



Free, 4-DAY Long-Weekend Camping Meal Plan

Created by Rejoice Nutrition & Wellness Inc



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This can be great for those going to the cabin, lake or camping.

All the meals & grocery items are for 4 servings.

The Meal Plan is designed to run from Friday-Monday (you will see Sunday night chilli allows for chilli dogs on Monday for Lunch), therefore if you move days around be mindful of the leftover meals (grey on the meal plan).

Free, 4-DAY Long-Weekend Camping Meal Plan

4 days

	Mon	Fri	Sat	Sun
Breakfast	Mason Jar Scrambled Eggs	Banana Split Overnight Oats	Freezer Veggie Breakfast Burritos	Campfire French Toast
Snack 1	Clean Trail Mix	Watermelon	Watermelon	Clean Trail Mix
Lunch	2 5-Can Chilli	4 Avocado Protein Pasta Salad	4 Avocado Protein Pasta Salad	4 Easy Campfire Fajitas
	Chili Hot Dogs	Simple Protein of Choice	Simple Protein of Choice	
Snack 2	4 Cranberry Energy Bars	Chips & Dip	4 Cranberry Energy Bars	Organic Popcorn
		Iced Green Tea Lemonade		Iced Green Tea Lemonade
Dinner	Sausage and Veggie Foil Packets	Campfire Red Curry Salmon & Veggie Foil Packets copy	4 Easy Campfire Fajitas	4 5-Can Chilli
Snack 3	Campfire Baked Apples	4 Campfire Crumble	4 Campfire Crumble	Red Wine Hot Chocolate

Free, 4-DAY Long-Weekend Camping Meal Plan

86 items

Fruits

- 4 Apple
- 1 Avocado
- 2 Banana
- 4 Lemon
- 4 Lime
- 1/4 cup Lime Juice
- 3 cups Mixed Fruit
- 1 Seedless Watermelon
- 2 cups Strawberries

Breakfast

- 16 cups Green Tea
- 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- 1 tbsp Chia Seeds
- 2/3 tsp Chili Powder
- 2 1/2 tbsps Cinnamon
- 4 cups Clean Trail Mix
- 2 2/3 tsps Cumin
- 1 tbsp Garlic Powder
- 1/4 cup Ground Flax Seed
- 2 tsps Italian Seasoning
- 3/4 cup Pecans
- 1/4 cup Pumpkin Seeds
- 2 tsps Sea Salt
- 2 Sea Salt
- 5 Sea Salt & Black Pepper
- 1/3 cup Sesame Seeds
- 1/4 cup Sunflower Seeds

Frozen

- 4 Brown Rice Tortillas

Vegetables

- 4 cups Bok Choy
- 1 cup Cherry Tomatoes
- 1 cup Cilantro
- 2 ears Corn On The Cob
- 5 Garlic
- 2 3/4 Green Bell Pepper
- 6 3/4 Red Bell Pepper
- 1/3 cup Red Onion
- 1/2 Red Onion
- 1 3/4 Sweet Potato
- 1/2 White Onion
- 3 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 12 fl ozs Beer
- 14 fl ozs Black Beans
- 14 fl ozs Chickpeas
- 14 fl ozs Corn
- 4 cups Corn Tortilla Chips
- 14 fl ozs Diced Tomatoes
- 4 1/2 cups Organic Coconut Milk
- 8 cups Organic Popcorn
- 3 cups Organic Salsa
- 1 box Quinoa Penne
- 14 fl ozs Red Kidney Beans

Baking

- 2 cups Almond Flour
- 1 tbsp Baking Powder
- 2 tbsps Cacao Powder
- 1/3 cup Cane Sugar
- 2 tbsps Cornstarch
- 1/4 cup Dried Unsweetened Cranberries
- 2 cups Oats
- 1/4 cup Organic Dark Chocolate Chips

