



ADVENTURE MEAL PLAN

BY: OVERLAND FOR GOOD

Planning & organizing meals that coincide with your adventure itinerary and weather conditions for the region.

HOW WE PLAN:

ASK YOURSELF



WHERE ARE YOU CAMPING?

Where you are staying will play a part in what kind of meals you are preparing. Will you be camping in a campground, staying in a hotel, or backpacking to a lake? Knowing where you will be helps to organize your thoughts on what amenities will be available, to better prepare what you want to cook.



WHAT ADVENTURES ARE YOU GOING ON?

Keeping track of what you have tentatively planned helps create a meal that aligns with your daily adventures and timeline. Quick meals are perfect for traveling days and long adventurous days and longer prep meals are better saved for low key days chilling at camp.

BRAINSTORM - ASSIGN - CREATE LISTS



WHAT DO YOU LIKE TO EAT?



- BRAINSTORM - List out what meals/snacks you like for Breakfast, Lunch, dinner, Snacks, and some Sweet Treats
- ASSIGN each meal to the day that would fit your itinerary best. Then check it off your Brainstorm list.



- LIST INGREDIENTS on your Shopping/ Packing List.

- Don't list the same item twice. Go to the item previously written down and add a x2 and so on.

TIPS FROM KERI

WRITE IN PENCIL & BE FLEXIBLE

Be prepared to erase and move things around on your adventure as new things will always come up and meals will need to be adjusted. As you erase and switch things around it will still keep your thoughts and meals organized and not forgotten. This is more applicable to longer trips.

LEFTOVERS:

I always plan 1 leftover meal every 5 days. For example on a 10 day adventure I would plan 2 leftover meals.

MULTI PURPOSE MEALS

Protein used for 1 dinner can then be used the next night for a different dinner.

ie: Shredded Chicken Tacos --> Shredded Chicken Quesadillas

PRE COOK/ PREP

Precooking raw protein before you leave makes for quicker cooking time & safer cooking station.

SAMPLES FROM OVERLAND FOR GOODS PAST ADVENTURES



ADVENTURE MEAL PLAN GUIDES:

Included at the end are 2 example Adventure Meal Plan Sheets. I have filled them out and added in notes on how I think and organize my meals in **ORANGE**.

- ZION NP: 3 days, small group, 4 people, big hikes, warm weather, quick food.
- GLACIER NP: 10 days, large group, 20 people, mix of adventures, cool weather, large group meals.



ADVENTURE MEAL PLAN

BY: OVERLAND FOR GOOD

MY DESTINATION:

GET EXCITED!

BRAINSTORM:

PRACTICAL NOTE: You can camp and eat for the same amount as you would eating at home. Yes, it is possible to stay within your weekly food budget. It is super easy to overspend on a weekend camping trip and come home with a lot of food you didn't eat. All too often we get excited when going on a trip and the impulse buys add up quickly.

Think about it - if you stay within your weekly food budget then your Adventure Budget just increased.

YOUR FAVORITE MEALS:

BREAKFAST

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SWEET TREATS

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KEEP IT SIMPLE TO KEEP IT FUN.



ADVENTURE MEAL PLAN

BY: OVERLAND FOR GOOD

NEED HELP:

First know that we like simple and inexpensive food when camping and getting outside. Our main goal is to explore, so you're not going to find anything too fancy. ;) These have been our go-to's during our TIGHT and LIMITED SPACE car camping years, so I hope they help get you started.

Remember- it IS possible to stay within your weekly food budget.

KERI'S GO-TO MEALS:

BREAKFAST

- Cereal & Milk
- Bagels & Cream Cheese
- Oatmeal
- Pancakes
- Breakfast Burritos
- Breakfast Taquitos
- Granola & Yogurt
- Grits
- All American Breakfast: Eggs, Bacon, Sausage
- Boiled Eggs & Avocado
- Avocado Toast
- French Toast
- Berries & Cream
- Dutch Oven Breakfast Casserole
- Biscuits & Gravy
- MountainHouse Meal

SWEET TREATS

- S'MORES (Get Creative!)
 - Reeses, KitKats, Almond Joy (any candy bar!)
 - Fudge Stripes Cookies, Cinnamon or Chocolate Grahams, etc.
 - Different Flavored Marshmallows, PEEPS!, etc.
- Fired Banana Biscoff S'more Boats
- Fire Orange Cake
- S'mores in a Bag with Teddy Grahams
- Roasted Starbursts
- Hot Chocolate

