act as a bed.
- drizzle olive oil onto the salmon and lightly rub it into the filet.
- chop or mince your garlic. sprinkle onto the salmon and then season with thyme; salt; and pepper to your desired taste.
- take the last two lemon slices from before and cut them in half. place the four halves on top of the salmon.
- bake for 20-25 minutes. time may vary depending on thickness of fish.
- let rest for 5 minutes after removing from oven; then transfer to a dish and squeeze all lemon slices onto the salmon.
- serve and enjoy!! i recommend pairing with a white bean arugula salad (see page 45)

## INGREDIENTS:

(3 SERVINGS)

½ KILOGRAM OF SALMON

1 LEMON

2 TABLESPOONS OLIVE OIL

2 CLOVES GARLIC

FRESH THYME

SALT & AND PEPPER TO TASTE





RECIPE:

HANDS ON: 30MIN TOTAL: 1HR

- whisk together capers; zest; sherry vinegar; juice; oil; ½ teaspoon salt; garlic; and cayenne pepper in a bowl.
- place beans in a bowl; drizzle with 2 table spoons of caper mixture.
- add arugula and onion to a bowl with beans. drizzle with remaining caper mixture; toss. place salad on plates; drizzle on top some balsamic glaze. top with salmon and serve immediately.

INGREDIENTS:  
CANELLI WHITE BEANS  
ARUGULA  
SHERRY VINEGAR  
BALSAMIC VINEGAR GLAZE  
ONION  
GARLIC  
CAPERS  
PAPRIKA  
LIME JUICE



# NUTRITIONAL FACTS



SERVES 4 (SERVING SIZE 1 FILLET WITH ABOUT 1 1/2 CUPS OF SALAD)

- CALORIES: 413
- FAT: 18G
- PROTEIN: 42G
- CARBS: 21G
- FIBER: 8G
- SUGAR: 3G







# SHRIMP WITH LEMON ORZO



## RECIPE:

HANDS ON: 5MIN TOTAL: 25MIN

- heat a medium saucepan over medium-high. coat pan with cooking spray. add onion to pan; saute 3 minutes.
- stir in pasta; broth; wine; and thyme; bring to a boil. cover; reduce heat and simmer 15 minutes or until liquid is absorbed and pasta is al dente. stir in chopped chives and lemon juice.
- while orzo cooks; heat oil in a large cast-iron skillet over over medium-high. swirling to coat. sprinkle scallops evenly with salt and pepper. add scallops to pan; cook 3 minutes on each side or until desired degree of doneness. serve scallops with pasta mixture; and garnish with lemon wedges; if desired.

## INGREDIENTS:

½ CUP CHOPPED ONION  
1 CUP UNCOOKED ORZO (RICE-SHAPED PASTA)  
1 CUP OF FATE-FREE, LESS SODIUM CHICKEN BROTH  
12 CUP DRY WHITE WINE (OPTIONAL)  
1 TSP. DRIED THYME  
2 TBSP. CHOPPED FRESH CHIVES  
2 TBSP. FRESH LEMON JUICE  
2 TSP. OLIVE OIL  
1 ½ LBS. SEA SCALLOPS  
¼ TSP. SALT  
¼ TSP. BLACK PEPPER  
LEMON WEDGES (OPTIONAL)



# NUTRITIONAL FACTS

SERVES 4( SERVING SIZE: 4 ½ OZ SCALLOPS AND ABOUT ¾ CUP ORZO MIXTURE)

