

7 DAY VACATION GROCERY LIST

FRESH FRUIT/VEGETABLES

- Bananas, 3 lbs (approximately 10 bananas)
- Green Bell Pepper, 2
- Organic Baby Carrots, 32 oz
- Organic Grape Tomatoes, 10 oz/small container
- Organic Red Delicious Apples, 2 lb Bag
- Organic Russet Potatoes, 3 lb
- Kale/Salad Kit 2 bags with 9-12 Oz
- Caesar Salad Family Sized Kit, 20-23 oz
- Tricolor Cole Slaw, 16 oz
- Broccoli Crowns, 1 - 2 lbs
- Red Onion, 1
- Sugar Snap Peas, 1 lb bag
- Watermelon, small
- Zucchini, 3-4
- Whole White Mushrooms, 8 oz

GROCERY/DRY GOODS

- Boxed/Bagged Meal Kit, any you like
- Rice, 16 oz - Parboiled for camping
Regular for Vacation Rental
- Black Beans, 10oz can
- Breakfast Cereal, 10-13 oz
- Granola 18-20 oz, any variety
- Coleslaw Dressing, 7-13 fl oz
- Bar-B-Q Sauce, 18 oz
- Basil Pesto, 5-8 oz jar
- Hawaiian Slider Buns, (2) 12 ct
- Flour Tortillas, burrito size 8ct

FROZEN

- Chicken Pot Pie, Family Size (oven when in vacation home - Dutch oven when camping)

REFRIGERATED

- Butter, 8 oz
- Roasted Red Pepper Hummus, 10 oz
- Cheddar Cheese, 2 lb block
- Yogurt, Vanilla 32oz
- Yogurt, Greek Plain 32 oz
- Whole Milk, 1/2 Gallon
- Fresh Pasta, Family Size 20-22 oz

MEAT

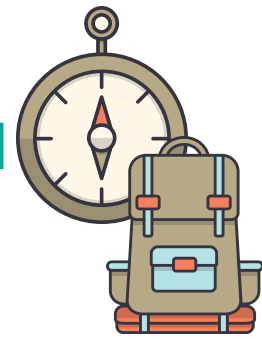
- Boneless Skinless Chicken Breasts, 6 lbs.
- 85% Lean Ground Beef, 1 lb

BRING FROM HOME

- Salt/Pepper
- Lemon Juice
- Garlic Powder
- Tortilla Chips & Salsa
- Lunch Meat/Cold Cuts
- Coffee/Tea/Creamer/Sweetener
- Beef Jerky/Meat Snacks
- Wooden/Metal Skewers

OTHER

7 DAY VACATION HEALTHY MEALS



Breakfasts

Yogurt with Granola

Yogurt with Fruit

Cereal and Milk

Main Meals (10 meals plus leftovers)

Chicken and Vegetable Skewers

BBQ Chicken Sliders, Coleslaw

Chicken Caesar salad, Pasta with Pesto

Cheddar BBQ Sliders, Potato Wedges, Kale Salad

Chicken and Rice Meal Kit

Black Beans and Rice

Chicken Pot Pie, Kale Salad

Baked Potatoes with Broccoli & Cheese

Sandwiches on Hawaiian Rolls and lunch meat from home, Melon

Cheese Quesadillas, Fresh Veggies

Snacks

Hummus with crackers and carrot sticks

Snap Peas, Carrots, Broccoli with Hummus

Apples, Bananas, Watermelon

Popcorn

Mixed Fruit with Granola & Yogurt



MEAL PREP

THIS MEAL PLAN IS DESIGNED FOR:

- A vacation rental kitchen with basic equipment
- When car camping with a grill over a direct flame/BBQ grill and a camp stove

TIME SAVERS ON THIS PLAN:

- Buy bagged salad mixes with dressing and consume within the first few days.
- Clean and wrap potatoes in aluminum foil at home. Precook and store in a storage bag once cooled. Heat up on site in less time.
- Parboiled rice is better when camping because it cooks quickly. Regular rice is better when you have time in a vacation rental
- You can precook rice at home and heat up on site if needed.
- Bring a good knife with you. You'll save time trying to make what's in the vacation rental or your pocket knife work.

COOKING TIPS:

- Chicken and Veggie skewers can be cooked on the grill or over a campfire with a grate.
- Cook extra chicken for the 2nd day chicken sliders and 3rd day Caesar Salad.
- BBQ Sliders just need a little salt & pepper for seasoning. Form slider patties and pan fry or grill.
- Chicken and Rice Meal Kit saves time and can be healthy when you look at the ingredients.
- Make extra rice for black beans and rice for the next day. You can add leftover chicken if needed or make a burrito.
- Chicken Pot Pie can be made in the oven or cooked in a Dutch oven while camping.
- Baked Potatoes, Sandwiches, and Quesadillas are great ways to reuse leftovers.