

NO COOK

Hate cooking or new to camping cooking? This meal plan includes some optional meals that require boiling water, but you can also swap out those meals for no-cook options. This menu also does not require much refrigeration.

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	store-bought protein shake/smoothie, piece of fruit	oatmeal cup & fruit	PB & apple dippers	granola & shelf-stable milk	oatmeal cup & fruit	Granola & milk
Lunch	store-bought sandwich, chips	PB (optional - banana, honey) sandwich, baby carrots	quality ramen cup (optional: add drained canned chicken)	Crackers, cheese, apples, nuts, baby carrots OR hummus wrap with tomatoes, pepper strips, etc.)	PB (& banana or honey) sandwich	PB sandwich
Dinner	Bean burritos (optional: spread beans & cheese, roll up, wrap in foil, throw on the grill for a few minutes to melt)	Bagged caesar salad & canned chicken/tuna	hacked caprese & crackers/bread	Tuna salad avocados (or sandwich or crackers)	Leftover Night OR Dip Night (Tortilla chips, baby carrots, pepper strips, hummus, salsa, other prepared dip like artichoke dip or guacamole)	

Breakfast No or Barely Cook	Lunch (No or barely cook)	Dinner (no or barely cook)
oatmeal cups (add hot water)	Crackers, cheese, apples, nuts	Bean burritos
fruit pouches	Tuna salad avocados (or sandwich or crackers)	quesadillas (requires a pan and heat)
PB and apple	ramen cup	white bean artichoke salad and crackers (requires a pan and heat)
yogurt and granola	Amy's mac 'n' cheese cup	lunchmeat sandwiches
granola and shelf-stable milk	GoPicnic boxes	Bagged salad & canned chicken/tuna
PB& honey & banana sandwich	PB& honey sandwich	hacked caprese
instant mashed potato cups	tortilla chips & hummus & salsa	
	Bagged salad & canned chicken/tuna	

Grocery List (No Cook)				Kitchen Supplies	
night before you go on the land: buy protein shake & a sandwich					
apples bananas baby food fruit pouches applesauce Other sturdy fruit bag of nuts chips Can of refried beans Tortillas red peppers baby carrots	cheddar cheese salsa 2 bags premade salad oatmeal cups Peanut butter (or individual serving PB) Canned chicken Tuna salad kit Tuna pouch (no can opener!) quality ramen cup red wine vinegar	grape tomatoes mozzarella balls basil cannellini beans pre-made pesto red wine vinegar salad dressing Bread granola shelf-stable milk - individual boxes	crackers honey Optional: (avocados, hummus, guacamole, tortilla chips, other store-bought dip) Optional: GoPicnic boxed meals snacks cookies/other dessert coffee (coffee creamer/ sweetener)	aluminum foil gallon baggies paper towels camping stove & fuel small cookie sheet (to put on top of the bin lid to protect from the stove) stick lighter paring knife cutting board (bring a larger one so you can use it as a food prep area) garbage bowl (for collecting food waste as you prepare/cook) spoon plates tea kettle butter knife	coolers stackable plastic bin (with a lid - can use this as your food prep area if necessary) bungee cords for food bins Mess kit mesh bag plates/bowls (either washable or biodegradable disposable) a set of utensils for each person Baggie with a pre-soaped sponge Extra biodegradable camp soap water container water bottle coffee cups (can opener if you don't get pop tops) food prep bowl
Any other veggie you like to eat raw that requires minimal refrigeration					

ONE COOK

This menu assumes you'll cook once a day. That means access to an open flame, cookware, and boiling water. This relies on plenty of no-cook options, as well. It does require refrigeration and/or planning for restocking on ice for a cooler.

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	store-bought protein shake/smoothie piece of fruit/nuts/ granola bar	Grilled Veggie & potato frittata (shaken eggs)	oatmeal cup, fruit or fruit pouch	Breakfast scrambled egg burritos	oatmeal cup, fruit/fruit pouch	Leftovers/PB sandwich
Lunch	store-bought sandwich, chips, fruit	PB (optional - banana, honey) sandwich	Tuna salad sandwiches	ramen cups (optional: add canned chicken or beans)	tortilla chips & hummus & salsa, baby carrots/veggies	
Dinner	grilled steaks, grilled vegetables, grilled potatoes (make & save extra veggies & potatoes)	Bean burritos	baked beans with smoked sausage and biscuits, bagged salad	white bean artichoke salad and crackers	cheeseburgers, chips, baby carrots	

