



Beach Vacation Meal Plan

(serves 4 for 1 week)

Grocery List

Breakfasts	Lunches	Dinners	Desserts
A. Eggs & Bacon	F. Sandwiches	I. Spaghetti	O. Brownies
B. Breakfast Casserole	G. BLT	J. Tacos	P. Ice Cream
C. Biscuits and Gravy	H. Hot Dogs	K. Chicken Stir Fry	Q. Cookies
D. Cereal	w/ Mac N Cheese	L. Frozen Lasagna	R. Watermelon
E. Breakfast on the Beach		M. Shrimp Boil	
		N. Hamburgers	

Items are listed with the corresponding meal number from the table above. That way you can eliminate the ingredients for meals you don't want. Categories that could be packed from home have an asterisk (*) next to them.

Frozen

- 1 Party Size Lasagna *L*
- 1 Bag Frozen Stir-Fry Vegetables *K*
- 1 ½ Gallon Ice Cream *P*
- 1-2 Condensed Juices

Meat, Fish, Poultry

- 2lbs Bacon *A, G*
- 1lb Breakfast Sausage *B, C*
- 1lb Lunch Meat *F*
- 1pkg Hot Dogs *H*
- 1dz Eggs *A, B, O*
- 2lbs Ground Beef *J, N*
- 2lbs Smoked Sausage *M*
- 1.5 lbs. Shrimp *M*
- 1.5 lbs. Boneless Chicken Breast *K*

Produce

- 1 Medium Watermelon *E, R*
- 1 Head of Lettuce *F, G, J*
- 1 Bag of Salad Mix *L*
- 2 Cucumbers *F, H, L, M*
- 3 Green Peppers *F, H, L, M*
- 4 Tomatoes *F, G, J, L, N*
- 1 Bag of Baby Carrots *I, L*
- 4 Ears of Corn *M*
- 3lbs Apples
- 2lbs Pears
- 1lb Grapes
- 2lb Nectarines
- 1 Bunch Bananas

You can substitute whatever type of fruit, veggies, and salad toppings your family prefers for snacks/sides.

*Breakfast

- 2 Boxes of Cereal *D*

Dairy

- 2 rolls Refrigerated Biscuits *B, C*
- 2C Shredded Cheese *B, J*
- 1 16oz Block of Cheese *F*
- 1Pkg Refrigerated Cookie Dough (or cookies from the bakery) *Q*
- 1 Gallon of Milk *C, D, H*

*Baking

- 1C Flour *C*
- 1C Oil *O*
- 1 Box Brownie Mix *O*

*Canned/Dry Goods

- 1 Jar Peanut Butter *E, F*
- 1 Jar Jelly *E, F*
- 1 Box of Macaroni and Cheese *H*
- 1 Box Spaghetti Noodles *I*
- 1 Jar Spaghetti Sauce *I*
- 1 Can Campbell's Golden Mushroom Soup *K*
- 1 Jar of Baby Dill Pickles

*Condiments

- Ketchup *H, N*
- Mayonnaise *F, G*
- Mustard *F, H, N*
- Cocktail Sauce *M*
- Salsa *J*
- Taco Seasoning *J*
- Salad Dressing *L*
- Soy Sauce *K*
- Salt
- Pepper
- 1T Old Bay or Shrimp Boil Seasoning *M*
- 1T Hamburger Seasoning *N*

***TIP:** If you are stopping to eat along the way to the beach, ask for extra ketchup, mustard, mayo, etc. packets. Then you won't have to buy it!*



**Bread*

- 2 Loaves of Sandwich Bread *E, F, G*
- 1 Bag Hamburger Buns *N*
- 1 Bag Hotdog Buns *H*
- 8 8" Tortillas or Taco Shells *J*
- 1 32oz Box of Minute Rice *K, M*

**You May Also Need*

- Laundry Detergent
- Trash Bags
- Toilet Paper
- Paper Towels
- Drinking Water

**Snacks*

- Potato Chips
- Pretzels
- Tortilla Chips



Sample Menu Schedule

	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT
Breakfast	On the Road	Eggs & Bacon	Breakfast Casserole	Cereal	Biscuits and Gravy	Cereal	Breakfast On the Beach	Cereal
Lunch	On the Road	Sandwiches	Hot Dogs & Mac N Cheese	BLT	Left Overs	Eat Out	Leftovers	On the Road
Dinner	Spaghetti	Tacos	Chicken Stir Fry	Frozen Lasagna	Eat Out	Burgers	Shrimp Boil	On the Road
Dessert		Brownies	Ice Cream	Leftovers	Eat Out	Cookies	Watermelon	

This menu was designed to be flexible, so the schedule above is just an example of what to eat when. Use the fresh fruit and veggies as sides as well as snacks.

