



Grocery List and Meal Plan For a Two-Night Camping Trip

By Sarah and Kaitlin Leung from [The Woks of Life](#)

Grocery list

Veggies & Fruit

- 2 medium to large onions [M]
- 12 small to medium carrots [D]
- A few cloves of garlic [D]
- 1 small bunch flat-leaf parsley [M]
- 5 ounces prewashed baby spinach [M]
- 1 pint blueberries [B]

Packaged & Canned Goods

- 14.5-fluid-ounce can of beef broth [D]
- 15-ounce can of diced tomatoes [D]
- 4-ounce jar of sliced roasted red peppers [M]
- 12 ounces red wine (canned is great for this) [D]
- 1 large bag of potato chips (to serve with sandwiches) [L]
- 1 box pancake mix [B]
- Maple syrup [B]
- 1 pound dried spaghetti [D]
- 12 ounces dried egg noodles [D]
- 4 packs of your favorite instant ramen [L]
- 1 loaf sliced bread [M]

Protein & Dairy

- 8 ounces cold-cut turkey [L]
- 1 pound bacon [M]
- 2 pounds well-marbled beef chuck [D]
- 4 to 6 ounces sliced cheese (such as cheddar, Havarti, etc.) [L]
- 1 cup grated pecorino Romano or Parmesan cheese [M]
- 1 dozen eggs [M]
- ½ pint half-and-half [D]
- 2 sticks butter [M]

Bring From Home

- Salt and pepper
- Olive oil

- 1 teaspoon dried thyme [D]
- 1 teaspoon dried rosemary [D]
- Coffee or tea

Guide:

[B] Breakfast [D] Dinner
[L] Lunch [M] Multiple meals

A Two-Day Meal Plan for Four

Day 1:

Breakfast: Blueberry pancakes

Lunch: Turkey, spinach, roasted red pepper, and cheese panini with chips

Dinner: Perfect spaghetti carbonara (recipe available at thewoksoflife.com)

Day 2:

Breakfast: Egg in the hole with roasted red peppers, pecorino, and a side of bacon

Lunch: Ramen noodles with spinach

Dinner: Campfire beef stew with buttered parsley noodles ([recipe here](#))