

How to use this Camping Meal Menu Planner

1. Decide how much time and effort you want, or have to spend on each meal first.
 - a. For instance; the first day may have a full agenda, so plan a quick and easy breakfast and lunch
 - b. The next day might be more leisurely, so you can do a more involved breakfast and/or lunch.
2. Plan similar meals for each day first. ie. Do all breakfasts, then all lunches, etc.
3. After each day's meals are decided – review them for non-recipe condiments that will be needed. ie. butter, mayo, mustard, etc.
4. When ALL day's meals are decided, review them day by day to make sure they fit the flow of your planned camping activities for that day.

How to determine what and how much camp food you need.

*a note pad works best for this, because of the amount of possible food combinations. A standard ingredient form is not efficient. But once you have your ingredients list, you can use this blank [camp food grocery list](#) to create your shopping list.

***this may seem like a “common-sense” approach that does not need to be described, but...*

1. Meal by meal, list the ingredients and quantity needed. Then combine all duplicate meal recipe ingredients. ie. eggs – used in two breakfast meals, or potatoes, used in two dinner meals.
2. Determine all beverage quantities needed. ie. coffee, 6 cups per day, (3 campers x 2 cups each) times 3 days = 18 cups coffee. Cold beverages average 16oz. per camper per meal. Etc.
3. Determine all condiments needed. ie. butter, 1 tbsp. per biscuit or toast. 2 tbsp. per baked potato, times number of campers, times number of meals used. Etc.
4. Now, with this list in hand – review it - based on knowledge of campers appetites. ie. how many adults vs. how many kids, and also how many hearty appetite “big eaters.” The recipe may call for 1 cup or ¼ lb. per person, but, thinking about it, there will be a couple campers that will eat twice that much. Adjust the quantities accordingly. Here is a free chart for [typical camp food portions](#).
5. Review list for ingredients and items you have at home, and ones you need to buy, and now you have a camp food shopping list for your camping trip.
6. Don't forget the staples, like; cooking oil, salt & pepper, sugar, etc.

Camping Meal Menu Planner

Day: _____

Day: _____

Day: _____

Breakfast Bread Bev.	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Lunch Side Bev	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Dinner Side Bread Bev Dessert	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Snacks	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
Condi- -ments	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>