- CALORIES: 514
- FAT: 7G
- PROTEIN: 60G
- CARBS: 46G
- FIBER: 2G
- SUGAR: 4G



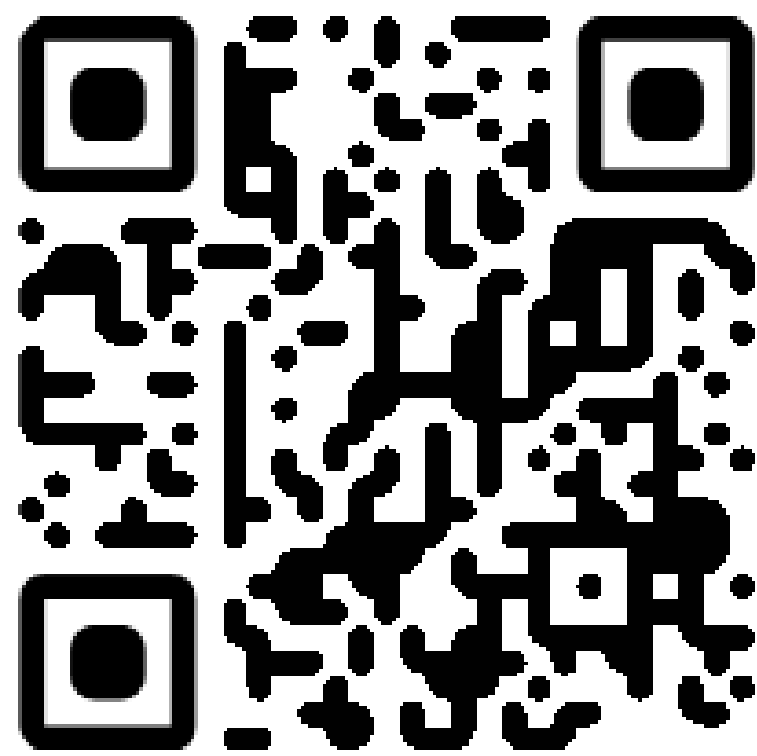




# UCONN DINING HALLS MED. DIET SURVIVAL GUIDE



## HOT TIP PAGE: PLAN OUT YOUR MEALS



Scan me!

BY SCANNING THIS QR CODE, IT WILL TAKE YOU DIRECTLY TO THE UCONN DINNING PAGE WHERE YOU CAN CHECK OUT THE DAILY MENU AT YOUR NEAREST DINNING HALL.

THERE WILL ALWAYS BE THE SALAD BAR, SANDWICH BAR, AND YOGURT BAR IN THE DINNING HALLS.

THIS COULD BE USEFUL TO YOU IF YOU ARE TRACKING CALORIES.

