

YOUR CAMPING MEAL PLANNER

COOKING EQUIPMENT NEEDED: GAS COOKER/STOVE, AIR FRYER/OVEN, BBQ

*SEE BELOW FOR RECIPES

** ALWAYS ADJUST FOR ALLERGIES OR DIETARY REQUIREMENTS

	Breakfast	Lunch	Dinner
Day 1			Spaghetti Bolognese (Pre-cooked mince, just heat up in pan and make the pasta)
Day 2	Home made *muesli with yoghurt and fruit	Grill/ Air fry Chicken strips and salad wraps with mayo	Burgers, lettuce, cheese and chips
Day 3	French toast with banana and syrup	Cheese, lettuce, ham rolls	*BBQ meat with potatoes and veg
Day 4	Home-made muesli with yoghurt and fruit	Hot dogs	*Pesto pasta (can add chicken/bacon)
Day 5	Pancakes with bacon and banana (pre-bought pancake mix works well)	Any leftovers/what's left in fridge used up on wraps or rolls	BBQ steak on Panini with tomato, lettuce and bbq sauce
Day 6	Home made muesli with yoghurt and fruit		



SHOPPING LIST

Breakfast

1. Muesli (see recipe below or click for video)
2. Yoghurt
3. fruit
4. Eggs
5. Bread
6. Banana
7. Syrup
8. Pancake mix

Lunch

1. Frozen Chicken strips
2. Wraps
3. Salad things - lettuce, cucumber, tomatoes
4. Mayo
5. Cheese
6. Ham
7. Rolls
8. Hot dog rolls
9. Sausages

Dinner

1. Pre made bolognaise to take
2. Spaghetti
3. Burger Patties
4. Burger rolls
5. Oven chips
6. Bbq meat of choice
7. Potatoes
8. Seasonal vegetables
9. Butter
10. Garlic
11. Basil pesto
12. Cherry tomatoes/broccoli
13. Feta
14. Chicken fillet (optional)
15. Minute steak
16. Panini
17. Tomatoes
18. Bbq sauce
19. Tinfoil/Aluminium foil

*condiments of your choice to add to meals

RECIPES

GO TO GRANOLA:

INGREDIENTS:

3 cups Rolled Oats
100 g/1 cup Sunflower seeds
100 g/1 cup Pumpkin seeds
1/4 cup Chia Seeds
Tbsp Cinnamon
tsp Salt
1/3 cup Honey/Maple syrup
1/3 cup Coconut Oil (melted)
tsp Vanilla essence
1 cup Desiccated coconut to add after (optional)
Nuts of choice to add after (optional)

METHOD:

1. Put oven onto 180 degrees celsius. (Not fan based)
2. In a large mixing bowl, add all the dry ingredients together and combine well.
3. In a smaller bowl, mix the honey, coconut oil (melted) and vanilla essence together
4. Pour the liquid mixture into the dry ingredients and mix until well combined. If it seems too dry add some more oil and honey to ensure it is all coated well.
5. Put a sheet of baking paper on your oven tray and spread the mixture evenly.
6. Place in oven, checking every 3-5 minutes to start and then every 2-3 minutes as it starts to become golden around the edges. Using a wooden spoon to toss the muesli every check-in.
7. Once cooked, remove from oven and leave to cool. Once completely cool, add coconut and nuts if desired and place in an air tight jar or container.

Hint: Muesli can burn very quickly so don't take your eyes off it for very long.

Golden brown is the ultimate outcome.

If you want to bulk it up add another cup or two of oats and then up the honey and oil so that all the ingredients are well coated.



BBQ MEAT AND VEG:

INGREDIENTS:

Meat of choice

Potatoes

Garlic

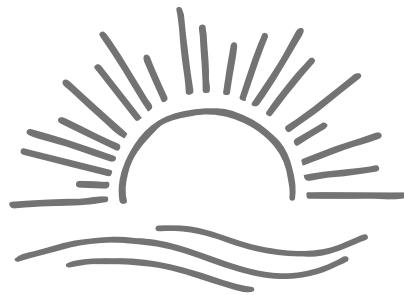
Butter

Seasonal veg

Salt

METHOD:

1. Clean each potato and make 4 slits across the top almost to the bottom. In a small bowl, mix the butter and garlic together to make a garlic butter and spread generously over the top of each potato. Wrap each potato tightly in tinfoil and place on the side of the coals or on the gas bbq grid.
2. Potatoes will take some time, depending on the heat of your bbq and what else you are cooking. Timing will vary but it should be within an hour.
3. Repeat step 1 with any seasonable veg you have.
4. Cook meat to your liking on the bbq and serve with your vegetables and potato.



PESTO PASTA:

INGREDIENTS:

Chicken (optional) - 400g (Bacon is also a great option)

Chicken spice

Basil pesto - 1/2 cup

Cherry tomatoes/broccoli - 1 cup

Feta cheese

Basil leaves a few sprigs (optional)

Penne Pasta - 400g

METHOD:

1. Cut chicken into small cube-like pieces/slices. Place in hot pan with some oil and cook for a few minutes on each side until chicken is cooked through, spicing the chicken on each side in the pan.
2. While the chicken is cooking, bring a large pot of salted water to the boil. Once boiling, add the penne pasta and cook as per package instructions. When draining the pasta, reserve a cup of the water to add in later.
3. chop up cherry tomatoes/broccoli. Slice basil into smaller strips if using.
4. Add the cherry tomatoes/broccoli, basil and crumbled feta to the drained penne pasta.
5. Add the chicken pieces
6. Add the pesto to the pot and combine well. Slowly pour in some of the reserved water to help loosen the pesto and coat everything better.
7. Season to taste and enjoy!

