Virtual Wellness Cookbook
Note from the Authors:

Hey there!

The Comprehensive Eating Disorder Program understands that the adjustment to college can be hard, so we decided to make a cookbook with some dorm-friendly foods. We encourage you to think outside of the box for ingredient alternatives to customize the recipes to your liking.

We also acknowledge that topics surrounding food can be triggering, so we encourage you to utilize the resources provided at the end of this cookbook. This cookbook was created for you, so make the possibilities endless! No matter what your relationship is with food or yourself, we are always here with open arms!

CEDP
If you need any help with meal prepping, grocery shopping, or reading recipes, please feel free to contact the Comprehensive Eating Disorder Program or the Eating Disorder Treatment Team on campus. All resources and contact information will be included in the back of the cookbook. Enjoy and Hotty Toddy!

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Eggs Multiple Ways

Scrambled:
Take a large egg, a tablespoon of milk, and your choice of seasonings. Whisk together and microwave for 60 seconds. Stir the eggs and microwave for another 30 seconds!

Warning:
Before cooking your eggs, make sure to spray the mug/bowl with a cooking oil spray!

Poached:
First microwave water in your mug for about 1 min. Next, crack an egg into the water, and gentle puncture the yolk. Cover the mug with plastic wrap, and microwave for 35 sec. Drain the water and serve!

Omelette:
First crack one (or two) eggs into the mug. Next, mix in your meats and vegetables with a tablespoon of milk. Finally, microwave for 60 sec then stir. Place back inside and microwave another 30 seconds!
French Toast

Ingredients:
1 large egg, 1/4 cup milk, 1.5 tbsp maple syrup, 1 tsp cinnamon, 1/2 tbsp butter, 1 bread slice

Optional: Fruit, Chocolate, Caramel, Vanilla

Directions:
1. Whisk the egg, milk, syrup, and cinnamon into a large mug until combined.
2. Evenly spread the butter on one side of the bread and cut the bread into bite-size pieces. Submerge the bread into the mixture by lightly pressing each piece into the mug.
3. Microwave the bread mixture for 2 minutes, pausing every 30 seconds. Let the mug rest for 1 minute after.
4. Serve and enjoy!
**Mug Muffin**

**Ingredients:**
6 tbsp flour, 2 tbsp sugar, 1/8 tsp baking soda, 1/4 cup milk, 2 tbsp butter

**Optional:**
chocolate chips, blueberries, strawberry chunks, or protein powder (any flavor)

**Directions:**
1. Combine flour, sugar, and baking soda in the mug, and add the milk and butter to the ingredients.
2. Add additional fruit or toppings to the mixture and pour into the mug.
3. Cook the mug for 2 minutes, checking the mixture with a toothpick. If not done, cook for an additional 30 seconds.
Fettuccini Alfredo

Ingredients:
2 oz Fettuccine pasta, 1/2 cup water, 1 tbsp butter, 1/4 cup heavy cream, 3 tbsp grated parmesan cheese, 1/4 tbsp garlic powder

Optional:
parsley, additional seasonings (pepper, salt, onion powder, etc.), canned chicken

Directions:
1. Microwave pasta and water in the mug for 4 minutes until the pasta is tender. Mix and microwave for 30 additional seconds.
2. Add butter, heavy cream, and parmesan cheese and microwave for 45 seconds.
3. Let stand for 1 minute and enjoy!
Pot Pie

Ingredients:
1 can of cream of chicken soup (10.5 oz), 1 can of mixed vegetables (15 oz), 1 tsp garlic powder, 1 can 8- count biscuit dough

yields: 8 mug pot pies

Optional:
can of grilled or shredded chicken, seasoning (garlic powder, onion powder, season salt)

Directions:
1. Preheat oven to 350 degrees Fahrenheit. Mix the cream of chicken soup, vegetables, and seasonings into your mug(s).
2. Top each mug with a biscuit. Bake until the biscuits are golden brown (15-20 minutes).
3. Leave standing for 5 minutes and enjoy.
Microwave water and rice in a mug for 3.5-4 min. Keep an eye on it to make sure it does not overflow.

Once the rice is cooked, remove and add cornstarch, milk, cheese, and seasonings. Place back in the microwave for 90 seconds. Mix and allow to rest for a minute to cool. Enjoy!

