WEEKEND CAMPING MENU

DATES:_____

	BREAKFAST	LUNCH	SNACK	DINNER
FRIDAY	Homemade granola with berry bowl	Fajita veggie burrito bowls with brown rice	Hummus with bell pepper strips, carrots, and cucumbers	Grilled chicken with spinach and raspberry salad
SATURDAY	Tomato and kale quiche with whole wheat toast and fresh pineapple	Charcuterie Board 3 fruits or veggies 2 cheeses 2 quality meats 1 variety of nuts whole wheat crackers & something sweet	Oatmeal rasin cookie protein balls	Grass-fed beef burgers with grilled onions served with roasted sweet potatoes
SUNDAY	Berry yogurt parfait with homemade granola	Caprese salad with grilled whole wheat bread slices	Apple slices topped with vanilla almond butter	Egg Roll in a Bowl
MONDAY	"Kitchen Sink" Smoothies with oatmeal rasin protein balls	Cucumber and garden veggie cream cheese sandwiches with sliced peaches	Omega-3 trail mix	Tip: Have a freezer meal ready to go for your return home

GROCERY LIST

PRODUCE	MEAT	DAIRY	DRY/CANNED	FROZEN	OTHER

NOTES

BRING FROM HOME

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