



# SIMPLY SCHEDULED: ON THE GO

Healthy Menu Plans...

for Camping, Picnics, BBQ's and Traveling Tips for Eating Good On The Go!



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[SimpleHealthyTasty.com](http://SimpleHealthyTasty.com)

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Healthy Menu Plans for Camping, Picnics, BBQ's & Traveling Tips for Eating Good On The Go!

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## DISCLAIMER

Be sure to note that everything in this eBook is my own opinion. It is up to you to form your own opinions. Hopefully you will research it. All information is intended to educate, I am not a licensed medical doctor and do not "diagnose" or "treat" disease. You need to decide what is best for you and your family.



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Done for you, complete with shopping lists and recipes

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# Intro

*you nourish much more than  
the body when you have your family  
sit down to a healthy homemade meal*  
Simple.Healthy.Tasty  
*healthy doesn't have to be hard*

I have had a lot of people asking me about what we eat when we travel, go to social functions, when we camp etc. It's one thing when you are at home and have a lot more control of your environment, but what about when you're on the go? How can we still eat healthy when not at home?

At first it seemed like a lot of work and I wished others, including fast food places would cater more to a healthy lifestyle. But let's face it, that's not exactly the world we live in, at least not where I'm from. So we had to get a little creative. We travel and go on road trips quite a bit, we love a good get together, picnic, or BBQ and we have always enjoyed getting away to the mountains to go camping! With this book I have tried to give you all the ideas that have worked well for us. It's like with most everything it's not really any harder it's just different then the way we had done things before. After a while it just became part of the routine and now it's as simple as any type of traveling can be with the whole family!

I did realize though, as I started planning this book, that we have our favorite camping meals, picnics and things! I'm not the best at planning and decision making so planning these different meals was taking me more time then fixing them! I'm so excited to have this book because it's DONE now. It's all planned, I can print up the lists I need, I can mix and match, I won't forget to write down that important item on my list! It will already be there I won't have to rely on my memory and I won't be overwhelmed! It did take me quite a bit of time to get this book all put together but from now on there will be very little if any time spent in planning for these things. I just print the lists I want and shop for the things we need! The recipes are even in here right at my finger tips. The only thing that would make it easier is for the food to prepare itself, but of course the recipes are simple ones!

Alright let me quickly explain the intent of this book:

- 🍓 The first section is camping menus. I have divided them up into 5 separate days. Each day has a menu, ingredient lists, a master bring from home and shopping lists and recipes. If you are going camping for only a day or two just print out two of the days that sound good to you. Notice that for lunch I put snacks, we have found while camping we would much rather snack than have a formal lunch! And you will also notice "Campfire Fun," that could be called dessert but it's more about the fun inspiring evenings with each other around the campfire the dessert is just a bonus! I also took all five of the days and made a full combined big list for those who like to camp for longer. There is a to do list of things to prepare and make ahead of time because it's easier and may require a blender or something you plug in. There is also a list of non-food items that are just good to have with you no matter how long you go for.
- 🍓 The Next section is a do-it-yourself camping menus. I have charts that you can pick and choose from with meal ideas and ingredient lists and even a chart of little or no cooking ideas for those who don't want to cook much when camping. There are also blank forms you can use to fill out your own shopping lists and even add some of your families favorite recipes.
- 🍓 In the next section you will find 2 complete picnic menus and 3 complete BBQ menus, again complete with shopping lists, recipes and more blank forms for those who want to mix and match or use their own recipes!
- 🍓 Next you will find a section on travel this is full of hint and tips we found make it easy to eat good while on the road. A list of things to take with you and smart ideas on where to stop and also some fun On The Go snack recipes!
- 🍓 In the last section you will find all the recipes plus a few extras that I thought might be good to have. They are formatted in my traditional cook book format and can be easily printed half or full size and put into sheet protectors in a binder to make a wonderful recipe book! There is over 40 recipes in this section alone!

# Camping Menu Day 1

Breakfast	Snacks	Dinner
SAMPLE	SAMPLE	SAMPLE

## Campfire Fun

SAMPLE
--------

## Ingredient List Day 1

Breakfast	Snacks	Dinner	Campfire Fun
SAMPLE	SAMPLE	SAMPLE	SAMPLE

# Master List for Day 1

## FOOD FROM HOME

(check and transfer to shopping list if you need to get)

- Water
- Granola already made (Refer to recipe to be sure you have what you need to make)
- Rice Milk
- Diced Green Chilies
- Minced onion
- Oregano
- Garlic powder
- Cooked Brown Rice
- Cheezy Sauce already made (refer to recipe)
- Hot Carob Mix Made (refer to recipe)
- Homemade refried beans (unless buying some)
- Homemade Trail Mix
- \_\_\_\_\_
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## SHOPPING LIST

- Fresh Fruits of choice
- Veggie Sticks
- Crackers
- 100% Fruit Leathers
- Lara Bars
- Whole Grain Bread
- 100% Fruit Juice
- Whole Grain Tortillas
- Canned or Dehydrated refried beans
- Salad
- Tomatoes
- Salsa
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## hot CAROB mix



SAMPLE  
SAMPLE  
SAMPLE  
SAMPLE

In a food processor or blender mix all ingredients together. Can stir in any additional add-ins you want, like carob chips or cinnamon.

Mix 3-6 Heaping Tablespoons of mix, depending on how rich you want it, with every cup of boiling water.







# Simple. healthy. TASTY.

Healthy doesn't have to be hard

Be sure to visit [SimpleHealthyTasty](#) often there's lots going on!

-  Menu Planning - Help for Special Occasions
-  Help with Healthy Food Storage
-  Recipe eBooks for ease in printing and using my recipes
-  Of Course Many, Many more recipes
-  Newsletter with sneak peeks, promotions, discounts!  
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Thank You!