

HEALTHY CAMPING MENUS

2-DAY HEALTHY MENUS

Grocery List

Fats

- Butter, 6 tablespoons
- Olive oil, 3 tablespoons

Meats and other proteins

- Almond butter, 1 tablespoon
- Chicken breast, 3 pounds
- Chopped pecans, ¼ cup
- Turkey bacon, 12 slices

Vegetables and fruits

- Apples: 5
- Banana, 1
- Beans, green, fresh, 2 cups
- Cranberries, dried, 2 tablespoons
- Garlic, 6 cloves
- Lemon, 1
- Mushrooms, 1 cup, sliced
- Onion, red, 2
- Onion, yellow, 2
- Peppers, green sweet, 2
- Pepper, red sweet, 1
- Pepper, yellow sweet, 1
- Spinach, baby, 2 cups
- Strawberries, halved, 1 cup
- Tomatoes, cherry, 1 cup

Dairies

- Brie (or another soft cheese of your choice), 4 ounces
- Eggs, 8

Grains

- Basmati rice, 1 ½ cups, dry
- Bread, whole grain, 8 thick slices
- Pasta, whole wheat, 8 ounces dry, (4 cups cooked)
- Rolled oats, 3 tablespoons
- Waffle cones, 4

Cans

- Black beans, 1 (8-ounce) can
- Chicken broth, 2 (8-ounce) cans
- Chickpeas, 1 (15-ounce) can
- Corn, 1 (8.5-ounce) can
- Crushed tomatoes, 1 (28-ounce) can
- Tomato paste, 2 tablespoons
- Tomatoes with chilies, diced, 1 (8-ounce) can

Seasonings and toppings

- Brown sugar, 2 tablespoons
- Chocolate chips, ½ cup
- Cinnamon
- Hot sauce

- Jam, 4 tablespoons
- Marshmallows, mini, 1 cup
- Pepper
- Salt
- Taco seasoning, lower sodium, 4
tablespoons

3-DAY HEALTHY MENU

Grocery List

Fats

- Butter, ½ cup
- Coconut oil, ¾ cup plus 1 tablespoon
- Olive oil, 3 tablespoons

Meats and other proteins

- Almond butter, ½ cup
- Almonds, slivered, 1 ½ cups
- Chicken breasts, 5-ounce, 6
- Coconut, shredded, ⅓ cup
- Eggs, whites only, 8
- Eggs, whole, 10
- Unsalted mixed nuts, chopped, ½ cup
- Sirloin tip roast, 2 ½ pounds
- Tuna, 5-ounce cans, 2

Vegetables and fruits

- Bananas, 6
- Berries, fresh, mixed, 7 cups
- Cabbage, purple, shredded, 1 cup
- Carrots, 3
- Cherry tomatoes, halved, ½ cup
- Cucumber, 1
- Green bell pepper, 1
- Lemon, 1
- Onions, sweet, 3
- Pineapple, fresh, 1
- Raisins (or dried apples) ½ cup
- Spinach, chopped, ½ cup
- Sweet potatoes, 2

- Tomatoes, 3
- White potato, large, 1
- Yellow bell peppers, 2

Dairies

- Cheddar cheese, shredded, 1 cup
- Milk, 1%, ½ cup plus 2 tablespoons
- Parmesan, grated, 2 tablespoons
- Powdered milk, non-fat, ½ cup
- Provolone cheese, sliced, 4 ounces

Grains

- Almond flour, ½ cup
- Brown rice, dry, 2 cups
- Coconut flour, ⅓ cup
- Flour, all-purpose, 2 tablespoons
- Penne, whole wheat, dry, 2 cups
- Quick-cooking/instant oats, 1 ½ cups
- Sandwich buns, whole wheat, 4
- Tortillas, whole wheat, 10-inch, 4

Cans

- Beef stock, 2 cups
- Chickpeas, 15-ounce, 1
- Coconut milk, ½ cup
- Corn, 12-ounce, 1
- Diced tomatoes, 15-ounce, 1

Seasonings, toppings, others

- Cayenne* pepper, pinch
- Hummus*, ½ cup
- Lemon juice*, 1 tablespoon
- Maple syrup*, 1 tablespoon
- Baking powder, 2 teaspoons
- Baking soda, 1 ¼ teaspoons
- Chili powder, ½ teaspoon
- Cinnamon, 2 tablespoons
- Coffee, ½ cup
- Curry powder, 1 teaspoon
- Garlic powder, ½ teaspoon
- Honey, ½ cup
- Mayonnaise, light, ⅓ cup
- Pepper
- Red wine, ¼ cup
- Rosemary, dried, 1 teaspoon
- Salt
- Sugar, brown, 5 tablespoons
- Sugar, white, 6 tablespoons
- Thyme, dried, 2 teaspoons

*These items can be combined at home for the Buddha bowl on day three.

