



BLOG POST: EASY AND HEALTHY CAMPING MEALS - FULL GROCERY LIST -

X= handful/spoonful from the container/jar (see blog post for specific amount)

Total #	Groceries	Avocado Toast	Fruit Parfait	Breakfast Burrito	Veggie Hummus Sandwich	Quesadilla	Thai Noodles	Stir Fry	Tacos	Shish Kabobs
8	bread slice	4			4					
12	tortillas			4		4			4	
6	avocado	2		1	1				2	
2	container cherry tomatoes	X		X	X				X	X
5	lime	1		1		1	1		1	
1	lemon									1
2	red onion			1/4	1/4	1/4		1/4	1/4	1/4
2	stalk of green onion						2			
3	bell pepper			1/2		1/2	1/2	1/2	1/2	1/2
2	zucchini			1/2		1/2				1/2

4	king oyster mushroom									4
1	cucumber				1/2					
1	carrot							1		
1	broccoli head							1/3		
1	handful of Snap peas						X			
1	garlic head						1 clove	3 cloves		3 cloves
1	medium piece of ginger root						X	X		
1	container of blueberries		X							
1	container of strawberries		X							
1	container of blackberries		X							
1	bunch of cilantro						X			
1	container of sprouts	X			X					
1	container of salsa			X					X	
1	container of supremely spicy hummus				X					
1?	black beans (can)			1/2					1/2	

1?	jar of hot sauce	X optional						X optional		
1?	BBQ sauce									X optional
1	jar of soy sauce						X	X		
1	jar of sesame oil						X			
1	jar of unrefined coconut oil			X		X		X	X	
1	jar of olive oil									X
1	jar of creamy avocado dressing				X Optional					
1	jar of honey						X	X		
1	jar of cumin powder	X		X		X			X	
1	jar of dried oregano									X
1	jar of dried basil									X
1	jar of sea salt	X		X		X			X	X
1	jar of black pepper	X		X		X			X	X
1	jar of Everything Seasoning	X			X					
1	bag of granola		X							

1	bag of pistachios		X							
1	bag of organic peanuts						X			
1	bag of organic walnuts		X							
1	jar of organic creamy peanut butter						X			
1	Buckwheat Soba Noodles 12oz package						1/2			
1	bag of organic quinoa							X		
1	8oz bag of shredded cheese			X		X			X	
2	slices of deli cheese				2					
1	container greek yogurt		1/3							
8	eggs	4		4						
1?	package of ground Beyond Burger			1 Optional					1 optional	
5?	organic chicken breasts				1 Optional	1 Optional	1 Optional	1 Optional		1 Optional
1?	package of organic ground beef								1 Optional	