



THE REAL-CAMPING GUIDE

Camping Food List

Pre-made meal ideas (take them with you in tupperware containers):-

- bolognese
- chilli con carne
- risotto
- marinade for vegetables or meat
- soup

FOOD

Breakfast

Cereal

Milk

Orange juice

Coffee (don't forget to make up some extra for your flask)

Jam or other spread for toast

Lunch

Bread

Butter/spread

Mayonaise

Sandwich filling (meat slices, pate, tuna fish)

Cheese slices for sandwiches

Lettuce

Tomatoes

Snacks

Fruit (apples are good because they don't bruise too easily, bananas are good for energy)

Nuts

Seeds

Dried fruit (you need to drink plenty of water to be digested properly these though)

Trail bars (or better still – make some flapjack before you leave home and cut into slices)

Dinner

Pre-made meals in tupperware containers

Pasta

Rice

Noodles

Tortillas (these only need a couple of minutes cooking either side and then you can add your vegetables or meat)

Pesto

Salsa (for your tortillas)

Jars of sauce – curry, sweet & sour etc (for easy rice and noodle dishes)

Jar of crushed garlic

Jars of herbs and spices

Cooking oil

Salt

Pepper

Tins of soup

Eggs (omelettes are really easy camping meals)

Grated cheese or a block of cheese and grate it yourself

Chicken drumsticks

Chops

Sausages

Steak

Bacon (breakfast sarnie or chopped up in pasta)

Big potatoes (for jacket potatoes on the campfire)

Butternut squash (can roast this on the campfire and don't even need to peel it)

Courgette/zucchini

Peppers

Carrots (a raw carrot is good for snacking on too)

Onions

Mushrooms

Wine (a cask of wine is easiest and cheapest – especially if you like red as you don't need to find fridge/cool box space)

Beer