5-DAY HEALTHY MENU

Grocery List

Fats

- Butter, 1 ½ cups
- Coconut oil, ½ cup
- Olive oil, ½ cup

Meats and other proteins

- Coconut, shredded unsweetened, ¾ cup
- Chicken, whole, 5 pounds
- Eggs, 15
- Almond butter, ¾ cup
- Shrimp, large or jumbo, 1 pound
- Sirloin steaks, 5-ounce, 6
- Turkey bacon, 1 pound
- Turkey, ground, 2 pounds

Vegetables and fruits

- Apples, 5
- Avocado, 1
- Bananas, 6
- Bibb lettuce (or Romaine), 12 leaves
- Blueberries, fresh, 2 ½ cups
- Carrots, baby, 2 ½ cups
- Celery, 4 stalks
- Garlic, 2 cloves
- Peaches, 2
- Pepper, green, 2
- Pepper, orange, 1
- Kiwis, 2
- Lemon, 3

- Lime, 1
- Mushrooms, 1 cup
- Onion, yellow or sweet, 5
- Onion, red, 4
- Potatoes, white, 10
- Snow peas, 2 ½ cups
- Spinach, baby, 10 cups
- Strawberries, 2 ½ cups
- Tomato, 3
- Watermelon, 1 small

Dairies

- Almond milk (or alternative), 1 quart
- Feta cheese, 12 ounces
- Greek yogurt, plain, 2%, 2 quarts plus 2 cups
- Milk, 1%, 4 ½ cups

Grains

- Chia seeds, 1 cup
- Flour, white, 3 cups
- Flour, whole wheat, 1 cup
- Flour tortillas, whole wheat, 10-inch, 8
- Hamburger buns, whole wheat, 8
- Oats, rolled, 3 ⅓ cups
- Quinoa, dry, 2 cups
- Rice, long grain and wild blend, 2 cups

Cans

- Black beans, 14-ounce, 2 cans
- Chickpeas, 14-ounce, 2 cans
- Corn, 14-ounce, 3 cans
- Pineapple, 14-ounce, 1 can

Seasonings, toppings, others

- Baking powder, 2 teaspoons
- Baking soda, 2 teaspoons
- Brown sugar, 1 ½ cups
- Cinnamon, 2 teaspoons

- Garlic powder, 3 teaspoons
- Italian seasoning, 1 ½ teaspoons
- Maple syrup, 1 cup plus 4 teaspoons
- Pepper, black
- Pickles, for turkey burgers, optional
- Rosemary sprigs, fresh, 4
- Salsa, 1 cup
- Salt
- Sugar, icing, 1 cup
- Sugar, white, ¾ cup
- Vinegar, balsamic, 3 tablespoons

NO FUSS CAMPING MENUS

NO FUSS 2 DAY-MENU

Grocery List

Fats

- Butter, $\frac{3}{4}$ cup

Meats and other proteins

- Chicken breasts, 6-ounce, 6
- Eggs, 6
- Ham, deli, 4 slices
- Pepperoni, 1 pound
- Shrimp, jumbo, 1 $\frac{1}{2}$ pounds

Vegetables and fruits

- Apples, Granny Smith, 2
- Cherry tomatoes, 16
- Mixed vegetables, 12-ounce bag, 1
- Mushrooms, cremini, 12
- Onion, white, 1
- Pepper, green, 1
- Potatoes, white, 4

Dairies

- Milk, 4 $\frac{1}{4}$ cups

- Cheddar cheese, grated, $\frac{1}{2}$ cup

Grains:

- Basmati rice, 1 $\frac{1}{2}$ cups
- Bread, 8 slices

Cans

- Biscuit dough, refrigerated, 3 cans
- Cherry pie filling, 1 can
- Cinnamon rolls with icing, 1 can

Seasonings, toppings, others

- Brown sugar, 2 tablespoons
- Cajun seasoning or seasoned salt, 1 tablespoon
- Cinnamon, 2 teaspoons
- Italian salad dressing, $\frac{1}{4}$ cup
- Marinara sauce, 1 cup
- Pepper
- Salt

