



# Prep Dish Camping Menu: Grocery List

Serves 4 for each meal. Menu designed for a weekend trip.

1. Lunch/Dinner 1 (Cold): Rice Cakes Topped w/ Egg & Avocado Salad
2. Lunch/ Dinner 2 (Hot): Chicken Curry over Rice Noodles
3. Lunch/ Dinner 3 (Hot): Bison & Mushroom Marinara over Zoodles
4. Breakfast 1 (Cold): Paleo Banana Bread Granola
5. Breakfast 2 (Hot): Green Eggs & Ham w/ Avocado
6. Side Dish: Fruit Salad
7. Snack 1: Ponana Cookies
8. Snack 2: Cinnamon Raisin Energy Bites
9. Snack 3: Spiced Popcorn Baggies
10. Bonus 1: Golden Milk
11. Bonus 2: Bone Broth



## Veggies

2 garlic cloves (11)  
 2 large carrots (11)  
 2 celery stalks (11)  
 1 medium yellow onion (11)  
 2-3 zucchini (3)  
 4 avocados (1,5)  
 1 medium sweet potato (7)  
 8oz sliced mushrooms (3)  
 5oz baby spinach (5)



## Fruits

2 ripe medium bananas (4,7)  
 1 pint blueberries (4)  
 4 oranges (6)  
 4 kiwi (6)  
 1 pint blackberries (6)  
 1 lime (2)



## Meats

1# ground bison (3)  
 (OR sub ground beef)  
 1# thick sliced ham (5)\*  
 2# bone-in, skin-on chicken breasts (2,11)  
 1-2# organic animal bones (2)  
 (if not using bones from chicken breasts above.)



## Eggs

18 eggs, omega-3 (1,5,7)  
 (OR sub 1/4c almond butter for 2 of the eggs)\*



## Herbs & Spices

~4T cinnamon (4,7,8,10)  
 1T pumpkin pie spice (9)\*  
 (OR sub cinnamon)  
 1/4c turmeric (10)  
 1T ground ginger (10)  
 1/8tsp nutmeg (10)



## Dairy (optional)

64oz almond milk (4,10)  
 (OR sub milk of choice)



## Nuts & Dried Fruits

1 1/2c walnuts (4)  
 3 1/4c pecans (4,8,9)  
 1/2c pumpkin seeds (4)  
 (OR sub sunflower)  
 ~1/3c hemp seeds (4,8)  
 (OR sub flax seeds)  
 1T chia seeds (7)  
 5 medjool dates, pitted (4)  
 1/2c raisins (8)\*  
 1c dried cherries (9)\*



## Oils & Vinegars

~1/4c olive oil  
 1/3c coconut oil (4)  
 splash apple cider vinegar (11)



## Pantry

~25oz jar marinara sauce (3)\*  
 1/4c mayo (1)\*  
 ~14oz flat rice noodles (2)\*  
 1/4c red or green curry paste (2)\*  
 1 can full fat coconut milk (2)\*  
 1/2c almond butter (8)\*  
 (OR nut butter of choice)  
 1 1/4c large coconut flakes (4,8)  
 (unsweetened)  
 1tsp vanilla extract (4)\*  
 2-4tsp honey (10)  
 (OR sub maple syrup)  
 1-2tsp maple syrup, optional (8)\*  
 2T dark chocolate chips, optional (7)  
 1 pkg brown rice cakes (1)\*  
 1 lg bag popped popcorn (9)\*  
 (OR sub 3/4c pumpkin seeds + 1/4c chopped dried apricots)  
 sandwich baggies (9)

\*Note: read ingredient list to avoid added gluten, sugars & msg.



