

FRIDAY MEAL PLAN

DINNER

Boxed mac & cheese
with Vienna sausages and baked
beans

DESSERT

S'mores with the family
around the fire

SATURDAY MEAL PLAN

BREAKFAST

Pancakes with fully
cooked bacon & fresh
fruit
-coffee and juice boxes

LUNCH

Mini charcuterie board
with pepperoni, crackers,
apples, oranges, carrots
and cucumbers

DINNER

Tortellini with Alfredo
sauce, cherry tomatoes
and spinach

SUNDAY MEAL PLAN

BREAKFAST

English muffins with
bananas and peanut
butter

LUNCH

Bacon, tomato and
avocado sandwich
with chips

SNACKS

trail mix, jerky, fruit
cups, granola bars,
chips, apples, oranges

SHOPPING LIST

bananas	pancake mix	trail mix	sandwich bread
oranges	maple syrup	jerky	english muffins
apples	olive oil	granola bars	fruit cups
avocado	sugar	peanut butter	
tomatoes	evaporated milk	fully cooked bacon x2	
cherry tomatoes	mac and cheese	pepperoni	
spinach	baked beans	crackers+ graham crackers	
cucumbers	Vienna sausages	chips	
carrots	tortellini	chocolate bar	
	Alfredo sauce	marshmallows	
		salt and pepper	
coffee & instant creamer			
juice boxes			
water			