

WEEKEND CAMPING MENU

DATES: _____

	BREAKFAST	LUNCH	SNACK	DINNER
FRIDAY	<i>Yogurt with granola and raspberries</i>	<i>BLT Pasta salad</i>	<i>Cantaloupe slices</i>	<i>Asian chicken lettuce wraps with edamame</i>
SATURDAY	<i>Overnight oats with blueberries and banana</i>	<i>Turkey and mozzarella pesto sandwiches with grape tomatoes</i>	<i>Ice cream sandwiches</i>	<i>Summer orzo salad with garlic bread</i>
SUNDAY	<i>Peach muffins and fruit salad</i>	<i>Soba noodle salad with shrimp</i>	<i>Fruit juice popsicles</i>	<i>Chorizo or steak burrito bowls</i>
MONDAY	<i>Toast topped with peanut butter and bananas served with a smoothie</i>	<i>Chicken salad wraps served with cucumbers and baby carrots</i>	<i>Watermelon slices</i>	<i>Tip: Have a freezer meal ready to go for your return home</i>

NOTES

BRING FROM HOME

GROCERY LIST

PRODUCE	MEAT	DAIRY	DRY/CANNED	FROZEN	OTHER
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