

Diet and Cooking

Muchang Bahng

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Some things to keep track of when grocery shopping and cooking. As a college student or new grad, you're prob too lazy, inexperienced, or have no time to cook for yourself. Money is also an issue. Here are my commandments for cooking and groceries.

1. **Prepare healthy meals.** The value of cooking yourself comes from being able to decide what to put in your food. If you cook crap food, then even if it is cheap, you can still get instant processed food for probably cheaper, which negates the effort you put into making meals.
2. **Prepare a lot of meals at the beginning of the semester, preferably 2-4 months ahead.** Therefore, before classes start, you can move in, do a ton of grocery shopping, and make these meals all in one go.
3. **Spend preferably \$1-\$5 per meal.** If your meals are \$10 each, then you might as well eat out (and you can still get relatively healthy meals with this budget) without having to go through the effort of eating food.

Definition 0.1 (Pork Burritos)

Pork burritos are reliable, convenient, and can be frozen for up to 3 months.

Ingredient	Quantity	Price	Link	Notes
Tortilla	42	\$8.98	Sams Club	large
Bell pepper	6	\$6.72	Sams Club	large
Onion	6 (5lbs)	\$3.90	Sams Club	large, used about half of bag.
Spinach	3 boxes	\$14.82	Sams Club	I used baby
Potatoes	5lb bag	\$4.38	Walmart	I used russett
Black beans	4 cans	\$5.12	Walmart	Look at nutrition content
Pork	6lbs	\$22.00	Sams Club	
Cheddar Cheese	42 slices (2lbs)	\$7.94	Sams Club	Freeze quickly
Pork Burritos	42	\$73.86		\$1.75 per burrito

Table 1: Garlic, ginger, salt, pepper, sesame oil, cumin, gochugaru, are not included.