## Prep Dish Camping Menu: Prep Day

**Preheat oven to 350 F. (2,4,7,11)**



**Baked Sweet Potato:** Wrap 1 medium sweet potato in foil and bake for ~60 mins or until knife inserts easily. Cool. Peel and mash (for ~ $\frac{3}{4}$ c). Set aside. (7)

**Chicken:** Season 2# chicken breasts with S&P. Bake for 50-60 minutes or until internal temperature reaches 165 F. Cool. Remove chicken from bones. Shred or slice chicken for curry, set aside (2). Reserve bones for bone broth (11). (2,11)



**Eggs:** Place 8 eggs in a lg pot. Cover with cool water by 1 inch. Slowly bring water to a boil over medium heat; when the water has reached a boil, cover and remove from heat. Let sit 12 minutes. Drain eggs & cover with ice and place in the fridge to cool. (1)

**Rice Noodles:** Bring a lg pot of water to boil. Remove from heat & add rice noodles (~14oz). Cover & let sit for 10-12 mins. Drain. (2)



**Fruit Salad:** Peel, segment and chop 4 oranges. Peel and slice 4 kiwi into rounds. Toss w/ 1 pint blackberries. [\*] (6)

**Zucchini:** Thinly slice 2-3 zucchini into long spaghetti-like strips (best on a mandolin). [\*] (3)

**Bone Broth:** Cut 2 large carrots into chunks & halve 2 celery stalks + 1 medium onion. Set aside. (11)



### **Bone Broth (11)**

Place reserved chicken bones (or 2# purchased organic animal bones) in slow cooker.

Add chopped veggies (celery, carrots, onion) + 2 garlic cloves. Fill slow cooker with water until water covers bones & veggies.

Season with 1-1 $\frac{1}{2}$ tsp salt. Add a splash of apple cider vinegar. Cook on low for 18-24 hours.

Strain through cheesecloth or strainer and cool. Store in airtight container for camping. [\*] (11)

\*\*Note: recipe can also be made in an Instant Pot. Change water qty to filling IP to  $\frac{2}{3}$  full. Set to "Soup" and pressure to "Low" and increase cook time to 120 minutes. Use natural release.



#### **Paleo Banana Bread Granola (4)**

In food processor add:

- 1½c walnuts
- 1c pecans
- ½c pumpkin or sunflower seeds
- 2T hemp (or flax) seed, optional
- 5 medjool dates, pitted (~½c)
- 1c large coconut flakes
- 1T cinnamon
- ½tsp salt

Pulse until nuts and dates are chopped and resemble "oats". Remove mixture from processor and set aside in a bowl.

Now add to the food processor and blend until smooth:

- 1 banana
- ½c melted coconut oil
- 1tsp vanilla

Add the nut mixture (from above) back to the food processor and pulse until just combined.

Place mixture on large sheet pan lined with parchment paper and spread out until flat & thin (the mixture should be wet).

Bake at 350 F for 10 mins. Remove from oven & stir, breaking apart granola. Bake 5-10 more mins (watch closely - it burns easily!).

Remove from oven, cool, break apart as desired and store in an airtight container. Yields ~5c or 10 servings. [\*] (4)



#### **Golden Milk (10)**

In a small bowl, make spice blend by combining:

- ¼c turmeric
- 2T cinnamon
- 1T ground ginger
- ½tsp salt
- ½tsp pepper
- ⅛tsp nutmeg

In saucepan, combine 4c almond milk (or milk of choice) + 4tsp spice mix + 2-4tsp honey (or maple syrup) as desired.

Whisk until smooth and heat for 4-5 min on med-high, or heated and before it begins to boil. Cool. [\*] (10)

Note: You can also use spice mix on baked sweet potatoes!



#### **Ponana Cookies (7)**

In a small bowl, "hydrate" 1T chia seeds in 2T water for ~1-2 minutes.

In a large bowl, mix together:

- ¾c mashed banana (~1 medium)
- ¾c mashed sweet potato
- 2 eggs (note: for egg free, replace eggs w/ ¼c almond butter)
- ½tsp cinnamon
- hydrated chia seeds (do not drain)
- Optional: gently fold in 2T dark chocolate chips.