LUNCH

- Sandwiches
- Hawaiian Roll Sandwiches
- Ham & Cheese Wraps
- Peanut Butter, Pear, & Honey Wraps
- BLT's
- Roasted Red Pepper Vegetable Wraps
- Sweet Pork Nachos
- Bag Salad & Grilled Chicken
- Chicken Cream Cheese Crackers
- Charcuterie
- Beef Taco Salad
- PB&J

DINNER

- Nachos
- Street Tacos
- Tinfoil Dinners
- Pita Pizza
- Hot Dogs
- Soup/Grilled Cheese
- Sundried Tomato Pasta
- Fajitas
- Chili & Fritos
- BBQ Chicken Quesadillas
- Cheese Quesadillas
- Burritos
- Mac & Cheese
- Asian Peanut Quinoa
- Indian Beans & Rice
- Tostadas
- Brats with onions & peppers
- Walking Tacos

SNACKS

- Cheese sticks
- Go-Gurts
- Almonds
- Cubed Cheese
- Salami
- Fruit
- Luna Bars/Cliff
- GoGo Squeeze
- Trail Mix
- Chips
- Cut Veggies / Ranch
- Hummus
- Pretzel Chips
- Oreos- Cookies
- Fruit Cups
- M&M's
- Cheese, Salami, Club Crackers
- Fresh Berries
- Cheese/ olive/ grape tomato skewers.
- Squeeze Cheese Cracker Art
- Nutella & Go Dips
- Gummy Bears
- ZBars
- Honey Stingers
- Fruit Leathers

FUN KIDS HIKING SNACKS

- Fresh Candy Stick
- Lemonade
- Trail Mix Necklaces



ADVENTURE MEAL PLAN

BY: OVERLAND FOR GOOD

ASSIGN - CREATE LISTS

MY DESTINATION: _____

DATE: _____

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Breakfast: _____

Snack: _____

Lunch: _____


Snack: _____


Dinner: _____

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DATE: _____

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Breakfast: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

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ADVENTURE MEAL PLAN

BY: OVERLAND FOR GOOD

ASSIGN - CREATE LISTS

MY DESTINATION: _____

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Breakfast: _____

Snack: _____

Lunch: _____

Snack: _____

Dinner: _____

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Breakfast: _____

Snack: _____

Lunch: _____

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Dinner: _____

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OVERLAND FOR GOOD'S

3 DAY ADVENTURE MEAL PLAN GUIDE

IN ZION NATIONAL PARK

Organize and plan adventure meals.

GUIDE DETAILS: small group, big hikes, early adventures, warm weather conditions.

Plan your food around your adventures.

[Keri's Notes listed in ORANGE.](#)



ADVENTURE MEAL PLAN

BY: OVERLAND FOR GOOD

ASSIGN - CREATE LISTS

MY DESTINATION:

ZION NATIONAL PARK

DATE: THURSDAY, APRIL 10



BLM land along the way?



- Leave after work.
- Drive as far as we can go.
- _____

Breakfast: N/A

Snack: N/A

Lunch: N/A

Snack: Twizzlers - Energy Drink

Dinner: Caesar Salad Wraps (prep at home)

SHOPPING LIST

PACKED

- Twizzlers
- Energy Drink
- Caesar Salad mix
- Grilled Chicken
- Wheat Tortillas
- _____
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DATE: FRIDAY, APRIL 11



BLM LAND OUTSIDE OF PARK



- Hike The Narrows all day!
- Visitor Center - stamps & stickers!
- _____

Breakfast: Granola & Yogurt

Quick for early morning wake up.

Snack: Cliff/ Luna Bars **Hike snacks!**

Lunch: Italian Premade Sandwiches from Winco

Easy to throw in a pack, for lunch on the trail.

Snack: Apple / Grapes

Dinner: Brats with onions and bell peppers over the fire
-Banana Biscoff S'more Boats

SHOPPING LIST

PACKED

- Yogurt
- Granola
- Cliff Bars
- Italian Sandwich
- Fresh Fruit
- Brats
- 1 onion
- 1 red bell pepper
- tin foil
- olive oil
- seasonings
- Bananas
- Biscoff
- Mini Marshmallows
- Nutella
- Firewood
- Buns



ADVENTURE MEAL PLAN

BY: OVERLAND FOR GOOD

ASSIGN - CREATE LISTS

MY DESTINATION:

ZION NATIONAL PARK

DATE: SATURDAY, APRIL 12



Watchman Campground



- Early morning hike Angels Landing
- Ice Cream in the Market
- Gem Shops

Breakfast: Bagels & Cream Cheese
Quick for early morning wake up.