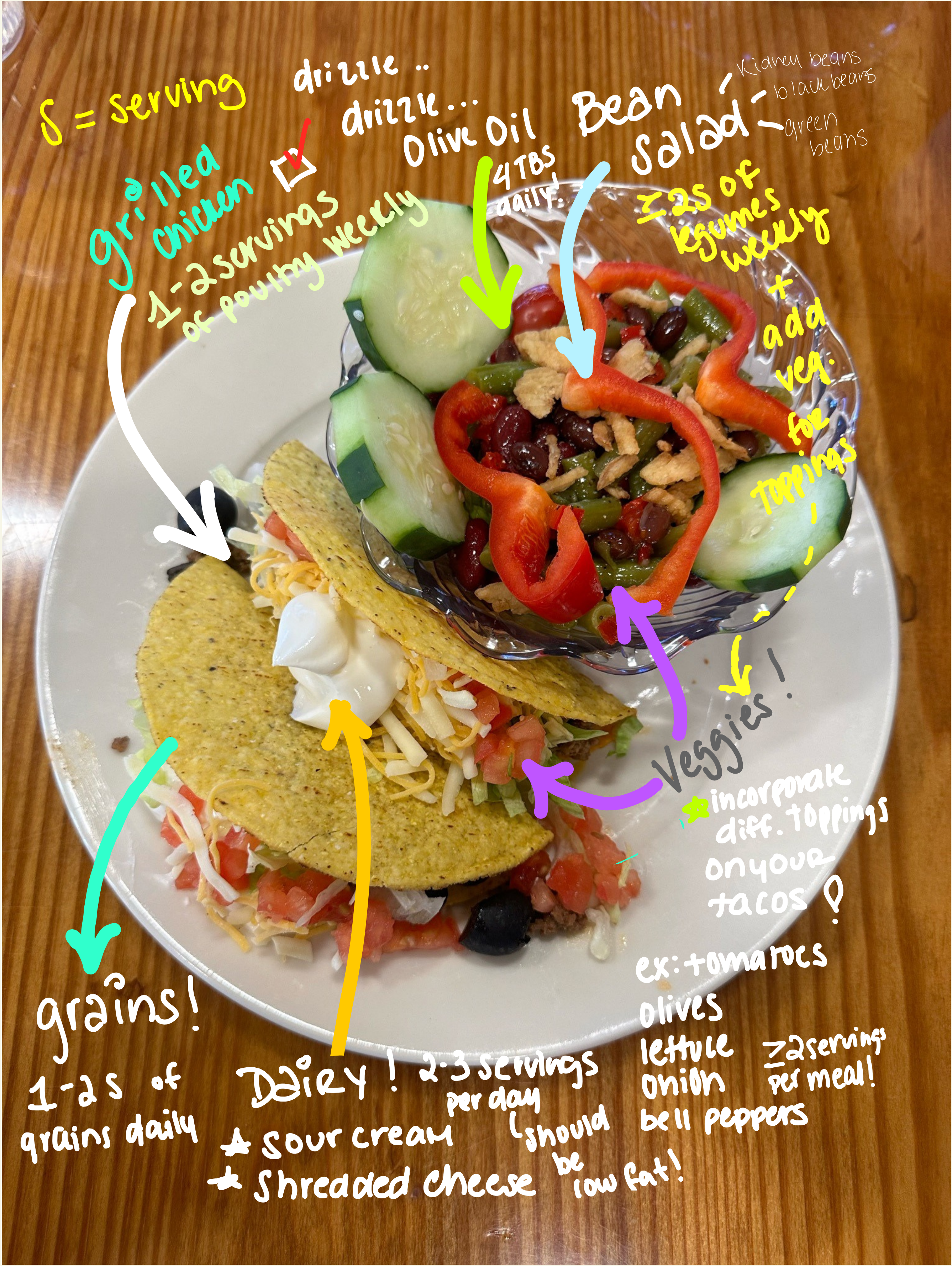


# SOUTH DINING HALL



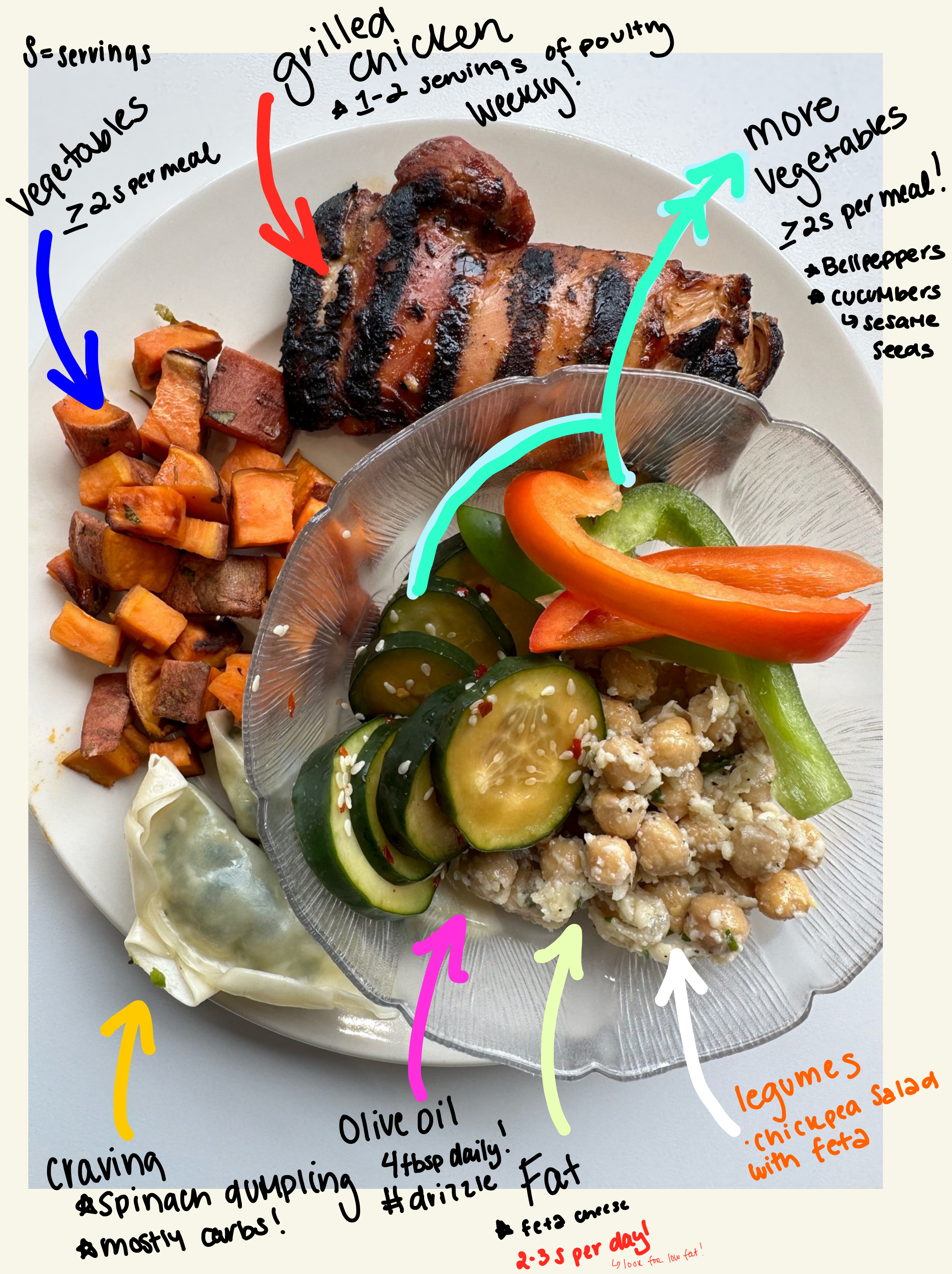