Prep and Cooking Notes

Suggested sides are listed in parenthesis.

Day 1: Arrival – Spaghetti (Baby Carrots)

I chose spaghetti as the first night's meal because I could pack it without having to worry about refrigerated items. It gave us something filling to eat for dinner so that we didn't have to run straight out to the grocery store after a long day of driving and unpacking. Another option is to use this night as your eat out night, but you'll probably be too tired to enjoy it. Just eat your spaghetti and get out to the beach for sunset! (Go shopping the next morning before the next wave of tourists show up)

Day 2: Eggs and Bacon (fruit)

Sandwiches (pickles, chips)

Tacos, and Brownies

You have lunch meat and PB&J for a fast lunch of sandwiches. You could even haul this down to the beach with you if you wanted. Use leftover sandwich toppings (tomato and lettuce) for tacos. Use leftover taco toppings (tomato, lettuce, shred cheese) for the salad.

Day 3: Breakfast Casserole (fruit)

Hot Dogs & Mac N Cheese (sliced green peppers and baby carrots)

Chicken Stir Fry, Ice Cream

Use leftover green pepper and carrots for salad.

My husband makes an awesome Breakfast Casserole for us almost every weekend. You can try lots of variations on this, but here is the basic recipe:

1. Brown ½ lb. Breakfast Sausage
2. Mix Sausage, 5 eggs, 1lb shredded cheese, 1C Milk, Salt, Pepper in a casserole dish
3. Cut 8 Biscuits into quarters and put them on top
4. Bake covered for 45 min @375

For the Chicken Stir Fry, I used this very simple [Campbell's Soup Recipe for Chicken Stir Fry](#).



Day 4: Cereal (fruit)

BLT (pickles, pretzels)

Lasagna (salad)

For the salad, I just keep it in the bag and continue to add veggies and “regular” lettuce through the week as they are left over from other meals. Use “leftover” desert for Brownies A-La-Mode.

Day 5: Biscuits and Gravy (fruit)

Left Overs

Eat Out

For Biscuits and Gravy, use the leftover sausage from the breakfast casserole to make gravy. Brown the sausage in a pan. Starting with about 1/8 C of Flour and 1 C of Milk, add and stir. Add more flour and milk until you have the consistency you want. Season with salt and pepper.

By now you should have plenty of left overs to eat for lunch. If you’re going to eat out for dinner, tonight’s the night! Don’t forget to head out early to take advantage of the Buy One Get One Entrée specials that many restaurants offer.

Day 6: Cereal (fruit)

Eat Out

Burgers (sliced veggies, chips), Cookies

Again, if you want to eat out, definitely schedule in a meal or two to do it. Lunches can be a cheaper way to experience local fare. If you don’t want to eat out, then continue to work on those leftovers, or have some more sandwiches. The goal is to eat up all the things that you can’t take with you in the car when it’s time to head home.

Day 7: Breakfast on the Beach

Leftovers

Shrimp Boil, Watermelon

We did Breakfast on the Beach as a “surprise” on our last day. I got it ready the night before so that we could get down to the beach to play as early as possible. I just made Peanut Butter and Jelly Sandwiches (stored in a bread bag) and scooped out watermelon pieces (stored in a Tupperware in the fridge until it was time to go). The kids loved it! Of course, you can make whatever you family likes – just make sure it is relatively sand/wind-proof and easy to transport.

For the Shrimp Boil, we bought local shrimp (yum!) and I altered this [recipe for a Lo’ Country Boil from allrecipes.com](http://allrecipes.com) to fit my family’s tastes.

Day 8: Head out on the Highway

The night before we left our beach condo, I prepped all the food that was travel-friendly. I made sandwiches and wraps out of all the remaining bread, tortillas, and buns. Leftover biscuits got jelly. (Again, all stored in the bag the bread came in) I sliced up the rest of the veggies and fruit and packed them into a lunchbox sized cooler bag. We munched on all that in the car – we didn’t have to stop for lunch and it kept the kids occupied.