Bread, Fish, Meat & Cheese

- 8 ozs Cheddar Cheese
- 8 1/2 lbs Chicken Breast
- 8 Chicken Hot Dogs
- 16 Corn Tortillas
- 1/2 cup Feta Cheese
- 2 cups Leftover Chili
- 1 loaf Organic Bread
- 1 lb Salmon Fillet
- 12 ozs Turkey Sausage
- 8 Whole Wheat Hot Dog Buns

Condiments & Oils

- 1/2 cup Avocado Oil
- 1 1/2 tbsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1/4 tsp Hot Sauce
- 2 Hot Sauce
- 1/4 cup Sunflower Seed Butter
- 2 tbsps Thai Red Curry Paste
- 1/4 cup Yellow Mustard

Cold

- 16 3/4 Egg
- 3 cups Guacamole
- 6 cups Unsweetened Almond Milk

Other

- 2 cups Red Wine
- 1/4 cup Sugar Free Ketchup

- 1/4 cup** Organic Icing Sugar
- 1/3 cup** Raw Honey
- 3/4 cup** Unsweetened Coconut Flakes
- 2 tsps** Vanilla Extract

Mason Jar Scrambled Eggs

5 ingredients · 5 minutes · 4 servings



Directions

1. So I like to crack a whole dozen eggs into a large mason jar and chop up whatever veggies I have in my fridge and place them in the jar with the eggs. I add 1 cup of milk or cream, cheese of choice, a dash of hot sauce and some salt and pepper. I secure the lid and put the whole jar into the cooler to take camping. Now in the morning, I just shake the jar, and pour it into a greased skillet over the fire for easy scrambled eggs!
2. I like to chop up whatever leftover veggies are kicking around on the last day and chop them up and add them to the scramble to not waste anything.

Ingredients

- 8** Egg
- 4 ozs** Cheddar Cheese (shredded)
- 1/4 tsp** Hot Sauce
- 1** Sea Salt & Black Pepper (to taste)
- 1 cup** Unsweetened Almond Milk

Banana Split Overnight Oats

8 ingredients · 10 minutes · 4 servings



Directions

1. Place oats, chia, milk, sweetener, vanilla, sea salt into a bowl and mix until well combined and let sit for a 2-5 minutes.
2. Next you can fill up 4 containers equally with the mixture and place banana, berries, and chocolate chips and nuts on top, seal the container and pop them in the fridge. OR, you can layer them if you have more time. I like layering strawberry, chocolate and nuts with oats then top off with bananas and a few more chocolate chips.
3. These will keep well in a cooler for 4-5 days. Enjoy cold or warm based on your camping needs.

Ingredients

- 2 cups** Oats
- 1 tbsp** Chia Seeds
- 4 cups** Unsweetened Almond Milk
- 1 tsp** Vanilla Extract
- 2** Banana (sliced)
- 1 cup** Strawberries (sliced)
- 1/4 cup** Organic Dark Chocolate Chips
- 1/4 cup** Pecans (chopped)

Freezer Veggie Breakfast Burritos

11 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 400°F (204°C) and line baking sheets with foil.
2. In a large bowl, combine 3/4 of the olive oil, garlic, red onion, sweet potato, bell peppers, cumin, chilli powder and salt. Toss well and then spread the veggies across the baking sheets in an even layer. Bake in the oven for 30 minutes or until cooked through, gently tossing at the halfway point.
3. Meanwhile, heat the remaining olive oil in a large skillet over low-medium heat. Pour the whisked eggs into the skillet, and continuously stir to scramble the eggs while they cook. Set aside.
4. Divide eggs and roasted veggies evenly between the tortillas and wrap into burritos.
5. Once cooled, wrap the burritos in foil and freeze in a freezer-safe bag. See notes for how to reheat

Ingredients

- 1 2/3 **tbps** Extra Virgin Olive Oil (divided)
- 2 Garlic (cloves, minced)
- 1/3 **cup** Red Onion (large, diced)
- 3/4 Sweet Potato (large, peeled and diced into 1/2 inch cubes)
- 3/4 Red Bell Pepper (diced)
- 3/4 Green Bell Pepper (diced)
- 1 1/4 **tsps** Cumin
- 2/3 **tsp** Chili Powder
- 1/3 **tsp** Sea Salt
- 4 3/4 Egg (large, whisked)
- 4 Brown Rice Tortillas (11 inches)