BUCKLEY DINING HALL



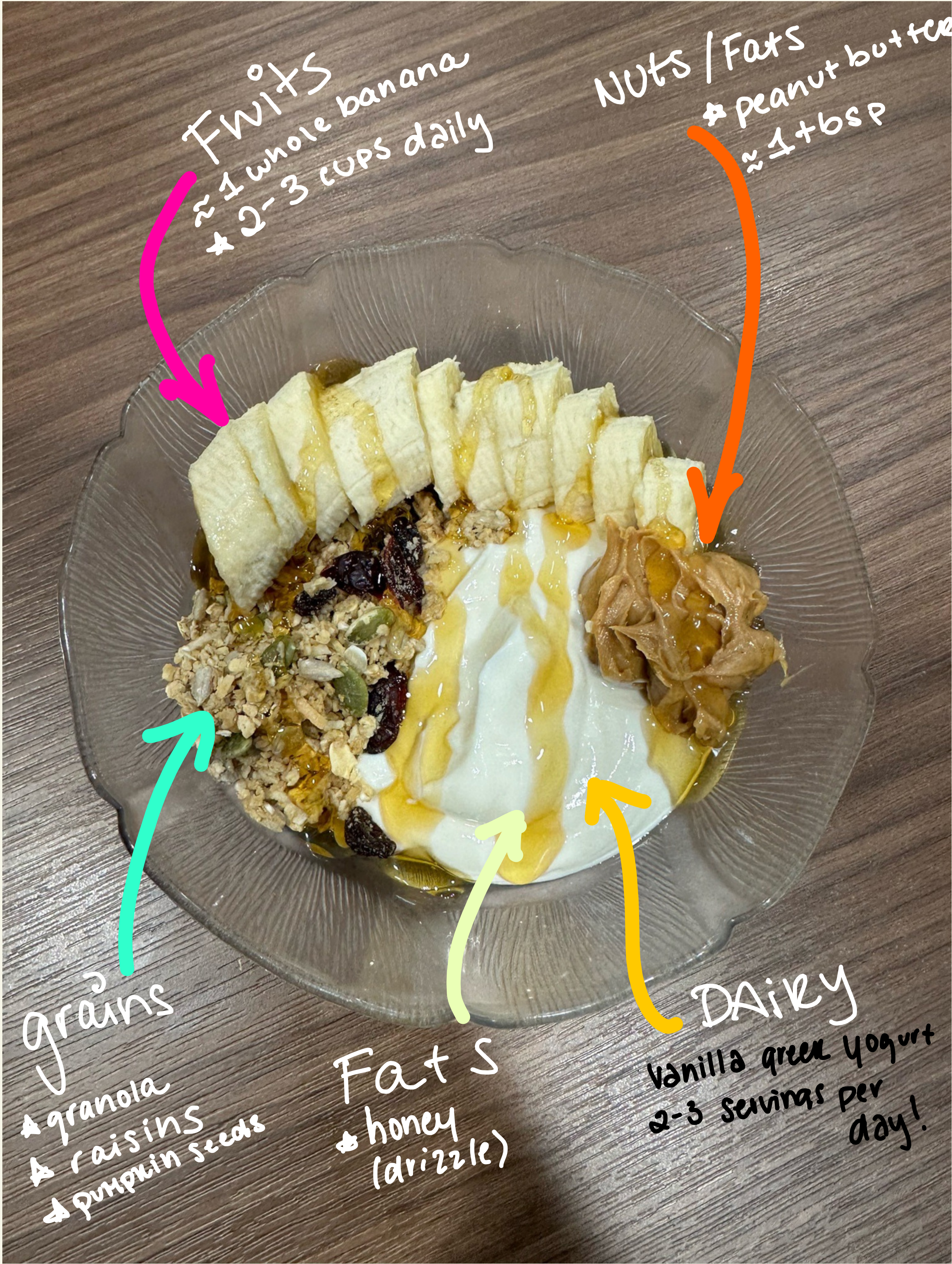


PUTNAM DINING HALL





