

# 4 Day Camping Meal Planner

## Daily Menu

Day 1	Day 2	Day 3	Day 4
<b>Breakfast:</b> <ul style="list-style-type: none"> <li>• At home</li> </ul>	<b>Breakfast:</b> <ul style="list-style-type: none"> <li>• Oatmeal muffins</li> <li>• Yogurt</li> <li>• Apples</li> </ul>	<b>Breakfast:</b> <ul style="list-style-type: none"> <li>• Bagels with peanut butter and bananas</li> </ul>	<b>Breakfast:</b> <ul style="list-style-type: none"> <li>• Remaining muffins &amp; bagels</li> <li>• Fruit</li> </ul>
<b>Lunch:</b> <ul style="list-style-type: none"> <li>• Eat out on the road or pack sandwiches, trail mix &amp; fruit</li> </ul>	<b>Lunch:</b> <ul style="list-style-type: none"> <li>• Turkey &amp; cheese sandwiches</li> <li>• Celery with peanut butter &amp; raisins</li> <li>• Clementines</li> </ul>	<b>Lunch:</b> <ul style="list-style-type: none"> <li>• Turkey, avocado and hummus tortilla wraps</li> <li>• Trail mix</li> <li>• Sliced veggies</li> </ul>	<b>Lunch:</b> <ul style="list-style-type: none"> <li>• Peanut butter &amp; jelly sandwiches</li> <li>• Trail mix</li> <li>• Sliced veggies &amp; hummus</li> </ul>
<b>Dinner:</b> <ul style="list-style-type: none"> <li>• Seasoned chicken fajitas with veggies (make ahead - reheat over fire)</li> <li>• Tortilla chips and guacamole</li> </ul>	<b>Dinner:</b> <ul style="list-style-type: none"> <li>• Mixed roasted potatoes and seasoned chicken (make ahead - reheat over fire)</li> <li>• Carrot sticks</li> </ul>	<b>Dinner:</b> <ul style="list-style-type: none"> <li>• Precooked sausages or hot dogs with buns</li> <li>• Chips and salsa</li> <li>• Clementines</li> </ul>	<b>Dinner:</b> <ul style="list-style-type: none"> <li>• Eat out on the road or at home</li> </ul>

## Grocery List

Produce	Meat/Dairy/Condiments	Dry Goods	Muffin Ingredients
<ul style="list-style-type: none"> <li>• Avocados (2)</li> <li>• Bananas</li> <li>• Apples</li> <li>• Clementines</li> <li>• Bell peppers (2)</li> <li>• White onion (1)</li> <li>• Celery</li> <li>• Carrot sticks</li> <li>• Red skin potatoes (1 lb)</li> <li>• Sweet potatoes (2 med)</li> <li>• -----</li> <li>• -----</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese slices</li> <li>• Chicken breasts (4 breasts or 2 lbs)</li> <li>• Sausages/hot dogs</li> <li>• 1/2 lb deli turkey</li> <li>• Yogurt (4 individual containers)</li> <li>• Hummus</li> <li>• Ketchup/mustard</li> <li>• Jar of salsa</li> <li>• Peanut butter</li> <li>• Jelly</li> <li>• -----</li> <li>• -----</li> </ul>	<ul style="list-style-type: none"> <li>• 1 loaf of bread</li> <li>• 1 bag of bagels</li> <li>• 1 bag of fajita sized tortillas (12 count)</li> <li>• 1 bag of tortilla chips small)</li> <li>• Hot dog buns</li> <li>• Trail mix</li> <li>• Raisins</li> <li>• Taco seasoning</li> <li>• Extra snacks/desserts</li> <li>• -----</li> <li>• -----</li> </ul>	<ul style="list-style-type: none"> <li>• 3 ripe bananas</li> <li>• 2 eggs</li> <li>• 1 cup 2% milk</li> <li>• 1/4 plain yogurt</li> <li>• 1 tsp vanilla</li> <li>• 2 cup oats</li> <li>• 2 Tbsp chia seeds</li> <li>• 2 tsp cinnamon</li> <li>• 1/2 tsp baking powder</li> <li>• 1/2 tsp salt</li> <li>• 2 cups blueberries</li> <li>• 1/2 cup pecans</li> </ul>