

Meal Plan

for CAMPING trips

Recommendations from an **ENFJ**

BBQ Pineapple Chicken Kebabs

fri
dinner

- Your favorite bottled marinade OR homemade marinade for the chicken ($\frac{2}{3}$ cup barbecue sauce, $\frac{2}{3}$ cup teriyaki sauce, 3 cloves garlic, 1 TBSP ginger)
- 2 pounds boneless, skinless chicken breasts

- Fresh pineapple
- 1 red bell pepper
- 1 sweet onion (or sub red onion)
- Skewers

French Toast & Bacon

sat
breakfast

- $\frac{2}{3}$ cup milk (I use almond milk)
- 2 large eggs
- 1 teaspoon vanilla extract
- $\frac{1}{4}$ teaspoon ground cinnamon
- 6 thick slices bread
- 1-2 tablespoons unsalted butter

- Your favorite topping (maple syrup, peanut butter, jam, chocolate chips, etc.)
- Bacon

Mexican Street Corn Pasta Salad

sat
lunch

- 2 cups farfalle/bowtie pasta
- 3 cups frozen corn (or 2 15-ounce cans or 3-4 cobs on the cob)
- 3 green onions
- $\frac{1}{2}$ bunch cilantro
- 1 jalapeño
- 6-8 strips hardwood smoked bacon

- $\frac{1}{2}$ cup full-fat regular mayo
- 2-3 limes
- pinch ground cumin
- $\frac{1}{4}$ teaspoon paprika
- $\frac{1}{2}$ teaspoon chili powder
- 1 teaspoon Sriracha or hot sauce
- optional: serve with brats

Grilled Chicken Fajitas

sat
dinner

- 1 lb boneless skinless chicken breast
- 1 yellow onion
- 1 red & 1 green bell pepper
- 1 jalapeño (optional)
- 2 Tbsp oil or butter
- 1 packet of cheap fajita seasoning

- Flour tortillas
- 1-2 limes

Home Fries Topped with Fried Eggs, Goat Cheese, & Green Onion

sun
breakfast

- 3 medium russet potatoes
- 3+ tablespoons butter
- Salt & pepper (optional: cayenne)
- 4 eggs
- 4 ounces goat cheese
- 2 green onions

ENERGY BALLS

- 1 $\frac{1}{4}$ cups rolled oats
- 2 tablespoons "power mix-in" (I do finely chopped toasted almonds)
- $\frac{1}{2}$ cup peanut butter (sub any nut butter)
- $\frac{1}{3}$ cup honey (sub maple syrup)
- Vanilla, chocolate chips, raisins

OTHER GRAB & GO

- Apples, oranges, grapes
- Carrots, cherry tomatoes, bell peppers, cucumbers with hummus or Ranch
- Trail mix or mixed nuts
- Cheese and crackers or popcorn
- S'mores!

snacks

driving, hiking & campfire