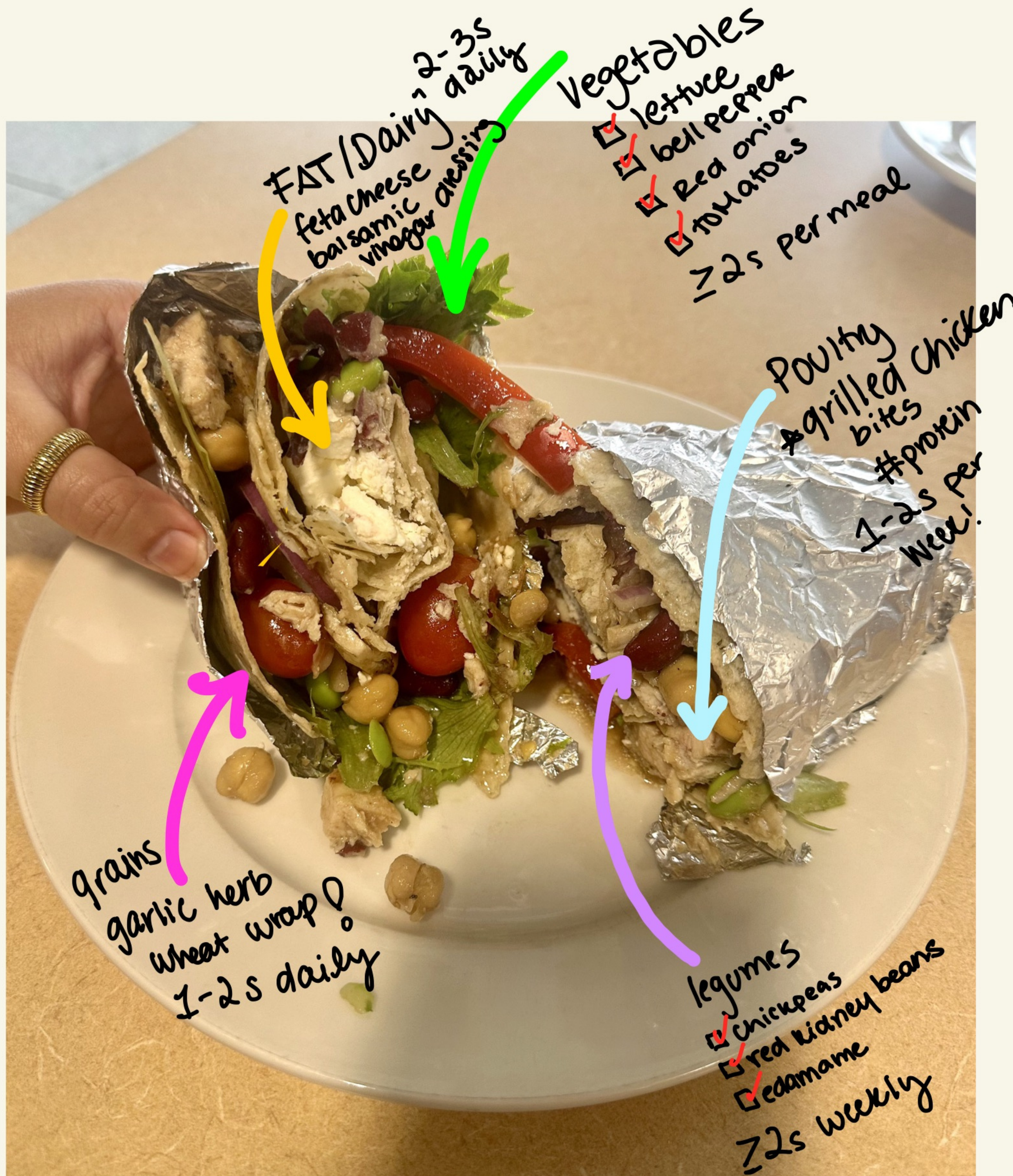
WHITNEY DINING HALL



THIS IS TYPICALLY WHAT I WOULD HAVE FOR BREAKFAST!.



