



Vacation Meal Ideas

When planning your vacation meals, it is best to think in broader terms of food items and not in specific days. List foods or recipes under each category. Consider foods that can be used in multiple categories (Flour Tortillas for Fajitas, and for Breakfast Tacos). Once you have your list of meal ideas, you can add items to your Grocery Planner (check recipes for ingredients needed).

Breakfast Items: (Cereal, Fruit, Dairy, Bakery, Breakfast Meats, Jams/Jelly, Syrup)

Lunch Items: (Sandwich Meats & Cheeses, Condiments, Fresh Fruit & Veggies, Breads, Frozen Pizza/Chicken Nuggets, Chips/Dips, Salad Mixes, Dressing)

Dinner Items: (Meat, Seafood, Rotisserie Chicken, Pasta, Rice, Veggies, Salad Mixes, Dressing)

Snacks: (Salty, Sweet, Fruits)

Drinks: (Coffee, Tea, Sodas, Alcohol, Mixers, Sports Drinks, Juice, Water)

Special Occasion:

Restaurants (Carry Out/Dine In):

