

PRIVATE PRODUCT PROTOTYPE

First 3

Dorm Meals

A bowl. A breakfast. A wrap.

Three small starts for your own kitchen.



Real meals. Your pace.

No cooking appliance needed. Refrigeration required.

Serving illustration created with Higgsfield.

Start where you are.

Choose one recipe, read both pages, then gather the ingredients and equipment before you begin.

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YOUR BASIC SETUP

- A fridge with a thermometer, clean water and a work surface.
- A bowl, spoon, knife, board, scale and measuring spoons.
- A jug, colander and covered container; can opener if needed.

Cold is part of the recipe.

Keep the fridge at 40 F / 4 C or colder. Return perishables promptly; discard food left out over 2 hours, or over 1 hour when the air is above 90 F / 32 C.

Clean hands and utensils. Rinse fresh produce with water; follow the pack for ready-to-eat greens and shredded carrot.

Check every label for allergens and preparation instructions.
Oats contain milk + peanuts; the wrap contains wheat + sesame.
Solid weights are edible amounts. Use US measuring spoons.

Private review copy: portions, texture and timings still need kitchen tests. Sources: page 10.

Lemon chickpea crunch bowl

1 portion

No cooking

Fridge required



AI illustration / serving suggestion

GATHER YOUR INGREDIENTS

- ☐ 150 g canned chickpeas, rinsed and drained
- ☐ 80 g cucumber
- ☐ 80 g tomato
- ☐ 25 g ready-to-eat baby spinach
- ☐ 1 tbsp lemon juice
- ☐ 1 tsp olive oil
- ☐ 1/8 tsp salt, optional

ON YOUR WORKTOP

Bowl, spoon, knife, board and colander.

Scale, measuring 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 weigh out 150 g.

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.



SUNNY 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

8 h chill



AI illustration / serving suggestion

GATHER YOUR INGREDIENTS

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

ON YOUR WORKTOP

Covered food container with room to stir; spoon.

Scale, measuring jug/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 prototype is not a week-long batch plan.



SUNNY 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

GATHER YOUR INGREDIENTS

- ☐ 1 ready-to-eat wheat tortilla (about 25 cm / 10 in)
- ☐ 3 tbsp ready-to-eat hummus with tahini
- ☐ 50 g cucumber
- ☐ 40 g ready-to-eat shredded carrot
- ☐ 15 g ready-to-eat baby spinach

ON YOUR WORKTOP

Plate, spoon, knife and chopping board.

Kitchen scale 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 3 cm 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.



SUNNY 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.

Learn your own taste.

A good first meal teaches you something about yourself.

Keep the recipe steady and notice what you enjoy.

1 Notice one thing.

Was it crisp, creamy, bright or mild?
Choose a word that describes your bite.

2 Change one small thing.

For the bowl, try a little of the optional salt.
Mix and taste before adding any more.

3 Keep the useful detail.

Write down the amount you liked.
Next time, start from that same recipe.



My first-meal notes

Recipe I tried:

The step I would explain more clearly:

Would I make it again? What would I change?

Sunny is an illustrated guide in this PDF. Live AI coaching is a separate planned product.

Shop for the three.

Amounts used for one of each recipe. Check what you have before buying whole packs; pack size and price will vary.

INGREDIENT	AMOUNT USED	HAVE IT?
Canned chickpeas, rinsed + drained	150 g	☐
Cucumber, edible amount	130 g	☐
Tomato, edible amount	80 g	☐
Ready-to-eat baby spinach	40 g	☐
Ready-to-eat shredded carrot	40 g	☐
Old-fashioned rolled oats	40 g	☐
Pasteurized dairy milk	120 ml	☐
Smooth peanut butter	1 tbsp	☐
Banana, peeled amount	100 g	☐
Hummus with tahini	3 tbsp	☐
Ready-to-eat wheat tortilla	1 (25 cm / 10 in)	☐
Lemon juice	1 tbsp	☐
Olive oil	1 tsp	☐

Optional: 1/8 tsp salt + 1/4 tsp cinnamon.

My pack purchases / total spend:

SOURCE NOTES / 15 SEPTEMBER 2026

- FDA / Produce preparation

FDA / Food-allergen labels
- FDA / Refrigeration and time limits

Quaker / Overnight method reference

Original adaptations from Dorm Chef Mini, physical pages 4, 5 and 7.
External guidance supports handling/method, not testing of these exact recipes.
Food images are illustrations, not kitchen-test photographs.