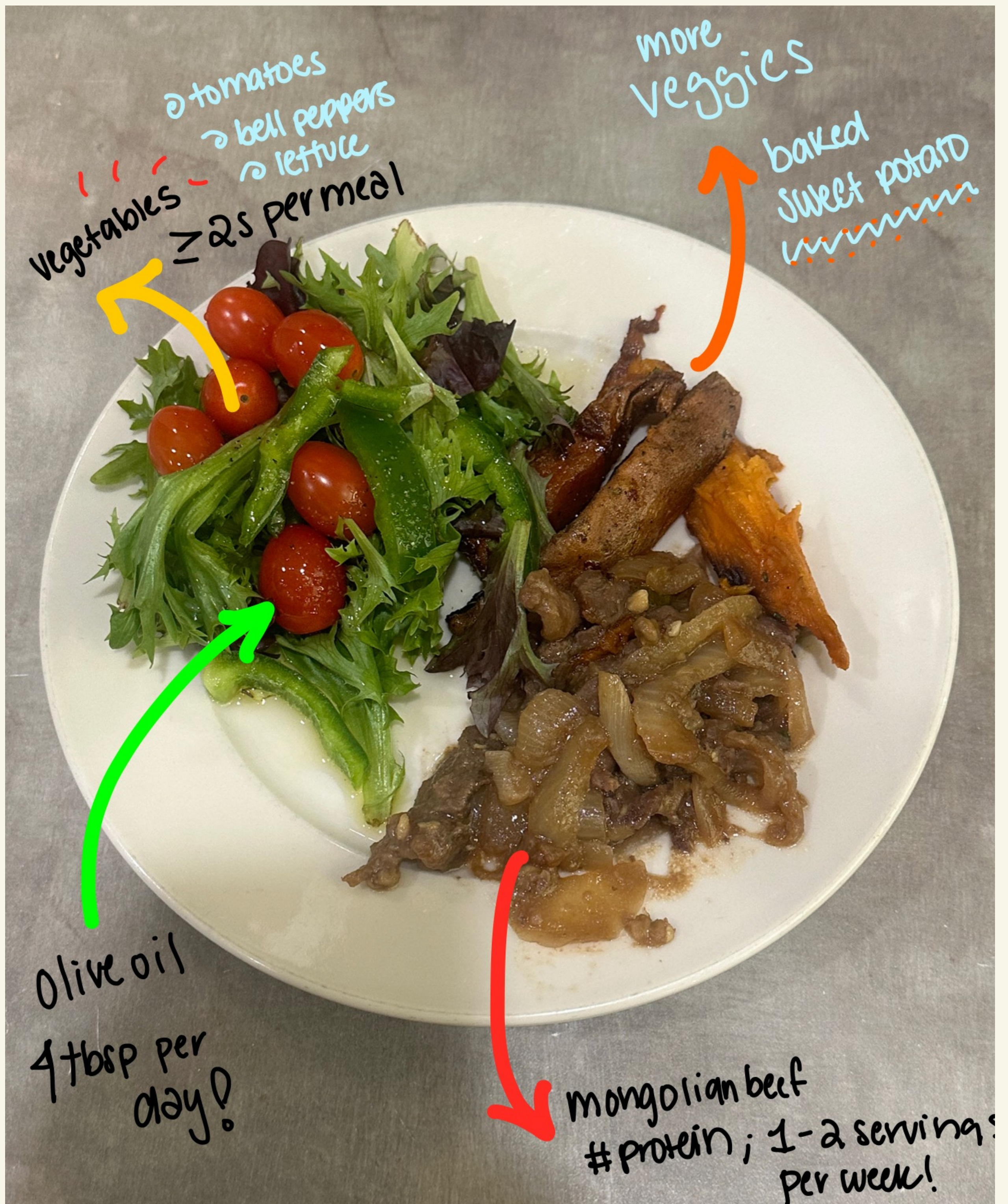
## NORTH DINING HALL



AT NORTH, THEY HAVE A SPACE WHERE YOU CAN MAKE A PANINI, SANDWICH, OR WRAP! IT WILL ALWAYS BE THERE! YOU CAN EVEN TRY DIFFERENT WRAPS WITH DIFFERENT INGREDIENTS!

