

THE Southern Glamper

POPPING UP IN STYLE WHEREVER WE GO!

	Friday	Saturday	Sunday					
Breakfast		Yogurt, Granola and Fruit	Bagel Bar					
Lunch	Sandwiches	Sandwiches/Hiking Lunch	Sandwiches/Spreads and Fruit					
Dinner	Hot Dogs/Burgers	Crock Pot French Dip Sandwiches						
To use this sheet, you can select File and Make a Copy to add this to your Google Drive.								
Notes								
<p>For the granola, yogurt and fruit, you can make your own granola using the recipe on the next sheet. I use Fage Greek Yogurt that is plain for this. Any fruit is fine to use with this.</p> <p>Use the sandwich spreads for multiple meals. You can make all or some of these spreads. Serve them with pita chips, wasa crackers, over lettuce or on bread.</p> <p>For the burgers and French dip sandwiches, you can also serve these as lettuce wraps for a low carb option. Add chips or fruit for a simple side. Or you can cook a vegetable of choice.</p> <p>With the bagel bar, serve with any assorted toppings that you like. Go with smoked salmon, capers, tomatoes and onion for something traditional. Use fruit and cream cheese for something sweet. You could also elect to use things like nut butters as spreads. Boiled eggs could go with this if you are not into smoked salmon.</p> <p>I made homemade bagels. I sliced each bagel in half once they were cool and wrapped each one individually in wax paper to freeze. You can store them in zip lock bags and take to the campground. Take as many or a few as you need. Enjoy the rest at home. They toast up beautifully for breakfast. They can also be used for bread with sandwich spreads.</p>								
<p>For more camping ideas visit www.southernglamper.com</p>								

Recipe	Link
Simple Granola	http://thelivefitgirls.com/2014/05/03/super-simple-granola/
Buffalo Chickpea Spread	https://happyhealthymama.com/buffalo-chickpea-salad-sandwich.html
Pimento and Cheese	http://www.myrecipes.com/recipe/mary-anns-pimiento-cheese-50400000119134/
Chicken Salad	https://bellyfull.net/2014/06/08/chicken-salad-sandwich/
French Dip Sandwiches	http://allrecipes.com/recipe/16239/easy-slow-cooker-french-dip/
Bagels	https://cosetteskitchen.com/recipe/bagels
Lox	http://www.babaganosh.org/how-to-cure-salmon-lox-recipe/