

Our Out-of-Sync Life Vacation Meal Packing List

Prepare @ Home

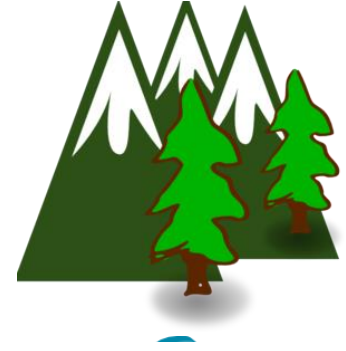
- Breakfast Burritos
- Pancake Mix
- Tator Tot Casserole
- [Homemade Granola Bars](#)
- Ham Delight Sandwiches
- Dessert
- Cinnamon Rolls
- Gravy
- _____
- _____
- _____

Packing Food

- Non-stick spray
- spaghetti noodles
- jar of spaghetti sauce
- box of macaroni and cheese
- salt, pepper, and other spices
- applesauce, peaches
- snacks
- cinnamon
- peanut butter
- syrup
- _____
- _____
- _____

Food to Purchase

- bacon
- eggs
- buttermilk (could substitute milk)
- milk
- American cheese
- fruit
- carrots (or other fresh vegetables)
- sausage
- frozen or refrigerator biscuits
- frozen pizzas
- margarine
- French Bread
- juice
- _____
- _____



Meal Calendar

- Day 1: _____
Breakfast –
Lunch -
Supper - Ham delight sandwiches, Fruit, Dessert
- Day 2: _____
Breakfast - Cinnamon Rolls, Bacon, Scrambled Eggs, Juice
Lunch -
Supper – Frozen Pizza, Fruit, Dessert
- Day 3: _____
Breakfast - Pancakes, Sausage, Juice
Lunch -
Supper – Breakfast Burritos, Fruit, Dessert
- Day 4: _____
Breakfast – French Toast, Bacon, Juice
Lunch -
Supper - Spaghetti, Sauce, French Bread, Apple Sauce
- Day 5: _____
Breakfast – Biscuits and Gravy
Lunch -
Supper – Leftovers
- Day 6: _____
Breakfast - Pancakes, Bacon, Juice
Lunch -
Supper – Tator Tot Casserole, Peaches
- Day 7: _____
Breakfast – Sausage, egg, cheese biscuits
Lunch -
Supper -

- _____
- _____
- _____
- _____
- _____



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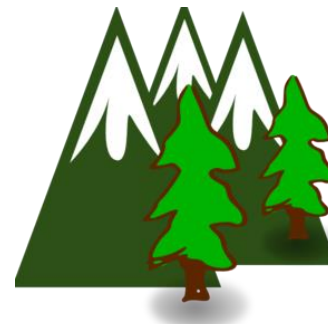
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Packing Food

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Food to Purchase

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Meal Calendar

- Day 1: _____
Breakfast -
Lunch -
Supper -
- Day 2: _____
Breakfast -
Lunch -
Supper -
- Day 3: _____
Breakfast -
Lunch -
Supper -
- Day 4: _____
Breakfast -
Lunch -
Supper -
- Day 5: _____
Breakfast -
Lunch -
Supper -
- Day 6: _____
Breakfast -
Lunch -
Supper -
- Day 7: _____
Breakfast -
Lunch -
Supper -