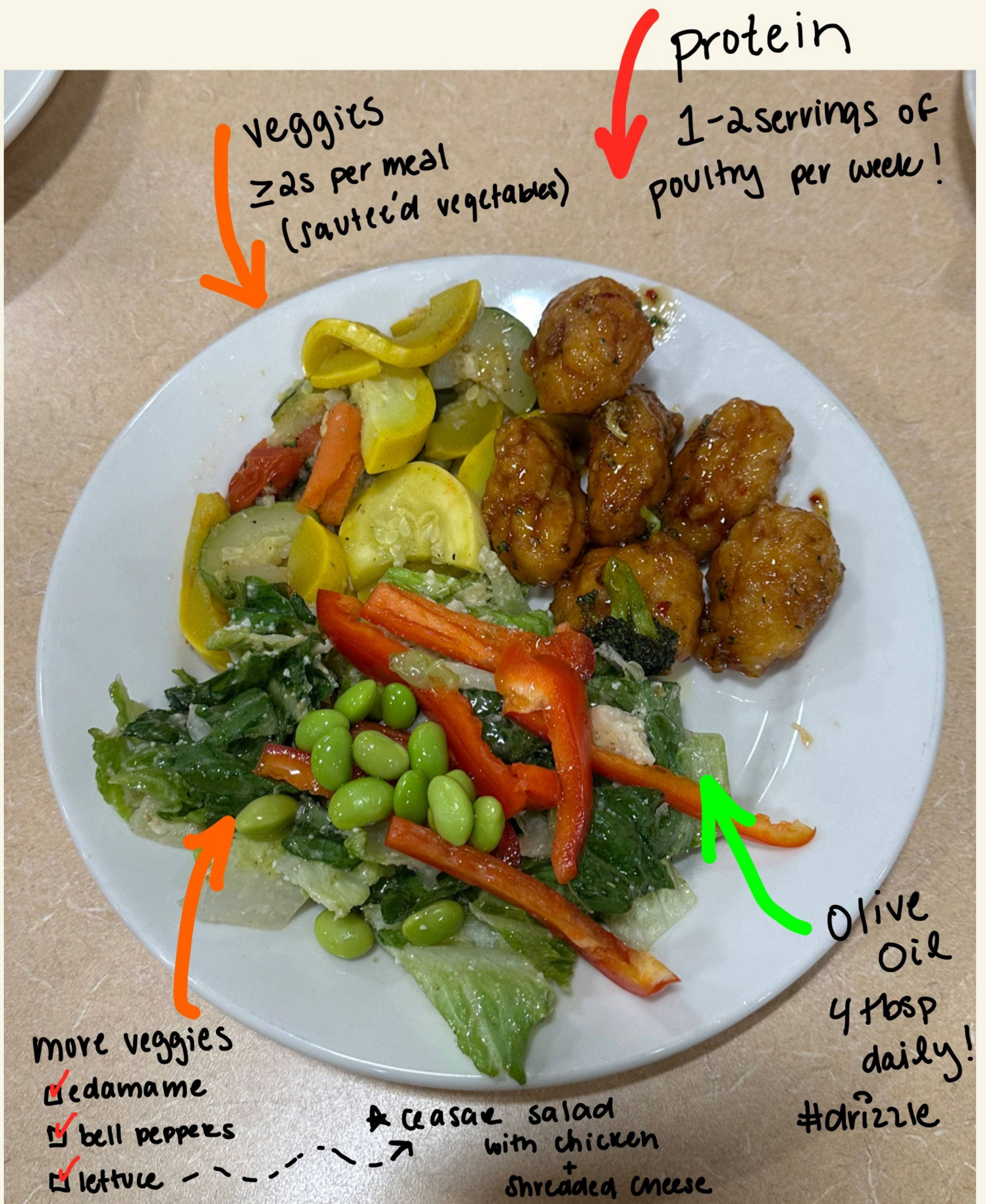


# TOWERS DINING HALL





# NORTHWEST DINING HALL





# MCMAHON DINING HALL

s = serving

Fish:  
Salmon

≥ 2s per week!

Vegetables

\* cucumber

\* tomatoes

\* onion

\* olives

≥ 2s

per meal

grains

\* Rice

≤ 3s per week!

