



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