Campfire French Toast

9 ingredients · 40 minutes · 4 servings



Directions

1. Grease a large piece of foil with oil or butter and shape it into a boat. Place the whole loaf of bread inside, standing up to keep its loaf shape. (It's okay for slices to fall slightly open.) Add another piece of foil underneath for double support.
2. Meal Prep: Now I personally like to put eggs, milk, sugar, vanilla, salt and cinnamon into a mason jar and pack it into the cooler. This way when it time to make this dish I simple shake it up and pour it over top of the loaf. However, you can whisk these few ingredients in a bowl onsite as well.
3. Carefully pour over bread, making sure to get between each slice. Cover whole loaf with another piece of foil and tuck in all around so the bread is completely enclosed.
4. Place over campfire — NOT over the hottest part — until egg mixture is cooked through and bread is lightly toasted, about 30 minutes. Remove carefully from the fire with tongs.
5. Remove the top layer of foil on the table and sprinkle with powdered sugar and garnish with sliced strawberries. Serve warm with syrup.

Ingredients

- 4 Egg
- 1/2 cup Unsweetened Almond Milk (or whatever milk you like best)
- 1 tbsp Maple Syrup
- 1 tbsp Cinnamon
- 1 tsp Vanilla Extract
- 1 loaf Organic Bread
- 1 cup Strawberries (sliced)
- 1/4 cup Organic Icing Sugar (optional topping)
- 1 tbsp Coconut Oil (or butter to grease the foil)
- 1/2 cup Maple Syrup (for serving)

Clean Trail Mix

1 ingredient · 2 minutes · 4 servings



Directions

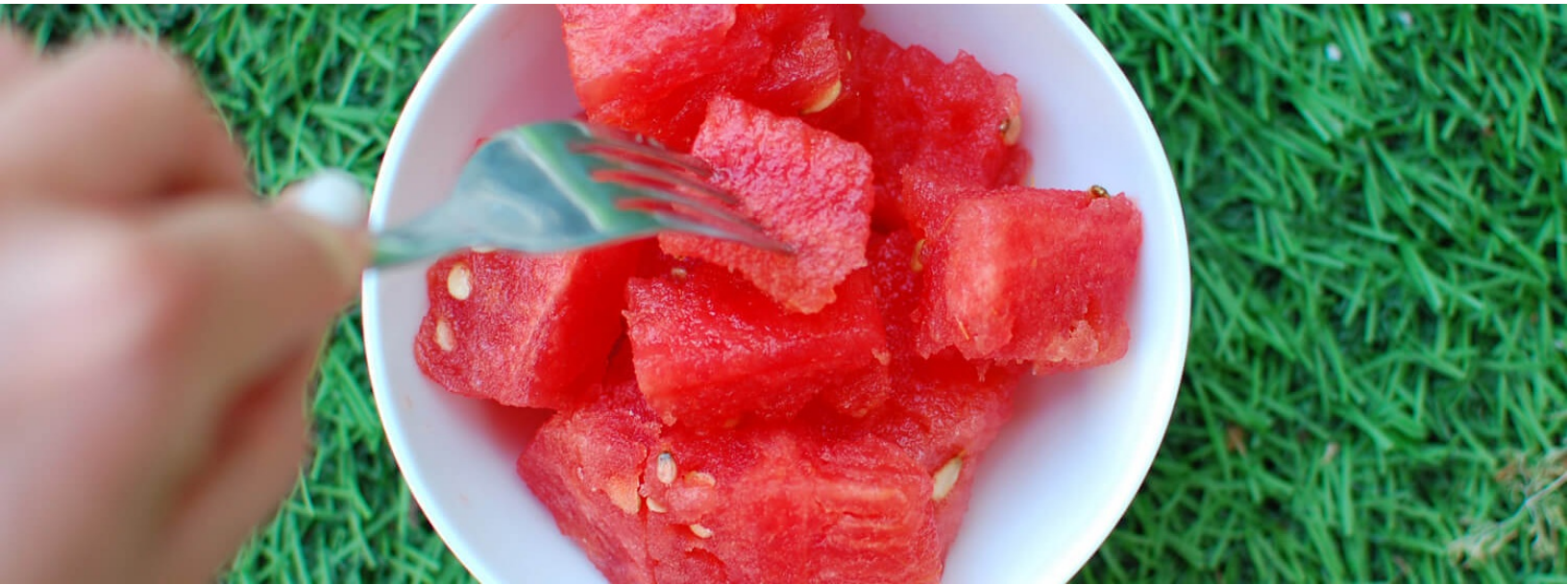
1. This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.
2. Pour into bowl and snack away!