Ingredients:
5 tbsp Rice (quick cooking), 2/3 cup cold water, 2 broccoli florets. 1/2 tsp cornstarch, 3 tbsp milk, 4 tbsp grated cheese

Optional:
seasonings (onion powder, garlic powder, season salt), grilled canned chicken

Directions:
1. Microwave water and rice in a mug for 3.5-4 min. Keep an eye on it to make sure it does not overflow.
2. Once the rice is cooked, remove and add cornstarch, milk, cheese, and seasonings.
3. Place back in the microwave for 90 seconds. Mix and allow to rest for a minute to cool. Enjoy!
Vegetable Enchilada

Ingredients:
2 corn tortillas, 1/2 cup enchilada sauce (red or green), 1/4 cup black beans, 1/4 cup corn kernels, 1/4 cup shredded Mexican blend cheese, 1 tbsp chopped cilantro

Optional:
seasoning (cumin, garlic powder, onion powder), grilled canned chicken, 1 tbsp sliced avocado

Directions:
1. Wrap tortillas in a paper towel and microwave for 15 seconds to soften them.
2. Lay tortillas on a plate and spread both sides with enchilada sauce. Roll them and place them inside the mug (this will be messy).
3. Mix beans, corn, cheese, and cilantro in a little bowl. Spoon the mixture inside the rolled tortillas through the top.
4. Place extra cheese into open spaces within the mug and microwave for 2-3 min. Rest for 1 min and enjoy!
Buffalo Chicken Dip

Ingredients:
1 cup canned grilled chicken, 1/4 cup shredded carrots, 2 tbsp cream cheese, 1/4 tsp garlic powder, 1/4 tsp onion powder, 1/4 tsp cayenne pepper, 2.5 tsp hot sauce of choice

Optional:
seasonings (black pepper and season salt), cauliflower substitute for chicken, scallion topping

Directions:
1. Place carrots and optional cauliflower inside the mug in the microwave and cook for 90 seconds.
2. Add cream cheese, garlic powder, onion powder, and cayenne pepper and mix until uniform.
3. In a small bowl, mix canned chicken with hot sauce and spoon that mixture with the cream cheese mixture. Microwave the mixture for 1 minute. Let stand for 1 minute.
4. Top with extra seasonings and enjoy!
Brownie in a Mug

Ingredients:
2 tbsp apple sauce (or vanilla Greek yogurt), 1 tbsp honey, 1 tbsp chocolate syrup, 1 egg, 1 scoop chocolate protein powder, a dash of salt and baking soda

Directions:
1. Mix all ingredients in the mug along with butter to help with stickiness.
2. Microwave for 1-2 min (or until the middle looks set). Let the mixture sit for 2 min after.
3. Flip the mixture onto a plate and enjoy!
Combine butter and sugar in a small bowl using your fingers. Then add flour, oats, cinnamon, and salt until the mixture becomes crumbly. Flatten 1/2 mixture into the bottom of the mug to form a crust. Microwave for 30 sec. Remove the mug from the microwave, and add more cinnamon, apple slices, and brown sugar. Add water on top of the mixture then add the other 1/2 crumbled mixture on top. Microwave for 2 min, then let rest for 1 minute.

Apple Crisp

Ingredients:
1 tbsp butter, 1 tbsp white sugar, 2 tbsp all-purpose flour, 2 tbsp oats, 4 dashes cinnamon, 1 pinch salt, 1/2 apple (peeled, thinly sliced), 2 tsp water

Directions:
1. Combine butter and sugar in a small bowl using your fingers. Then add flour, oats, cinnamon, and salt until the mixture becomes crumbly.
2. Flatten 1/2 mixture into the bottom of the mug to form a crust. Microwave for 30 sec.
3. Remove the mug from the microwave, and add more cinnamon, apple slices, and brown sugar. Add water on top of the mixture then add the other 1/2 crumbled mixture on top. Microwave for 2 min, then let rest for 1 minute.
Campus Resource used for providing education and prevention efforts for students. Learn more about eating disorders and disordered eating, ways to connect to sources on campus, or be involved in campus events.

- **Contact:** cedp@olemiss.edu, South Campus Recreation Center

**Eating Disorder Treatment Team:**

- University-based interdisciplinary team composed of a medical provider, counselor, and dietitian. The mission of the EDTT is to work together with individuals who are suffering from eating disorders or disordered eating patterns to improve their quality of life by creating a supportive environment and empowering them to make healthier choices.

- **University Counseling Center:** 662-915-3784
  - Counseling: Laura Stiles, LPC-S (Counselor)
  - Psychiatry: Katie Spann, PMHNP (Psychiatric Care Provider)

- **Student Health Center:** 662-915-7274
  - Nutrition: Mariana A. Jurss, MPH, RD (Registered Dietitian)
  - Medical Assessment: Lauren Durham, FNP-C (Medical Provider)
Campus Resources

Grove Grocery:
- Provides free nutritious meals and hygiene products to students and employees in the Ole Miss community.
- Contact: grovegrocery@go.olemiss.edu, Kinard Hall (Room 213)

National Eating Disorder Association (NEDA):
- Emergency line: 741741

Student Health Services (SHS):
- Providing services with urgent care and needs on campus. Free walk-in services with other emergency medical practices.
- Contact: 662-915-7274
- Location: 400 Rebel Drive, University, MS 38655

University Counseling Center (UCC)
- Providing counseling and psychiatric services for students on campus including free counseling services.
- Contact: 662-915-3784
- Location: 220 Lester Hall