

Camp Meal Planner & Food List

DRAGONFLY SUPPLY

dragonflysupply.com

Plan loosely, prep at home, eat easy. A hot-dog night counts too.

PLAN YOUR MEALS

	BREAKFAST	LUNCH	DINNER	SNACKS
Day 1				
Day 2				
Day 3				

PREP AT HOME (THE PART THAT MAKES CAMP EASY)

- Wash & chop veggies, bag them by meal
- Mix marinades; marinate proteins in zip bags
- Assemble foil packets, ready for the coals
- Pre-cook rice, taco meat, or bacon
- Portion & label everything by meal
- Freeze the meat solid — it doubles as cooler ice

GROCERY LIST

Proteins

- _____
- _____
- _____

Produce

- _____
- _____
- _____

Breakfast

- Eggs
- Coffee
- _____

Lunch & snacks

- Bread / buns
- Snacks (lots)
- _____

Pantry

- Oil, salt, pepper
- Condiments, butter
- Heavy-duty foil

Drinks & treats

- Water
- S'mores stuff
- Ice (buy on the way)