

Travel Menu and Grocery List

These meals are simple, yet delicious and hearty and very family-friendly. Sides are simple (mostly salad), dessert is fresh watermelon or cookies made at home. Keeping it simple makes packing easy and helps you spend more time on vacation and less time cooking! (any amounts given are intended for a family of two adults and two children)

FROZEN FOOD

- 1 1/2 lbs. boneless, skinless chicken breasts
- 1 lb. peeled and deveined shrimp
- 2 lbs. ground beef (individual 1 lb. packages)
- 1 bag stir fry vegetables
- 1 bag broccoli
- 1 bag cauliflower
- 1 bag okra
- 2 gluten free cheese pizzas
- tater tots / sweet potato tots
- 1 package bacon
- 1 recipe mini quiches
- mixed berries

PANTRY ITEMS

- maple syrup
- coconut aminos
- salt and pepper
- all purpose seasoning blend (oregano, garlic, onion blend)
- garlic powder & ginger powder
- paleo all purpose baking mix (pre-measured for pancakes)
- grits
- packets of tuna
- pasta sauce
- rice (pre-measured)
- 1 box gluten free pasta
- avocado oil
- nuts, dried fruit, other trail mix ingredients
- beef jerky
- other trail/hiking snacks
- gluten free bread

FRIDGE FOOD

- eggs
- butter
- 1 large box washed salad greens
- salad dressing
- ketchup, mustard, mayo, relish, other condiments you like
- string cheese
- sliced cheese
- turkey and ham lunch meat
- whole milk
- clementines
- apples
- fresh vegetables from home (onions, squash, mushrooms, whatever needs to be used)
- watermelon
- coffee
- pepperoni
- pizza cheese
- homemade cookies
- baby carrots

MEALS

1. sandwiches and salad
2. burgers, tater tots, salad
3. spaghetti, salad
4. quick trip chicken, rice, mixed vegetables
5. shrimp stir-fry, rice
6. pizza, salad
7. pancakes, bacon, fruit compote