



Shopping List and Menu

For your convenience we have developed a simple but effective camp menu for your family. Use the shopping list and recipes below, and be sure to buy enough food for your family! Please note this is simply a recommended menu. You're certainly free to bring any of your family favorites. Remember to store all perishables in your iced cooler.

Snacks: Saturday morning, afternoon, Sunday morning

Fruits, trail mix, nuts, energy bars, beef jerky, etc. Water and juice.

Saturday lunch: Picnic-style cold lunch, no cooking required

Bread, Wraps, Tortillas
Sandwich Meat, Tuna, Chicken Salad
Sliced Cheese
Pickles, Onions, Tomatoes
Mayonnaise/Mustard
Potato Chips/Pretzels
Cookies

Saturday dinner: Outdoor cooking options are endless

Below are some popular camp meals or feel free to create your own using a variety of the below ingredients or your favorite recipe.

Key Ingredients for Camp Dinners:

Meat: Steak, chicken breast, ground beef

Vegetables: Onion, bell peppers, mushrooms, tomatoes, potatoes, corn on the cob

Canned Items: Beans, vegetables, soup

Dessert: S'mores (marshmallows, graham crackers, Hershey chocolate bars)

Cooking Essentials: Aluminum foil, olive oil, spices and seasonings

Italian Chicken and Veggies

Chicken thighs, legs or breasts (marinate in Italian seasoning ahead of time)
Sliced veggies of your choice (zucchini, squash, carrots, tomatoes and onions work well)

Wrap chicken in foil and place on grill. Cook about 20-30 minutes (medium heat), make sure to cook completely. Drizzle Italian Dressing on Veggies, wrap them in foil and place on grill. Cook until veggies are tender, about 15-20 minutes.

Kabobs

Kabob skewers
Chicken or steak
Onions, bell peppers, mushrooms, cherry tomatoes
Marinade of choice; Italian dressing or teriyaki work well

Cut meat and veggies into 1-2 inch pieces. Place veggies and meat on kabob skewers leaving a little space between each piece. Grill skewers, turn skewers and baste with marinade periodically. Kabobs are done when meat is properly cooked (usually about 10-15 minutes on medium heat).



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