DATES:_

WEEKEND CAMPING MENU

	BREAKFAST	LUNCH	SNACK	DINNER	
FRIDAY	Bagels with peanut butter and bananas	Tuna pouches (my favorite is Sriracha) with crackers and apple slices	Beef jerky	Bag of Mexican packaged rice combined with a drained can of black beans and can of corn (optional)	NOTES
SATURDAY	Instant aatmeal packets topped with trail mix	PB & honey sandwiches with peaches	Cookies	Spaghetti with marinara sauce and extrta zucchini	BRING FROM
0					HOME
SUNDAY	Muffins and dehydrated fruit like pineapple rings	Canned chili with corn bread	Granola	Prepared box of instant stuffing and add a can of chicken and a can of diced tomatoes with garlic and onion all combined	
MONDAY	Pancakes using store bought mix and water serve with oranges	Tuna salad kit with crackers served with any leftover fruit	Trail Mix	Tip: Have a freezer meal ready to go for your return home	
		GROCER	Y LIST		
	PRODUCE ME	AT DAIRY DI	RY/CANNED FROZ	EN OTHER	
					DISCOVER
					CAMPFIRETRAVELERS.COM