more veggies

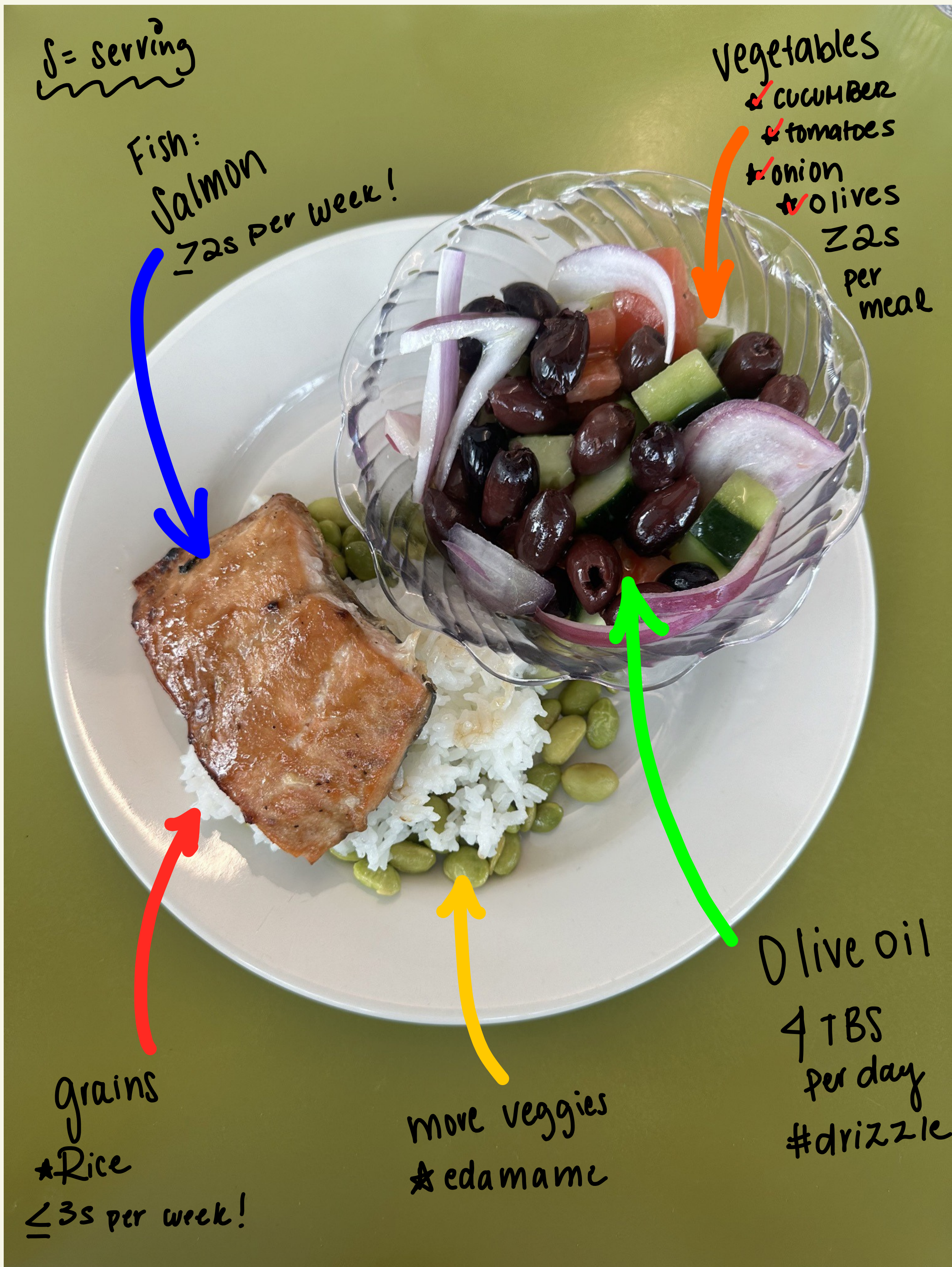
\* edamame

Olive oil

4 TBS

per day

#drizzle







## Hola! Ciao! Hello! A little bit about me...

AHH! I'm so excited for you to be reading this! My name is Arianna Melendez Cintron but everyone calls me "Ari". I grew up in Carolina, Puerto Rico. So, I grew up in one of the most beautiful places in the world surrounded by a culture filled with love, food, music, dance, and the beach!

Ever since a young age, I loved to eat and learn about food. I remember being so captivated by the kitchen and the different colors of food. Little Ari never said no to trying a new food. My abuelas were the ones who taught me how to cook. Yet, as I grew older, I never really delved into my passion for cooking up until my first year of college during the pandemic. Starting college at home, I lived a very sedentary lifestyle. I was stressed and didn't have the best relationship with food. Yet, I realized that I could no longer live like that. When the spring semester of my first year came, I began cultivating healthy recipes and posting them online as a hobby and to keep myself accountable.

Fast forward to my junior and senior years of college, I became a BOLD Scholar and decided to keep fueling my passion for nutrition, helping others cultivate a healthy relationship with food and even maintain consistent physical activity. I grew up around sports and continue to play volleyball at school in the club team, which gave me a second family, allows me to de-stress and stay active!

I wanted this project to be for college students because the habits that we develop now are impactful for our future. Plus, being a student and eating healthy is hard when external factors can come into play, like school!

This past summer. I decided to go abroad and study the Mediterranean diet and Tuscan cuisine to learn more about the Mediterranean lifestyle since it is by far the most healthy lifestyle we can live. Living in Florence for 6 weeks completely changed my perspective and allowed me to create these recipes that represent the colorfulness and flavorfulness of the mediterranean lifestyle.





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