Ingredients

2 cups Clean Trail Mix

Watermelon

1 ingredient · 10 minutes · 4 servings



Directions

1. Slice your watermelon into rounds and then into quarters. Slice off the rind. Dice the watermelon, divide into bowls and enjoy!

Ingredients

1/2 Seedless Watermelon

Chili Hot Dogs

7 ingredients · 10 minutes · 4 servings



Directions

1. Roast the chicken hot dogs over the campfire. You can warm up the chilli from last night in a pot over the fire too.
2. Serve with buns, your favourite condiments and a little shredded cheese if you like.

Ingredients

- 8 Chicken Hot Dogs
- 8 Whole Wheat Hot Dog Buns
- 2 cups Leftover Chili (heat up and add it to the table as a condiment)
- 1/4 cup Sugar Free Ketchup
- 1/4 cup Yellow Mustard
- 4 ozs Cheddar Cheese (shredded)
- 1/2 White Onion (diced)

Avocado Protein Pasta Salad

12 ingredients · 20 minutes · 8 servings



Directions

1. I prepare this BEFORE we head out so I have a cold salad for lunches or a side dish the first 2 days. It makes life easier. Cook pasta according to directions, drain rinse, cool and set aside in a large bowl.
2. Add the chopped veggies, cheese, and proteins. In a blender blend all the remaining dressing ingredients together until thick and creamy. If you have no blender, smash the avocado with a fork in a bowl and transfer to a jar with the remaining ingredients, seal with a lid. Shake well to combine all ingredients.
3. Pour dressing over the salad. Mix well and store in an air-tight container for 5 days in the fridge or cooler.

Ingredients

- 1 box** Quinoa Penne (cook per the box instructions)
- 1 cup** Cherry Tomatoes (sliced)
- 14 fl ozs** Chickpeas (rinsed and drained)
- 1/2** Red Onion (diced)
- 1/2 cup** Feta Cheese
- 1/2 cup** Cilantro (use parsley if you don't like cilantro)
- 1** Avocado
- 2 tbsps** Lime Juice
- 1** Garlic (minced)
- 1/2 tsp** Cumin
- 1/2 cup** Avocado Oil
- 1** Sea Salt & Black Pepper (to taste)

Simple Protein of Choice

4 ingredients · 35 minutes · 4 servings



Directions

1. Pick a piece of protein to go with your salad. Simply grill and serve with your pasta salad for an easy and light lunch.

Ingredients

- 1 **1/4 lbs** Chicken Breast (boneless, skinless)
- 2 **tbsps** Extra Virgin Olive Oil
- 1/2 **tsp** Sea Salt
- 1 **tsp** Italian Seasoning

Chips & Dip

3 ingredients · 1 minute · 4 servings



Directions

1. grab a bag of chips and your favourite jar of salsa & guacamole and enjoy!

