

5 Day Road Trip Meal Planner

Momvanup.com

Days: People: Budget:	Groceries
Breakfasts	Instant Oatmeal Packets
Boiled Eggs and Sausage Oatmeal Yogurt and Granola	Eggs Heat and Serve Sausage Vanilla Yogurt Granola (or supplies to diy) Bowtie Pasta Olives Italian Salad Dressing Burger Patties Sliced Cheese Burger Buns
Lunches	Frozen Ravioli Pasta Sauce
Pasta Salad Burgers Ravioli	1-2 Pounds of chicken breast or Beef Bell Peppers Red Onion Bamboo Skewers Naan Bread Grapes Frozen Meatballs or 1-2 Pounds Ground Meat Sauce (Red Sauce or Jelly and Cocktail Sauce) Crackers Cheese
Dinners	Prepared Chicken Tenders or Patties Instant Mashed Potatoes
Kabobs Chicken and Mashed Potatoes Meatballs Lasagna Salad	Corn Gravy Prepared Lasagna (or Ingredients to DIY) Garlic Bread (I find the deli kind works best, Texas Toast doesn't work well in a food warmer) Salad Kit Deli Meat, Cubed Ham or Grilled Chicken Strips
Notes:	