Drop by ⅓c scoop and bake at 350 F for ~10 min. Yields ~16 cookies. [\*] (7)

#### **KEY**

[\*]: store in container, label & refrigerate for use later in week



### Marinara Sauce (3)

In lg sauté pan, add 1# ground bison, breaking apart meat. Add 8oz sliced mushrooms & sauté 15 min, stirring occasionally. Add ~25oz jar marinara sauce + S&P to taste. Stir to combine, shut off heat, allow to cool. [\*] (3)



### Chicken Curry (2)

In saute pan, whisk together:

- 1c full fat coconut milk
- 1c water
- ¼c red or green curry paste

Heat until just about to boil. Remove from heat.

Add in cooked, drained rice noodles + cooled, sliced chicken breast. Stir to combine. Cool. [\*] (2)



### Cinnamon Raisin Energy Bites (8)

In blender or food processor add:

- ½c raisins
- ½c almond butter (or nut butter of choice)
- ¼c hemp seeds (or sub flax)
- ¼c coconut flakes (unsweetened)
- ¼c pecans
- 1½tsp cinnamon
- ⅛tsp salt
- 1-2tsp maple syrup, optional

Blend on high until just combined. Roll mixture into 1T balls.

Place in single layer on baking sheet and freeze. Store in baggy in freezer after frozen. Yields ~16. [\*] (8)



### Popcorn Baggies (9)

Combine the following:

1 large bag popped popcorn + 2c pecans (chop if desired) + 1c dried cherries + 1T pumpkin pie spice (or cinnamon)

Toss to combine and divide into baggies, ~2-3c per baggy. [\*] (9)

Note: to make Paleo, omit popcorn, add ¾c pumpkin seeds + ¼c chopped apricots

### Egg + Avocado Salad (1)

Peel 8 cooled hardboiled eggs. Place in a large bowl with 2 avocados and ¼c mayo. Mash until combined. [\*] (1)



## Prep Dish Camping Menu: Dish Day

### **Lunch/Dinner 1 (Cold): Rice Cakes Topped w/ Egg & Avocado Salad (1)**

1. Top rice cake w/ egg & avocado salad. Enjoy!

### **Lunch/Dinner 2 (Hot): Chicken Curry over Rice Noodles (2)**

1. Add 2T water to a small pot, add chicken curry noodles, cover, heat over medium for 5-6 min or until heated through. Stir often.
2. Slice 1 lime into wedges and serve with noodles.

### **Lunch/Dinner 3 (Hot): Bison & Mushroom Marinara over Zoodles (3)**

1. Reheat marinara sauce in saucepan over medium until heated through. Stir occasionally.
1. Heat 1tsp olive oil in a large sauté pan over med-high heat. Add zoodles & cook 2-3 minutes.
2. Top zoodles with marinara sauce.

### **Breakfast 1 (Cold): Paleo Banana Bread Granola (4)**

1. Serve granola topped w/ almond milk (or milk of choice) and blueberries.

### **Breakfast 2 (Hot): Green Eggs & Ham w/ Avocado (5)**

1. Dice 1# ham and slice 2 avocados.
2. Heat 2tsp olive oil in a lg saute pan over medium. Add 5oz baby spinach, cover w/ lid allowing spinach to wilt, 2-3 min.
3. Add ham and cook with spinach for 2-3 minutes or heated through.
4. Add 8 eggs and "scramble" using a spatula. Continue to stir with spatula for 2-3 min or desired doneness. Season w/ S&P.

### **Side Dish: Fruit Salad (6)**

### **Snack 1: Ponana Cookies (7)**

### **Snack 2: Cinnamon Raisin Energy Bites (8)**

### **Snack 3: Spiced Popcorn Baggies (9)**

### **Bonus (1): Golden Milk (10)**

1. Enjoy golden milk either cold or reheated in a saucepan.

### **Bonus (2): Bone Broth (11)**

1. Sip bone broth after reheating in a saucepan.