Ingredients

- 4 cups** Corn Tortilla Chips
- 1 cup** Organic Salsa
- 1 cup** Guacamole

Iced Green Tea Lemonade

3 ingredients · 1 hour · 4 servings



Directions

1. If you haven't yet, brew your green tea. Add honey and the juice of 1 lemon. Mix well and place in the fridge until chilled.
2. Once chilled, pour into a glass jug. Slice the remaining lemon into rounds and add them in with the iced tea.
3. Pour into glasses over ice. Add a straw and enjoy!

Ingredients

- 8 cups** Green Tea (brewed)
- 1 tbsp** Raw Honey
- 2** Lemon

Cranberry Energy Bars

10 ingredients · 30 minutes · 10 servings



Directions

1. Preheat oven to 350°F (177°C). Line a pan with parchment paper and lightly grease with some olive or coconut oil. (We use an 8x8 square pan.)
2. Throw coconut, pecans, sesame seeds, pumpkin seeds and sunflower seeds into a large frying pan. Place over medium-low heat and stir occasionally for 5 minutes or until lightly toasted. Remove from heat and place in a large mixing bowl with the ground flax seed, cranberries and sea salt.
3. Add honey and sunflower seed butter into the mixing bowl and mix well until all ingredients are evenly distributed. Transfer mix into the square pan and press down evenly. Take some time to really pack it in there. If you don't pack it down firmly enough, the bars will crumble.
4. Bake in oven for 15 minutes.
5. Remove from oven and let cool completely. Once cool, lift parchment paper out of the tin and slice into bars with a sharp knife. Enjoy!

Ingredients

- 3/4 cup** Unsweetened Coconut Flakes
- 1/2 cup** Pecans (chopped)
- 1/3 cup** Sesame Seeds
- 1/4 cup** Pumpkin Seeds
- 1/4 cup** Sunflower Seeds
- 1/4 cup** Ground Flax Seed
- 1/4 cup** Dried Unsweetened Cranberries
- 1/4 tsp** Sea Salt
- 1/4 cup** Raw Honey
- 1/4 cup** Sunflower Seed Butter

Organic Popcorn

1 ingredient · 2 minutes · 4 servings



Directions

1. Pour into bowls and enjoy!

Ingredients

8 cups Organic Popcorn

Sausage and Veggie Foil Packets

7 ingredients · 30 minutes · 4 servings



Directions

1. Preheat grill to medium heat.
2. Create a double layer of foil for each serving and divide all ingredients accordingly. Fold the foil to form a sealed and secure encasing.
3. Grill the foil packets for about 20 to 25 minutes or until the sausage is cooked through and veggies are tender. Remove from the grill and very carefully open the foil packet with tongs to allow the steam to escape. Transfer the contents to a plate and enjoy!

Ingredients

- 12 ozs** Turkey Sausage (sliced into 1 inch pieces)
- 2 ears** Corn On The Cob (husked and sliced into pieces)
- 1** Zucchini (medium, sliced)
- 1** Red Bell Pepper (seeds removed and chopped)
- 1** Sweet Potato (medium, peeled and chopped)
- 2 tbsps** Extra Virgin Olive Oil
- 1/4 tsp** Sea Salt (or more to taste)

Campfire Red Curry Salmon & Veggie Foil Packets copy

7 ingredients · 30 minutes · 4 servings



Directions

1. Cut large pieces of aluminum foil big enough to form a packet. You'll need one per serving. Divide the bok choy, bell peppers and salmon fillets equally between the foil pieces.
2. In a small mixing bowl, whisk together the coconut milk, lime juice and red curry paste. Spoon the curry sauce over top of the fish and vegetables. Fold the foil to tightly seal each packet. Carefully transfer over the fire low-medium heat.
3. Cook for 10-15 minutes, or until fish flakes easily and is cooked through.
4. To serve, transfer the contents of the packets to a plate and season with salt and pepper. Enjoy!

