## **WEEKEND CAMPING MENU**

DATES:
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	BREAKFAST	LUNCH	SNACK	DINNER	
FRIDAY	Copycat coffee house egg bites with turkey bacon	Hard boiled eggs, cheese, almonds, and edamame	No bake energy bites	Grilled chicken and foil veggie packet with zucchini and mushrooms	NOTES
SATURDAY	Protein pancakes with kiwi and apricots	Turkey rollups with parmesan crisps and baby carrots	Apples and peanut butter	Steak fajitas served with black beans and corn	BRING FROM HOME
SUNDAY	Spinach eggs served with roasted sweet potatoes and leftover black beans	Tuna in lettuce boats with string cheese and apples	Cottage cheese and blueberries	Spinach salad with leftover grilled chicken and raspberries	
MONDAY	Greek yogurt parfaits with museli	Curry chicken salad served with hard boiled eggs, cheese, and carrots	Chocolate protein shake and trail mix	Zoodles with marinara and meatballs	
		GROCER	Y LIST		
	PRODUCE ME	AT DAIRY DI	RY/CANNED FROZE	EN OTHER	Campfire TRAVELERS