

CAMPING MEAL PLANNER

LUNCH / BREAKFAST

DAY 1

Breakfast burritos

Pasta salad

DAY 1 DINNER

Stuffed bell peppers (rice, corn, beans, and sausage)

SNACKS

- Apples & peanut butter
- Pretzels & hummus
- Peppers, cucumbers, and cauliflower
- Nuts and jerky

LUNCH / BREAKFAST

DAY 2

Pancakes and bacon

BLTs and veggies with hummus

DAY 2 DINNER

Seared fish/steak with aluminum foil cauliflower packets & grilled zucchini rounds

SHOPPING LIST

Tortillas and wraps

Potatoes, pasta, quinoa

Rice and beans

Bell peppers, tomatoes

Cauli, zucchini, onion

Cucumber and corn

Eggs and cheese

Chicken, fish

Sausage, bacon

Salami

Pancake mix

Apples, nuts, jerky

Pretzels and hummus

LUNCH / BREAKFAST

DAY 3

Sausage and potato scramble

Chicken salad wraps and quinoa salad

DAY 3 DINNER

Chicken fajitas with in-husk corn on the cob



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SNACKS

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DAY 2

DAY 2 DINNER

SHOPPING LIST

LUNCH / BREAKFAST

DAY 3

DAY 3 DINNER

