family capers

3 Day Menu Planner ☑

Day 1	Menu Items	Extra Ingredients
Breakfast		
Lunch		
Dinner		
Snacks		

Day 2	Menu Items	Extra Ingredients
Breakfast		
Lunch		
Dinner		
Snacks		

Day 3	Menu Items	Extra Ingredients
Breakfast		
Lunch		
Dinner		
Snacks		

Suggestions

Breakfast

- Instant Oatmeal
- Granola or Cereal Bars
- Pancake Mix
- Heat & Serve Sausage
- Pre-cooked bacon
- Bagels
- Squeeze Jams
- Nutella
- Fruit Cups

Lunch & Dinner

- Soup Packets
- Ramen Noodles
- Tuna (now in bags) & Crackers
- Peanut Butter
- Hard Cheese (like cheddar)
- Instead of Bread Use English Muffins, Wraps, or Pitas *
- Instant Mash Potatoes
- Instant Stuffing
- Instant Rice
- Gravy Mix
- Lipton or Knorr Noodles or Rice and Sauce Packets
- Smoked Sausage or Kielbasa

Snacks

- GORP
- Trail Mix
- Peanuts
- Sunflower Seeds
- Dried Fruit
- Beef Jerky
- M&Ms

Misc Items

- Sports Drink Mix Powder
- Hot Cocoa
- Canola Oil
- Powdered Milk or Parmalat Box
- Ketchup, Mustard and Mayonnaise Packets from local fast food
- Favorite Spices & Seasonings

Avoid These

1. Heavy Items
2. Large Trash
3. Water Waste In Cooking
4. Long Cook Times
5. Items That Spoil

Also, remove all excess packaging and repack in zip-top bags if possible.

Grocery List

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