NO FUSS 3-DAY MENU

Grocery List

Fats

- Butter, $\frac{3}{4}$ cup
- Olive oil, $\frac{1}{4}$ cup

Meats and other proteins

- Chicken breast, boneless skinless, 1 pound
- Coconut, shredded unsweetened, $\frac{1}{2}$ cups
- Eggs, 12
- Pork sausage, 1 pound
- Pork butt roast, boneless, 5-6 pounds
- Sausages, large, spicy Italian, 2

Vegetables and fruits

- Broccoli florets, 2 cups
- Carrots, 6-8
- Cranberries, dried, $\frac{1}{4}$ cup
- Garlic, 2 cloves
- Jalapeño, 1 (optional)
- Lettuce, 3 cups
- Mushrooms, sliced, 3 cups
- Onion, white or yellow, 2
- Peaches, 4
- Potatoes, white, 4
- Potato hash browns, frozen, 2 cups
- Spinach, 2 cups
- Strawberries, fresh, $\frac{1}{2}$ cup
- Tomatoes, 2

Dairies

- Cheddar cheese, shredded, $3\frac{1}{2}$ cups
- Milk, $3\frac{1}{2}$ cups
- Parmesan, shredded, $\frac{1}{2}$ cup
- Whipped cream (canned) 1

Grains

- Basmati rice, 1 cup
- Bread, white, 8 slices
- Graham cracker crumbs, 2 cups
- Penne pasta, 3 cups dry
- Sandwich buns, 4-6
- Tortillas, flour or corn, 4 large or 8 small

Cans

- Biscuit dough, 1 can
- Blueberries, fresh, $\frac{1}{2}$ cup
- Blueberry pie filling, 1 (21-ounce) can
- Chicken stock, 2 cups
- Lemon-lime soda, 1 can
- Peppers, roasted, 1 (10-ounce) jar
- Pineapple, crushed, 1 (8-ounce) can

Seasonings, toppings, others

- Barbecue sauce, 1 (10-ounce) bottle
- Box yellow cake mix (18 $\frac{1}{2}$ -ounce), 1
- Brown sugar, 2 tablespoons
- Chocolate chips, $1\frac{1}{2}$ cups
- Cinnamon, 1 teaspoon
- Gravy mix, brown, 1 packet

- Honey Garlic sauce, 1 (10-ounce) bottle
- Maple syrup, ½ cup
- Marshmallows, mini, 1 cup
- Pancake mix, plain, 2 cups
- Pepper
- Pickles, sweet, ½ cup sliced (optional)

- Salsa, ½ cup (optional)
- Salt
- Sour cream, ½ cup (optional)
- Sweetened condensed milk, 1 (14-ounce) can
- Taco seasoning, 1 packet

NO FUSS 5-DAY MENU

Grocery List

Fats

- Butter, ½ cup
- Cooking spray
- Vegetable oil, ¾ cup

Meats and other proteins

- Bacon, 16 slices
- Beef, ground, 2 pounds
- Chicken, rotisserie, 3 pounds (meat only)
- Eggs, 10
- Ham, spiralized 4–5 pounds, 1
- Pepperoni, pizza, 15–20 slices
- Strip steak, 1 pound

Vegetables and fruits

- Apples, Granny Smith, 5
- Bananas, large, 6
- Broccoli florets, 3 cups
- Cabbage, small, 1
- Carrots, 5
- Lettuce, shredded, 1 cup
- Oranges, large, 3
- Onion, green, 1 bunch
- Onion, red, 1
- Onion, white, 1
- Pepper, green, ½ (optional)
- Potato hash browns, frozen, 2 cups
- Potatoes, white, 4
- Raspberries, 1 cup
- Strawberries, 2 cups

- Tomatoes, cherry, 1 cup
- Tomatoes, 2
- Vegetable mix, frozen, 1 (12-ounce) bag

Dairies

- Cheddar cheese, shredded, 7 ½ cups
- Mozzarella cheese, shredded, 2 ¾ cups
- Milk, 3 cups
- Sour cream, 2 cups

Grains

- Cornbread mix, 2 cups
- Corn tortilla chips, 1 bag
- Egg noodles, wide, 1 pound
- Flour tortillas, 10- or 12-inch, 10
- Pancake mix, 2 cups
- Pizza dough, frozen, 1 medium
- Macaroni, elbow, dry, 1 pound
- Ramen noodles, 4 packets

Cans:

- Beef broth, 1 ½ cups
- Biscuit dough, (large biscuits) refrigerated, 4 cans
- Cookie dough, prepared, 1 can (tube)
- Corn, 1 can
- Crescent roll dough, refrigerated, 2 cans
- Mushrooms, 3 (6-ounce) cans
- Pizza sauce, 1 (6-ounce) can

