WEEKEND CAMPING MENU

	DATES	i:	
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	BREAKFAST	LUNCH	SNACK	DINNER
FRIDAY	3 Cheese egg cups served with sauteed mushrooms	Pesto chicken and zoodle bowl	Keto friendly hummus with bell pepper strips	Meatballs in marinara served with steamed broccoli
SATURDAY	Breakfast Bowls - we like eggs, ham, cheese and salsa	Chicken salad served on lettuce boats with tomatoes	Small charcuterie board	Sausage stuffed mushrooms served with parmesan garlic green beans
SUNDAY	Spinach and mushroom omelette with bacon	Steak burrito bowls with cauliflower rice and pico de gallo	Deviled Eggs	Italian sausage and peppers with caprese salad
MONDAY	Burger patty with sunny side up egg and avocado slices	Taco salad with yesterday's leftovers	Almonds and string cheese	Tip: Have a freezer meal ready to go for your return home
		GROCER	Y LIST	
	PRODUCE MEA	AT DAIRY DI	RY/CANNED FROZE	N OTHER

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