



Foodie for Two: Breakfast

This quick camp cooking breakfast is designed to kickstart a busy day of outdoor fun. With this kit, making breakfast is as simple as boiling water. Clean-up should also be a snap as each meal is packed for no-mess cooking. To make this meal you'll need to master the basic camp cooking skill of boiling water. For tips and tricks on boiling water in the outdoors check out our how to video on Campeats.com.

In this meal you'll find that Straw Propeller Gourmet takes oatmeal to another level to create a base for your breakfast self expression. We've given you a start with the smooth and protein-filled Barney almond butter. But make it your own by adding dried or fresh fruit and maybe even a dollop of greek yogurt to give it a savory tang.

Foodie for Two: Breakfast



EQUIPMENT

Camp Stove
Eating Utensils
Pot or Kettle

CAMPEATS PROVISIONS

2 Straw Propeller Gourmet Oatmeals
2 Barney Butter Smooth Almond Butter Packs

OPTIONAL SHOPPING LIST

Coffee
Tea
Cocoa
Juice
Milk
Water
Fresh or Dried Fruit
Greek Yogurt
Maple Syrup

INSTRUCTIONS

Prepare your camp stove per the manufacturer's instructions
Add potable water to a cooking vessel and boil
Pour $\frac{1}{2}$ to $\frac{3}{4}$ of a cup into cup
Cover let sit for 2-3 min
Stir and enjoy with a side of protein packed almond butter



Foodie for Two: Lunch

This grab and go lunch is made for a day of adventure away from your basecamp. The traditional camp flavors embrace savory tastes. For extra hearty eaters, we suggest you pair this with a bag of baby

carrots or snap peas. To add some sweet to your savory, you could toss in an apple or seasonal fruit that is easy to carry.

Foodie for Two: Lunch



EQUIPMENT

Enclosed on the go trashbag

CAMPEATS PROVISIONS

2 The New Primal Snack Sticks

4 Single Serving Popchip Bags

1 Wheel of Laughing Cow Cheese

OPTIONAL SHOPPING LIST

Seasonal Fruit

Baby Carrots

Snap Peas

Drinks

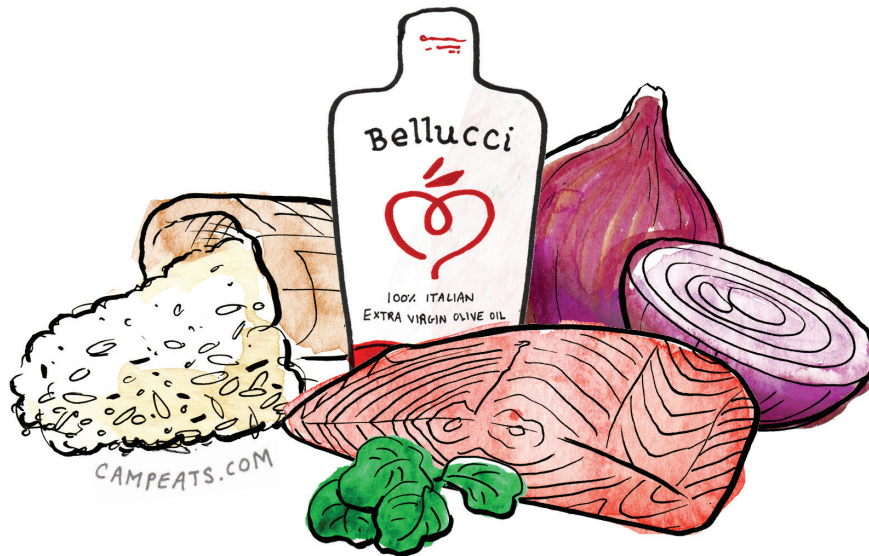
INSTRUCTIONS

Add any supplemental items to your CampEats portable bag

Eat your delicious on the go noms

Pack out your trash in your portable bag

Remember to keep hydrated using your favorite beverage



Foodie for Two: Dinner

This dinner is a little more of a camp cooking adventure. Think a leisurely evening of camp cooking. You'll need to build a fire or have access to a grill. Plus, you should have a camp stove at the ready to boil water. To help fuel your adventures (pun intended) you can watch our helpful how-to videos at [Campeats.com](https://www.campeats.com) they'll cover all the basics required for by using these two these two heat sources.

Inside your Provisions Pack you'll find a pan-Asian inspired dry rub ready for your protein of choice as well as some complimentary quick cooking coconut rice. We suggest you also add some peppers and onion and create some delicious grilled kabobs.

Foodie for Two: Dinner



EQUIPMENT

Camp Stove
Pot with Lid to Boil Water
Grill or Grated Fire Pit
Zipper Bag to Marinate the Protein (note the CampEats organizational bag works well for this)
Tongs
Plates, Bowls/Mugs, Utensils
If you are making kabobs
Knife
Cutting board
Kabob Sticks

CAMPEATS PROVISIONS

1 Urban Accents Mandarin Ginger Dry Glaze
2 Bellucci Oli Pouches
1 Sal De Vida Coconut Rice Packets

REQUIRED SHOPPING LIST

Your Choice of Protein (Chicken Breast, Fish Fillets, or Tofu) 1.5 - 3 lbs left whole for par grilling

OPTIONAL SHOPPING LIST

Peppers 1 Red 1 Yellow
Fresh Cubed Pineapple
1/2 Large Red Onion
Bag of Salad Asian Style
Sriracha or Kimchi for a little heat
Drink of choice will pair well with a Pilsner or Sauvignon Blanc

INSTRUCTIONS

Add protein and oil to zipper bag. If you are making the optional veggies, chop them into bite size pieces and add them to the bag as well

Take a second bag partially fill with water and insert wooden kabob sticks to moisten (1 hour before)

Roll the protein bag to ensure an even coating of spices and return to cooler for marinating

Set your timer for 30 min for marinade and if you are building a fire now is a good time to start getting it lit so your coals are hot for grilling

Once the marinade is complete prepare to grill

Place the whole chicken breasts, tofu, or fish fillets on the grill par cook to halfway for kabobs (remember to flip for even cooking) If you are just making grilled protein cook fully and serve

Remove from grill and cut into bite size chunks and assemble with veggies into skewers

Return to grill till veggies and meat are fully cooked turning every 5 min

Prepare your camp stove per the manufacturer's instructions

Add 1 cup of water and boil

Stir in rice mix and cook covered for 2 min

Turn off stove and let sit covered for 3 min. Enjoy



Foodie for Two: Snacks

Camping isn't just about the main meals. Part of the fun are the little treats you get because you're expending lots of energy exploring the outdoors. In this provision pack we've added a few sweet treats and energy-packed savory snacks.

Foodie for Two: Snacks



EQUIPMENT

Enclosed on the go trashbag

CAMPEATS PROVISIONS

8 Assorted Chuao Gourmet Chocolates
2 bags of Bay and Beyond Sea Salt Peanuts

OPTIONAL SHOPPING LIST

Cocoa
Marshmallows
Graham Crackers

INSTRUCTIONS

We picked tiny chocolates that are amazing on their own, if you want to add marshmallows and grams to your kit. They've also been curated to make next level s'mores. Plus, sea salt nuts are a great hiking snack as the salty taste will help encourage everyone to stay hydrated