Ingredients

- 4 cups** Bok Choy (baby, halved)
- 2** Red Bell Pepper (sliced)
- 1 lb** Salmon Fillet
- 1/2 cup** Organic Coconut Milk (from the can)
- 2 tbsps** Lime Juice
- 2 tbsps** Thai Red Curry Paste
- Sea Salt & Black Pepper (optional)

Easy Campfire Fajitas

13 ingredients · 20 minutes · 8 servings



Directions

1. I like to prep these before I leave. I place chicken and all the marinade ingredients into a large ziplock bag (zest and juice of lime, oil, garlic, 1/2 the cilantro, hot sauce, salt and pepper). This lays flat in the cooler and will marinate till its time to cook.
2. Heat your pan over medium heat, empty the contents of the bag and cook until the chicken is cooked through (8-10 minutes). Add veggies onto and cook until soft (about 5 more minutes).
3. Serve the pan on the table with tortillas with your topping of choice.

Ingredients

- 6 lbs** Chicken Breast (sliced)
- 4** Lime (zest and juice)
- 1 1/2 tsps** Coconut Oil
- 2** Garlic (clove, minced)
- 1/2 cup** Cilantro (chopped)
- 2** Hot Sauce (dash)
- 2** Sea Salt & Black Pepper (to taste)
- 2** Red Bell Pepper (sliced)
- 2** Green Bell Pepper (sliced)
- 2** Yellow Onion (sliced)
- 16** Corn Tortillas (pack of 8 small-medium wraps)
- 2 cups** Organic Salsa
- 2 cups** Guacamole

5-Can Chili

11 ingredients · 25 minutes · 6 servings



Directions

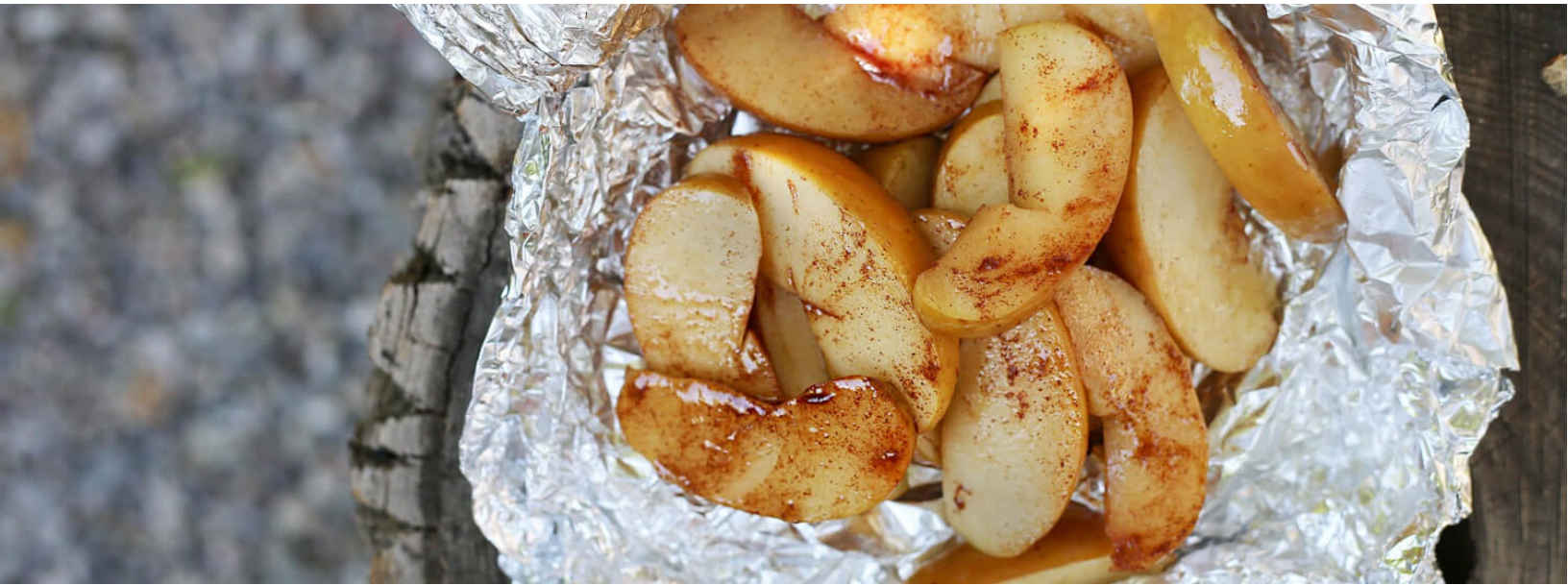
1. In a large dutch oven, heat the oil over medium heat until shimmering. Add the onions, peppers, garlic and saute until they begin to soften.
2. Add the remaining ingredients. Stir to combine. Cook the chili until thickened to your liking, about 20 minutes was perfect for us.
3. Serve immediately with your choice of toppings (cheese, avocado, green onions, etc) and cornbread on the side! This recipe makes enough for 4 servings for dinner and leftover 2 servings for hot dogs for lunch the next day.