Snack: Trail Mix - Beef Jerky **Hike snacks!**

Lunch: Peanut Butter, Pear, Honey Wraps

Snack: Almonds - String Cheese

Dinner: Sundried Tomato Pasta

SHOPPING LIST

PACKED

- Mini Bagels
- Plain Cream Cheese
- Trail Mix
- Beef Jerky
- Peanut Butter
- Pears
- String Cheese
- Almonds
- Sundried Tomatoes
- Spiral Pasta
- Seasonings
- Grilled Chicken
- _____
- _____
- _____
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DATE: SUNDAY, APRIL 13



Home Sweet Home



- Break down camp
- Quick hike to Hidden Canyon
- Drive Home

Breakfast: Bagels & Cream Cheese

I don't need quick really, but I already have them!

Snack: Almonds - String Cheese

Lunch: Italian Meat & Cheese Wrap

Snack: Trail Mix - String Cheese

Dinner: Eat at home or on the road:
Madres Lentils & Minute Rice

SHOPPING LIST

PACKED

- Madres Lentil Packs
- Minute Rice
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OVERLAND FOR GOOD'S

10 DAY ADVENTURE MEAL PLAN GUIDE

IN GLACIER NATIONAL PARK

Organize and plan adventure meals.

GUIDE DETAILS: large group, all day mix of adventures, campground switches, cool weather conditions.

Plan your food around your adventures.

[Keri's Notes listed in ORANGE.](#)



ADVENTURE MEAL PLAN

BY: OVERLAND FOR GOOD

ASSIGN - CREATE LISTS

MY DESTINATION: _____

GLACIER NATIONAL PARK

DATE: _____ THURSDAY, JUNE 28



_____ SIDE OF THE ROAD SOMEWHERE?



- _____ Leave after work- around 4pm?
- _____ Drive to Missoula - 7.5 hours?
- _____

Breakfast: _____ N/A

Snack: _____ N/A

Lunch: _____ N/A

Snack: _____ Goldfish/ Pretzels

Dinner: _____ Chick -Fil -A !!

SHOPPING LIST

PACKED

• _____ Goldfish

• _____ Pretzels

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i don't make my kids eat the snacks I have assigned to those days. It just gives me an idea on what I have and make sure they don't eat certain food on hiking days so I have convenient snacks for those days. IM VERY FLEXIBLE. ;)

DATE: _____ FRIDAY, JUNE 29



_____ FISH CREEK CAMPGROUND



- _____ Drive the rest of the way to Glacier
- _____ Set up camp for everyone
- _____ Drive Going to the Sun Road

Breakfast: _____ Costco Muffins

Snack: _____ Hummus/ Pretzel Chips

Lunch: _____ Winco Italian Sandwiches

Pre assembled makes it so much easier - cut & serve

Snack: _____ Squeeze Cheese Cracker Art

Fun snacks for long travel days.

Dinner: _____ Thai Quinoa Peanut Chicken

_____ Salad

Pre cooked - assembly only for travel days.

SHOPPING LIST

PACKED

• _____ Costco Muffins

• _____ Hummus

• _____ Pretzel Chips

• _____ Italian Sandwich ~~x2~~

• _____ Squeeze Cheese

• _____ Ritz Crackers

• _____ Quinoa

• _____ Sesame Dressing

• _____ peanut butter

• _____ Red Cabbage

• _____ shredded carrots

• _____ red bell peppers

• _____ peanuts

• _____ cilantro

• _____ limes

• _____ cucumbers

• _____



ADVENTURE MEAL PLAN

BY: OVERLAND FOR GOOD

ASSIGN - CREATE LISTS

MY DESTINATION:

GLACIER NATIONAL PARK

DATE: SATURDAY, JUNE 30



Fish Creek Campground



- Hike Garden Wall Trail
- Donna & McKenzie arrive around 4pm
- Michael & Heather arrive around 9:30pm

Breakfast: Oatmeal

BARS b/c we're hiking this day.

Snack: Gogo Squeeze - Luna Bars

Lunch: Italian Sandwich

Don't add to shopping list again. I add a x2 next to my italian sandwich on the previous day.

Snack: Cut Veggies/ Ranch

Dinner: Sweet Pork Nachos

SHOPPING LIST

PACKED

- Oatmeal
- Green Apples
- 2 Gogo Squeeze
- Luna Bars
- Tortilla Chips
- Velveta Cheese
- Rotel Tomatoes
- Sour Cream
- Cherry Tomatoes ^{x2}
- Avocado
- Olives
- Sweet Pork
- Black Beans ^{x2}
- Carrots
- Broccoli
- Ranch

DATE: SUNDAY, JULY 1ST



Fish Creek Campground



- Canoe on Lake McDonald
- Play at camp/ kids dig / split up
- Get Donuts/ Ice Cream at Apgar Village

Breakfast: Breakfast Burritos ^G

G is for Group Breakfast so I remember I have to prepare for everyone. Just something I do.

