

CAMPING (tent or tent trailer)

GROCERY LIST

Cheese Strings	Tomato	Kraft Dinner
Small container butter	Potatoes	Buns
Yogurt tubes	Fruit	Wraps
Sour Cream	Bag of Salad	Bread
Cheese	Lettuce	Graham Crackers
Cheese slices	Ketchup	Chocolate Chips
Milk	Mustard	Crackers
Eggs	Relish	Granola Bars
Lunch meat	Mayo	Cereal
Wieners	Jam	Applesauce
Smokies	Peanut Butter	Marshmallows
Hashbrowns	Syrup	Juice Boxes
Carrots	Spaghetti Sauce	Pancake Mix 3 cups
Cucumber	Spaghetti	Hot Chocolate
Onion	Beans	

DINNER IDEAS

in order of maximizing cooler space and food yumminess

Perogies and sausage	Ham and Potato Salad
Pan Fried Scramble	Wraps
Steak and Potatoes	Spaghetti
Fried Chicken	Hot dogs and Kraft dinner
Tacos	Hamburgers in fire

IMPORTANT NOTES

- ▶▶ Plan to buy wood to cook over the fire - it will save you money
- ▶▶ Have a big breakfast and an early supper
- ▶▶ Have healthy snacks in between meals like fruit, hard boied eggs, muffins, cheese
- ▶▶ It is good to plan where you will be what day and if cooking is available
- ▶▶ Will it be raining or not
- ▶▶ Don't buy too much in advance if shopping is accessible
- ▶▶ Can you drink the water there?

PREPARE THIS FOOD AT HOME

Potato salad	Frozen juice boxes	Barbecued chicken /
Boiled eggs	Shake and bake chicken	steak strips
Cookies	Marinated steaks	Taco meat
Rice Krispie Squares		Ham

POSSIBLE FROZEN MEALS FOR CAMPING

1. Beef Nacho Casserole, separate bag of corn chips
2. Chicken Crock Pot from Rachelle Bien with separate mashed potatoes
3. Easy Skillet Chilli or my mom`s chilli or Black Bean Chilli
4. Creamy Ham and pasta
5. Enchiladas
6. Jack Mooney`s Stew
7. Lasagna
8. Mandarin Mushroom Chicken with separate rice
9. Ritzy Chicken, separate bag of Ritz crackers
10. Shepherds Pie
11. Spaghetti
12. Stir Fry with rice
13. Taco Meat
14. Turkey Dinner

PREP ORDER

1. Prep trailer on Sunday / Wipe down fridge and plug in
2. Shop on Monday
3. Tuesday – Make Cookies, Boil Eggs, Prepare Roast, Make Salsa
4. Wednesday – Grill Chicken, Shred, Make Quinoa
5. Thursday – Make Hummus, Shake and Bake, Taco Meat
6. Friday – Potato Salad, Veggie Prep, Pack fridge

CAMPING (Rockwood trailer)

GROCERY LIST / BRING FROM HOME

Fruit (Bananas,
Oranges, Lemons, PGF,
Apples, Avocados,
Grapes, Berries)
Carrots
Cucumber
Peas
Tomatoes
Cherry Tomatoes
Potatoes
Lettuce
Salad in a Bag

Buns
Wraps
Bread
Naan Bread
Cereal

Cheese Strings
Small container butter
Yogurt tubes
Sour Cream
Cheese
Milk
Eggs

Lunch meat
Wieners
Hashbrowns
Beans

Graham Crackers
Chocolate Chips
Crackers
Granola Bars
Applesauce

Marshmallows
Pie Filling
Hummus
Chips / Candy

Ketchup
Mustard
Relish
Mayo
Butter
Syrup
Iced Tea Bags /
Sweetener
Pop / Juice Boxes
Hot Chocolate
Pancake Mix (3 Cups)
Smokies / Sausage /
Pepperoni

FAVOURITE WEEKEND MEALS

Pan Fried Scramble
Pancakes & Sausage
Steak, Potatoes, Salad
Fried Chicken & Potato Salad
Tacos
Wraps

Chicken Salad
Hot dogs
Hamburgers
Bush Pies

IMPORTANT NOTES

- ▶▶ Have a big breakfast and an early supper
- ▶▶ Have healthy snacks in between meals like fruit, hard boiled eggs, muffins, cheese

PREPARE THIS FOOD AT HOME

Potato salad
Chicken Salad
Boiled eggs
Shake and Bake
Chicken
Marinated steaks

Hummus
Barbecued chicken /
Steak strips
Taco meat
Ice
Shred Cheese

Cherry tomatoes
Cookies
Rice Krispie Squares
Frozen juice boxes