Ingredients

- 1 Yellow Onion (chopped)
- 1 **tbsp** Garlic Powder
- 1 Red Bell Pepper (chopped)
- 1 **tbsp** Avocado Oil
- 14 **fl ozs** Black Beans (drained and rinsed)
- 14 **fl ozs** Red Kidney Beans (drained and rinsed)
- 14 **fl ozs** Diced Tomatoes (with juice)
- 14 **fl ozs** Corn (drained)
- 1 **tsp** Cumin
- 1 Sea Salt & Black Pepper (to taste)
- 12 **fl ozs** Beer (whatever is around your campsite)

Campfire Baked Apples

2 ingredients · 10 minutes · 4 servings



Directions

1. Slice apples and cut out the cores. Place onto a double layer of aluminum foil lined with parchment paper. Sprinkle with cinnamon.
2. Fold into a foil packet and place onto the coals of a campfire for 10 minutes, flipping halfway.
3. Carefully open foil packet and let cool slightly. Enjoy!

Ingredients

- 4 Apple
- 2 **tsps** Cinnamon

Campfire Crumble

8 ingredients · 1 hour · 8 servings



Directions

1. In a large resealable plastic bag, combine fruit, 1/4 cup maple syrup, cornstarch, cinnamon, and salt. Seal tightly and shake bag until fruit is evenly coated. I like to do this before I leave, the ziploc packs flat in a cooler.
2. In another large resealable plastic bag or jar combine almond flour, baking powder and milk. Seal and mix, kneading with your hands, until completely combined. Pack this in the cooler as well.
3. Butter or oil a large cast-iron skillet. Add fruit mixture and top with flour topping. Sprinkle with remaining 2 tablespoons sugar.
4. Cover with foil and cook over a campfire until topping is no longer doughy and fruit is warm and bubbly, 50 minutes. Let cool, then serve.

Ingredients

- 3 cups** Mixed Fruit (fruit of choice! berries, peaches, apples, etc. You pick based on your favorite.)
- 1/4 cup** Cane Sugar
- 2 tbsps** Cornstarch
- 2 tsps** Cinnamon
- 1** Sea Salt (pinch)
- 2 cups** Almond Flour
- 1 tbsp** Baking Powder
- 1/2 cup** Unsweetened Almond Milk (or whatever milk you like)

Red Wine Hot Chocolate

6 ingredients · 10 minutes · 4 servings



Directions

1. Whisk the cocoa powder, sugar, and cinnamon together in a large saucepan over the low-medium fire.
2. Add the milk and red wine and bring to a simmer over medium heat, whisking occasionally, until hot and smooth, about 5 minutes. OMIT RED wine for the kids version
3. Serve in your favourite mugs by the fire (adding a fire toasted marshmallow in each mug for a garnish is awesome).

Ingredients

- 2 cups** Red Wine (omit for kid version)
- 2 tbsps** Cacao Powder
- 2 tbsps** Cane Sugar
- 1/2 tsp** Cinnamon
- 4 cups** Organic Coconut Milk
- 1** Sea Salt (pinch)