

Our Out-of-Sync Life Vacation Meal Packing List

Prepare @ Home

- [Parmesan Bites](#)
- Pancakes
- Romen Noodle Salad Dressing
- [Homemade Granola](#)
- Yummy Snack Mix
- [Homemade Granola Bars](#)
- _____
- _____
- _____



Packing Food

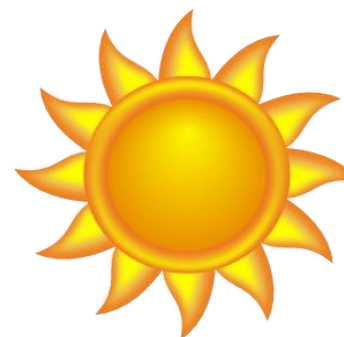
- spaghetti noodles
- jar of spaghetti sauce
- ramen noodles
- box of macaroni and cheese
- peanut butter
- jelly
- salt, pepper, and other spices
- fruit snacks
- pop tarts
- syrup
- _____

Food to Purchase

- shredded cheese
- broccoli slaw or cole slaw
- bacon
- eggs
- buttermilk (could substitute milk)
- milk
- sandwich bread
- lunch meat
- mayo
- American cheese
- chips
- fruit
- carrots (or other fresh vegetables)
- sausage
- frozen or refrigerator biscuits
- frozen or fresh pizzas
- margarine
- yogurt
- juice
- non-stick spray
- _____
- _____
- _____
- _____
- _____

Meal Calendar

- Day 1: _____
Breakfast -
Lunch -
Supper - Spaghetti, Sauce, Parmesan Bites, Romen Noodle Salad
- Day 2: _____
Breakfast - Pancakes, Bacon (Homemade Granola)
Lunch - Sandwiches, Chips, Carrots
Supper - Frozen Skillet Meal, Parmesan Bites, Leftover Salad
- Day 3: _____
Breakfast - Cheese, Sausage, Egg Biscuits
Lunch - Sandwiches, Chips, Fruit
Supper - Frozen Pizzas
- Day 4: _____
Breakfast - Pancakes, Bacon (Homemade Granola)
Lunch - Sandwiches, Chips, Carrots
Supper - Left overs and Macaroni and Cheese
- Day 5: _____
Breakfast - Pop Tarts and Yogurt
Lunch -
Supper -
- Day 6: _____
Breakfast -
Lunch -
Supper -
- Day 7: _____
Breakfast -
Lunch -
Supper -



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Packing Food

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Food to Purchase

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Lunch - _____
Supper - _____
- Day 7: _____
Breakfast - _____
Lunch - _____
Supper - _____

