

Camping Meal Planner



Breakfast

4 packets instant oatmeal, plain
1 cup strawberries, sliced
1 cup blueberries
4 hard boiled eggs (prepped ahead of time)
4 slices turkey bacon
(we also ate any leftover fruit from previous day)

We boiled eggs ahead of time. We also brought a few extra raw eggs for the kids that wanted a cooked egg over the fire.
For the oatmeal, simply heat water and pour into your oatmeal. Top with berries.

Snacks

4 ounces pistachios
4 apples

Dessert

4 apples
1 TBL Brown sugar
1 teaspoon cinnamon
4 squares of foil

Slice apples. Sprinkle brown sugar and cinnamon on sliced apple and wrap in tin foil. Place on hot coals, or on top of a wire rack over a fire. Let cook for 20 minutes, or until apple becomes soft.

Lunch

4 whole wheat bagels
4 slices lettuce
4 slices cheese
4 slices deli turkey
4 teaspoons mustard
2 cucumbers, sliced
4 carrots, cut into sticks
1 green bell pepper, sliced
4 TBL Hummus
1 watermelon, chopped and put in container
1 cantaloupe, chopped and stored in container.

Make sandwiches ahead of time with bagels, lettuce, cheese, and turkey. Serve with chopped vegetables and fruit.

Dinner- Taco Soup

-1 lb. cooked ground beef
-28 ounce can of crushed tomatoes (or three cups of finely chopped fresh tomatoes)
-2 cups frozen corn (or 1 can, 15 ounce corn)
-1 green pepper, chopped
-2 cups black beans (or 1 can 15 ounce black beans)
-2 cups red kidney beans (or 1, 15 ounce can)
-1 envelope Ranch seasoning mix (Or use recipe below)
-2 TBL Taco seasoning
-1 small onion, chopped
-1 cup rice

Place all ingredients in a large pot and bring to a boil. Simmer for 30 minutes. Let cool and place in freezer safe bags. Freeze until you go camping. Let it defrost in a regular cooler. Pour into camp pot and heat over the fire.

Top with shredded cheese and baked tortilla chips.

Shopping List- Camping

	Produce	Amount	B	L	S	D
<input type="checkbox"/>	Strawberries, sliced	4 cup	X			
<input type="checkbox"/>	Blueberries, fresh	1 cup	X			
<input type="checkbox"/>	Apples	8 medium			X	X
<input type="checkbox"/>	Lettuce	4 leaves		X		
<input type="checkbox"/>	Cucumbers	2 medium		X		
<input type="checkbox"/>	Carrots	4 carrots		X		
<input type="checkbox"/>	Green bell pepper	2 pepper		X		X
<input type="checkbox"/>	Watermelon	1 melon		X		
<input type="checkbox"/>	Cantaloupe	1 melon		X		
<input type="checkbox"/>	Onion	1 small				X

	Dairy	Amount	B	L	S	D
<input type="checkbox"/>	Eggs	4 eggs	X			
<input type="checkbox"/>	Cheese	4 slices		X		
<input type="checkbox"/>	Cheese	1/2 cup shredded				X

	Meat/Seafood	Amount	B	L	S	D
<input type="checkbox"/>	Turkey Bacon	4 slices	X			
<input type="checkbox"/>	Deli Turkey	4 slices		X		
<input type="checkbox"/>	Ground Beef	1 lb				X

	Frozen	Amount	B	L	S	D
<input type="checkbox"/>	Corn	2 cups				X

	Baking	Amount	B	L	S	D
<input type="checkbox"/>	Brown Sugar	4 TBL				X

	Grains	Amount	B	L	S	D
<input type="checkbox"/>	Instant Oatmeal	4 Packets	X			
<input type="checkbox"/>	Whole wheat Bagels	4 bagels		X		
<input type="checkbox"/>	Rice, brown	1 cup				X
<input type="checkbox"/>	Baked Tortilla chips	1 cup				X

	Sauces/Condiments	Amount	B	L	S	D
<input type="checkbox"/>	Mustard	4 teaspoons		X		
<input type="checkbox"/>	Hummus	4 TBL		X		

	Canned	Amount	B	L	S	D
<input type="checkbox"/>	Tomatoes, crushed	28 oz can				X
<input type="checkbox"/>	Black Beans	2 cups				X
<input type="checkbox"/>	Red Kidney Beans	2 cups				X

	Nuts/Dried Fruit	Amount	B	L	S	D
<input type="checkbox"/>	Pistachios	4 ounces			X	

	Other Items	Amount	B	L	S	D
<input type="checkbox"/>	Tin Foil					X

	Spices/Seasonings	Amount	B	L	S	D
<input type="checkbox"/>	Cinnamon	4 teaspoons				X
<input type="checkbox"/>	Mustard	4 teaspoons		X		
<input type="checkbox"/>	Ranch seasoning packet	1 packet				X
<input type="checkbox"/>	Taco Seasoning	2 TBL				X