Seasonings, toppings, others

- Cake mix, Spice, 1 box
- Caramel syrup, 2 cups
- Chocolate chips, 1 ¼ cups
- Chocolate frosting, 6 tablespoons
- Cream of chicken soup, 2 cans
- Lemon soda, ½ can
- Marshmallows, mini, ½ cup
- Marshmallows, regular, 8
- Mustard, Dijon, 2 tablespoons
- Pepper
- Pudding, vanilla, snack-sized cups, 6
- Pumpkin purée, 1 (15-ounce) can
- Salsa, 1 cup, 1 cup
- Salt
- Sugar, white, 2 tablespoons
- Sweetened condensed milk, 1 (14-ounce) can
- Taco seasoning, 2 packets
- Whipped cream, 1 can

VEGETARIAN CAMPING MENUS

VEGETARIAN 2-DAY MENU

Grocery List

Fats

- Butter, 5 tablespoons, 2 tablespoons
- Coconut oil, 1 tablespoon, 3 tablespoons
- Olive oil, 2 tablespoons

Proteins

- Almond butter, ¼ cup

Vegetables and fruits

- Avocado, 1
- Berries, mixed, 5 cups
- Cauliflower, 1 medium
- Corn kernels, ½ cup
- Garlic, 7 cloves,
- Ginger, 1 1-inch thumb
- Lemon, 1
- Mushrooms, portabella, 1 pound
- Mushrooms, button, 10
- Onion, red, 1 small
- Onion, white, 1
- Peaches, 2
- Tomato, 1
- Spinach, 1 cup

Dairies

- Greek yogurt, plain, 2 cups
- Parmesan cheese, 1 cup
- Pepper Jack cheese, Provolone cheese, 4 slices

Grains

- Croissant, bakery, 1
- Quinoa, 1 cup, ½ cup
- Rice, arborio, 1 cup
- Tortillas, 10-inch, flour, 4
- Waffle cones, 6

Cans

- Chickpeas (15-ounce) can, 1
- Coconut milk, (14-ounce) can, 1
- Tomatoes, diced, (14 ½-ounce) can, 1
- Vegetable stock, 5 cups

Seasonings, toppings, others

- Baking powder, 2 teaspoons
- Cornstarch, 2 tablespoons
- Chocolate chips, 1 cup
- Cinnamon, 1 ¼ teaspoons
- Curry powder, 1 ½ tablespoons*
- Cumin, 1 teaspoon*
- Flour, all-purpose, 1 ½ cups
- Honey, ¼ cup

Italian seasoning, 1 teaspoon, 1
tablespoon

Pepper

Marshmallows, mini, 2 cups

Salt

Sugar, white, ½ cup, 1/3 cup

Turmeric, 1 teaspoon*

Wine, white, ½ cup

*Can be combined at home

VEGETARIAN 3-DAY MENU

Grocery List

Fats

- Butter, $\frac{3}{4}$ cup
- Olive oil, $\frac{1}{2}$ cup plus 2 tablespoons

Proteins

- Cashews, 1 cup
- Eggs, 21
- Peanut butter, natural, $\frac{1}{4}$ cup
- Pistachios, shelled, $\frac{3}{4}$ cup

Vegetables and fruits

- Avocado, 5
- Bell peppers, any color, 4
- Blueberries, $\frac{1}{2}$ cup
- Broccoli, florets, 7 cups
- Cilantro, fresh, $\frac{1}{3}$ cup chopped
- Garlic, 4 cloves
- Green onions, 1 bunch
- Mushrooms, 12 ounces
- Onion, red, 3
- Onion, white, 2
- Oranges, 2
- Orange juice, $\frac{3}{4}$ cup
- Portobello mushrooms, large caps, 4
- Raisins, sultana, $\frac{1}{2}$ cup
- Raspberries, 2 $\frac{1}{2}$ cups
- Strawberries, 1 cup
- Tomato, 4
- Zucchini, 1 large, 1 medium

Dairies

- Cheddar cheese, shredded, 1 cup
- Cream cheese, 4 ounces
- Milk, 1 quart
- Mozzarella, shredded, 1 cup
- Swiss cheese, 4 ounces

Grains

- Brown rice, 4 cups
- Flour, all-purpose, 1 $\frac{1}{3}$ cups
- Hamburger buns, 4
- Quinoa, 2 cups