Snack: Chips/ Pretzels

Lunch: Thai Peanut Quinoa (leftovers)

Snack: Jello Fruit Cups

Dinner: Tinfoil Dinners
- S'mores

SHOPPING LIST

PACKED

- Bacon
- Eggs
- Hashbrowns
- Shredded Cheese ^{x2 - x1}
- Chips
- Jello Fruit Cups
- Frozen Hamburgers
- Sausage
- Potatoes
- Canned Corn
- Fresh Green Beans
- 2 Yellow Onions ^{x2}
- Seasoning
- Candy Bars
- GramCrackers
- Marshmallows
- Ketchup



ADVENTURE MEAL PLAN

BY: OVERLAND FOR GOOD

ASSIGN - CREATE LISTS

MY DESTINATION:

GLACIER NATIONAL PARK

DATE: SATURDAY, JUNE 30



Fish Creek Campground



- Hike Garden Wall Trail
- Donna & McKenzie arrive around 4pm
- Michael & Heather arrive around 9:30pm

Breakfast: Oatmeal

BARS b/c we're hiking this day

Snack: Gogo Squeeze - Luna Bars

Lunch: Italian Sandwich

Don't add to shopping list again. I add a x2 next to my italian sandwich on the previous day.

Snack: Cut Veggies/ Ranch

Dinner: Sweet Pork Nachos

SHOPPING LIST

PACKED

- Oatmeal
- Green Apples
- 2 Gogo Squeeze
- Luna Bars
- Tortilla Chips
- Velveta Cheese
- Rotel Tomatoes
- Sour Cream
- Cherry Tomatoes ^{x2}
- Avocado
- Olives
- Sweet Pork
- Black Beans ^{x2}
- Carrots
- Broccoli
- Ranch

DATE: SUNDAY, JULY 1ST



Fish Creek Campground



- Canoe on Lake McDonald
- Play at camp/ kids dig / split up
- Get Donuts/ Ice Cream at Apgar Village

Breakfast: Breakfast Burritos ^G

G is for Group Breakfast so I remember I have to prepare for everyone. Just something I do.

Snack: Chips/ Pretzels

Lunch: Thai Peanut Quinoa (leftovers)

Snack: Jello Fruit Cups

Dinner: Tinfoil Dinners
- S'mores

SHOPPING LIST

PACKED

- Bacon
- Eggs
- Hashbrowns
- Shredded Cheese ^{x2 - x1}
- Chips
- Jello Fruit Cups
- Frozen Hamburgers
- Sausage
- Potatoes
- Canned Corn
- Fresh Green Beans
- 2 Yellow Onions ^{x2}
- Seasoning
- Candy Bars
- GramCrackers
- Marshmallows
- Ketchup



ADVENTURE MEAL PLAN

BY: OVERLAND FOR GOOD

ASSIGN - CREATE LISTS

MY DESTINATION:

GLACIER NATIONAL PARK

DATE: SATURDAY, JUNE 30



Fish Creek Campground



- Hike Garden Wall Trail
- Donna & McKenzie arrive around 4pm
- Michael & Heather arrive around 9:30pm

Breakfast: Oatmeal

BARS b/c we're hiking this day

Snack: Gogo Squeeze - Luna Bars

Lunch: Italian Sandwich

Don't add to shopping list again. I add a x2 next to my italian sandwich on the previous day.

Snack: Cut Veggies/ Ranch

Dinner: Sweet Pork Nachos

SHOPPING LIST

PACKED

- Oatmeal
- Green Apples
- 2 Gogo Squeeze
- Luna Bars
- Tortilla Chips
- Velveta Cheese
- Rotel Tomatoes
- Sour Cream
- Cherry Tomatoes ^{x2}
- Avocado
- Olives
- Sweet Pork
- Black Beans ^{x2}
- Carrots
- Broccoli
- Ranch

DATE: SUNDAY, JULY 1ST



Fish Creek Campground



- Canoe on Lake McDonald
- Play at camp/ kids dig / split up
- Get Donuts/ Ice Cream at Apgar Village

Breakfast: Breakfast Burritos ^(G)

G is for Group Breakfast so I remember I have to prepare for everyone. Just something I do.