Breakfast (No or Barely Cook)	Breakfast (cooking)	Lunch (No or barely cook)	Dinner (no or barely cook)	Dinner (cook)
oatmeal cups (add hot water) fruit pouches PB and apple yogurt and granola granola and shelf-stable milk PB& honey & banana sandwich instant mashed potato cups	Corned beef hash & eggs Scrambled Egg breakfast burrito Pancakes (premade) potato/veggie frittata french toast	Crackers, cheese, apples, nuts Tuna/ham/chicken salad (stuffed avocados or sandwich or on crackers) high quality ramen cup Amy's mac 'n' cheese picnic boxes PB& honey sandwich tortilla chips & hummus & salsa Bagged salad & canned chicken/tuna	Bean burritos quesadillas white bean artichoke salad and crackers lunchmeat sandwiches Bagged salad & canned chicken/tuna hacked caprese	grilled steaks, grilled vegetables, grilled potatoes, baked beans with smoked sausage, bagged salad burgers, chips, baby carrots quesadillas, chickpea pasta grilled steaks, asparagus, potatoes sausage, potato, pepper onion hash, bbq chicken, grilled zucchini Italian sausage & pepper sandwiches. potato/veggie frittata boxed mac n' cheese pesto orzo with tomato salad pepperoni / couscous salad

Grocery List (One Cook)				Kitchen Supplies	
night before you go on the land: buy protein shake & a sandwich					
chips fruit: apples, bananas, applesauce, baby food pouches granola bars nuts steaks red pepper (x2) zucchini whole mushrooms onion potatoes oil salt & pepper (grill/steak seasoning) red pepper flakes	eggs x2 peanut butter (or small pouches) refried beans cheddar cheese tortillas bagged salad x2 salsa x3 (guacamole) oatmeal cups tuna salad kit or tuna pouch can baked beans (pop top) smoked sausage quality ramen cups	canned chicken olive oil garlic cloves cannellini beans can artichoke hearts crackers tortilla chips hummus baby carrots pre-made hamburger patties buns ketchup/mustard other burger toppings biscuit can	optional: honey granola bars guacamole Optional: GoPicnic boxed meals desserts snacks	grill spatula grill tongs aluminum foil gallon baggies paper towels & wet wipes camping stove & fuel non-stick pan (or seasoned cast iron) flat spatula knife cutting board (bring a larger one so you can use it as a food prep area) skewers (optional) larger spoon plates (can opener if you don't get pop tops) food prep bowl tea kettle garbage bowl (for collecting food waste as you prepare/cook)	coolers stackable plastic bin (with a lid - can use this as your food prep area if necessary) bungee cords camping stove & fuel small cookie sheet (to put on top of the bin lid to protect from the stove) stick lighter plates/bowls (either washable or biodegradable disposable) a set of utensils for each person Baggie with a pre-soaped sponge Extra biodegradable camp soap water container tea kettle butter knife food prep bowl Mess kit mesh bag water bottle coffee cups (can opener if you don't get pop tops)

TWO COOK

This menu is for people who want to cook twice a day...delicious but labor-intensive. It's probably best for those in a group who can share the work. In this case, cooking means access to an open flame, cookware, and boiling water.

It requires refrigeration and/or planning for restocking on ice for a cooler.

	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	store-bought protein shake/smoothie piece of fruit/nuts/ granola bar	Grilled Veggie & potato frittata (shaken eggs)	corned beef hash & eggs	Breakfast scrambled egg burritos	pancakes (or french toast) and bacon/breakfast sausage	Leftovers/PB sandwich
Lunch	store-bought sandwich, chips, fruit	PB (optional - banana, honey) sandwich	Tuna salad sandwiches	hacked caprese & crackers	tortilla chips & hummus & salsa, baby carrots/veggies	
Dinner	grilled steaks, grilled vegetables, grilled potatoes (make & save extra veggies & potatoes)	Bean burritos	baked beans with smoked sausage and biscuits, bagged salad	BBQ chicken, grilled veggies	cheeseburgers, chips, baby carrots	

Grocery List (Two Cook) stop at the store before you go on the land: buy protein shake & a sandwich			Kitchen Supplies	
chips fruit: apples, bananas, applesauce, baby food pouches granola bars nuts steaks red pepper (x2) zucchini whole mushrooms onion potatoes oil salt & pepper (grill/steak seasoning) red pepper flakes optional: honey granola bars guacamole Optional: GoPicnic boxed meals desserts	eggs x3 peanut butter (or small pouches) refried beans cheddar cheese tortillas bagged salad x2 salsa x3 (guacamole) oatmeal cups tuna salad kit or tuna pouch can baked beans (pop top) smoked sausage bread corned beef hash	canned chicken olive oil garlic cloves cannellini beans can artichoke hearts crackers tortilla chips hummus baby carrots pre-made hamburger patties buns ketchup/mustard other burger toppings Pancake mix (just add water) + toppings	grill tongs aluminum foil gallon baggies paper towels & wet wipes camping stove & fuel non-stick pan (or seasoned cast iron) flat spatula knife cutting board (bring a larger one so you can use it as a food prep area) skewers (optional) larger spoon plates (can opener if you don't get pop tops) food prep bowl tea kettle garbage bowl (for collecting food waste as you prepare/cook)	coolers stackable plastic bin (with a lid - can use this as your food prep area if necessary) bungee cords camping stove & fuel small cookie sheet (to put on top of the bin lid to protect from the stove) stick lighter plates/bowls (either washable or biodegradable disposable) a set of utensils for each person Baggie with a pre-soaped sponge Extra biodegradable camp soap water container tea kettle butter knife food prep bowl Mess kit mesh bag water bottle coffee cups (can opener if you don't get pop tops)