Cans

- Black beans, 1 can
- Chipotle peppers in adobo sauce, 1 can
- Coconut milk, 1 cup
- Corn, 1 can
- Vegetable stock, 3 quarts
- Tomato sauce, 1 cup

Seasonings, toppings, others

- Balsamic vinaigrette, $\frac{1}{4}$ cup
- Chocolate bars, your choice, 2
- Chocolate chips, semi-sweet, 1 cup
- Cocoa powder, $\frac{1}{4}$ cup
- Cornstarch, 3 tablespoons
- Curry powder, 2 tablespoons
- Garlic salt, 1 teaspoon
- Honey, 1 tablespoon

- Hot sauce, 1 tablespoon
- Maple syrup, $\frac{3}{4}$ cup
- Pickles, sliced, 3 (optional, for portobello burger)
- Pound cake, prepared, 12 ounces
- Red pepper flakes

- Salt
- Sugar, brown, $\frac{1}{4}$ cup
- Sugar, icing, $\frac{1}{4}$ cup
- Sugar, white, $\frac{3}{4}$ cup
- Taco seasoning, 1 tablespoon

VEGETARIAN 5-DAY MENU

Grocery List

Fats

- Butter, $\frac{3}{4}$ cup plus 2 tablespoons
- Coconut oil, 6 tablespoons
- Olive oil, $\frac{1}{2}$ cup plus 3 tablespoons

Proteins

- Eggs, 18
- Lentils, brown, 1 cup
- Lentils, red, 2 cups
- Trail mix, $\frac{1}{2}$ cup, $\frac{1}{2}$ cup
- Veggie bacon, 10 slices

Vegetables and fruits

- Apples, Granny Smith, 4
- Avocado, 2
- Bananas, 2
- Bell pepper, green, 2
- Bell pepper, red, 2
- Bell pepper, yellow, 3
- Carrots, 2
- Celery, 2 stalks
- Cilantro, fresh, chopped, 1 $\frac{3}{4}$ cups
- Fig preserves, 1 cup
- Garlic, cloves, 11
- Jalapeño peppers, 4
- Lime, 2
- Mango, 3
- Mushrooms, cremini, 1 pound
- Onion, green 2
- Onion, red, 2
- Onion, white, 6

- Oranges, 8
- Pineapple, fresh, 1
- Potatoes, sweet, 4
- Spinach, baby, 8 cups
- Tomatoes, 3
- Tomatoes, cherry, 1 cup

Dairies

- Cheddar, shredded, 4 cups
- Fontina cheese, 8 ounces
- Half-and-half, 1 cup
- Milk, 2 quarts

Grains

- Chex[®] cereal, 2 cups
- English muffins, 6
- Oats, quick-cooking, 2 cups
- Pancake mix, 1 $\frac{1}{2}$ cups
- Penne pasta, 1 pound
- Quinoa, 4 cups
- Rice, brown, $\frac{2}{3}$ cup
- Tortillas, corn, 6-inch, 12

Cans

- Biscuit dough, refrigerated, 1
- Black beans, 15-ounce can, 3
- Cannellini beans, 15-ounce can, 1
- Chickpeas, 15-ounce can, 2
- Coconut milk, 14-ounce can, 1
- Kidney beans, 14-ounce can, 1
- Tomatoes, diced, 28-ounce can, 4

- Tomato sauce, 8-ounce can, 4
- Tomato paste, ¼ cup
- Vegetable broth, 7 cups
- Whipped cream, 1 can

Seasonings, toppings, others

- Caramel sauce, ¼ cup
- Chocolate, white chips, ½ cup
- Chocolate, semi-sweet chips ½ cup
- Cinnamon, ground, 3 ¼ teaspoons
- Cloves, ground, ¼ teaspoon
- Cumin, ground, 2 ½ teaspoons
- Curry powder, 3 tablespoons
- Graham crackers, 24
- Instant banana pudding, 3.4-ounce package, 1
- Italian seasoning, 1 tablespoon
- Marshmallows, mini, 3 cups

- Marshmallows, 8
- Mustard, 1 teaspoon
- Pepper
- Puff pastry, frozen, 1 package
- Red pepper flakes
- Reese's Pieces® candies or Smarties®, 1 cup
- Reece's Peanut Butter Cups, 8
- Rosemary, dried, 1 tablespoon
- Salsa, 1 ½ cups
- Salt
- Soy sauce, ¼ cup
- Sugar, brown, 6 tablespoons
- Sugar, white, ¼ cup
- Taco seasoning, 3 tablespoons
- Vanilla wafers, crushed, 1 cup
- Vinegar, white, ¾ cup