Snack: Chips/ Pretzels

Lunch: Thai Peanut Quinoa (leftovers)

Snack: Jello Fruit Cups

Dinner: Tinfoil Dinners
- S'mores

SHOPPING LIST

PACKED

- Bacon
- Eggs
- Hashbrowns
- Shredded Cheese ^{x2 - x1}
- Chips
- Jello Fruit Cups
- Frozen Hamburgers
- Sausage
- Potatoes
- Canned Corn
- Fresh Green Beans
- 2 Yellow Onions ^{x2}
- Seasoning
- Candy Bars
- Gram Crackers
- Marshmallows
- Ketchup



ADVENTURE MEAL PLAN

BY: OVERLAND FOR GOOD

ASSIGN - CREATE LISTS

MY DESTINATION:

GLACIER NATIONAL PARK

DATE: MONDAY, JULY 2



FISH CREEK CAMPGROUND



- Avalanche Creek (Trail of the Cedars)
- Avalance Lake Hike - 4 miles
- Daniel /Danielle Arrive

Breakfast: Bagels & Cream Cheese

Snack: Apples/ Peaches

Lunch: Hawaiian Ham Sandwiches

Snack: Oreo's / Pretzel Chips

Dinner: Chicken Fajitas
- Biscoff S'mores Banana Boats

SHOPPING LIST

PACKED

- Bagels
- Cream Cheese
- Apples/ Peaches
- Hawaiian Bread
- Spicy Mustard
- Ham
- Mickles Pickles
- Oreos
- Pretzels
- Chicken
- Fajita Seasonings
- Bell Peppers
- Flour Tortillas
- _____
- _____
- _____
- _____

DATE: TUESDAY, JULY 3



ST. MARY'S CAMPGROUND



- Drive Going to the Sun Road
- Hidden Lake Hike
- Take down and put up camp

Breakfast: Bagels & Cream Cheese

Snack: Fruit/ Almonds

Lunch: Hawaiian Sandwiches

Snack: Chips/ Go-gurt

Dinner: Walking Tacos- beef

SHOPPING LIST

PACKED

- Almonds
- Gogurts
- Individual Bagged
- Nacho Cheese Chips
- Lettuce
- Taco Sauce
- Ground Beef
- Taco Seasoning
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ADVENTURE MEAL PLAN

BY: OVERLAND FOR GOOD

ASSIGN - CREATE LISTS

MY DESTINATION:

GLACIER NATIONAL PARK

DATE: WEDNESDAY, JULY 4



ST. MARY'S CAMPGROUND



- St. Mary's Falls & Virginia Falls - 3miles
- Donna's Last Day
- _____

Breakfast: Pancakes / Eggs/ Bacon^G

Snack: Trailmix - Luna Bars

Lunch: BLT Sandwiches - (Bacon leftover from breakfast)

Snack: Almonds/ Gogo Squeeze

Dinner: Hot Dogs over the fire/ chips/ fruit

SHOPPING LIST

PACKED

- Pancake Mix
- Syrup
- Nathan's Hot Dogs
- Hot Dog Buns
- Mustard
- Jelly
- Honey
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My shopping/ packing list get smaller as I go, bc I already listed the ingredients on the previous days.

DATE: Thursday, July 5



ST MARY'S CAMPGROUND



- Hike in Many Glacier
- Apikni Falls - Red Rock Falls
- Rent a Canoe on Many Glacier Lake

Breakfast: Oatmeal

Snack: Oreo's - Chips

Lunch: PB&J's

Snack: Cut Veggies & Ranch

Dinner: LEFTOVER NIGHT - everyone choose and cook your own - Smores

SHOPPING LIST

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MY DESTINATION:

GLACIER NATIONAL PARK

GET EXCITED!

DATE: FRIDAY, JULY 6

 FISH CREEK CAMPGROUND

 • MANY GLACIER
• Grinnel Lake & Catarack Creek
• Drive back to Fish Creek
• Donna Leaves

Breakfast: Granola Mountain House Meal

Snack: Nuts & Cheese

Lunch: Ham & Cheese & Crackers

Snack: Chips

Dinner: Costco Pulled Pork Sandwiches
Baked Beans

 SHOPPING LIST PACKED

- Granola MTN
- House Meal
- Pulled Pork
- BBQ Sauce
- 2c Baked Beans
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DATE: SATURDAY, JULY 7

 SOMEWHERE ALONG THE ROAD

 • EVERYONE LEAVES TO HEAD HOME.
• _____
• _____


Breakfast: Oatmeal/ Instant Grits

Snack: Whatever is left

Lunch: Ham Sandwiches or wraps

Snack: Whatever is left

Dinner: EAT OUT / Leftovers

 SHOPPING LIST PACKED

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