



ROAD TRIP MEAL PLANNER



FROM: ___ / ___ / ___ TO: ___ / ___ / ___

DAY 1

Breakfast :
Lunch :
Dinner :
Snacks:

DAY 2

Breakfast :
Lunch :
Dinner :
Snacks:

DAY 3

Breakfast :
Lunch :
Dinner :
Snacks:

DAY 4

Breakfast :
Lunch :
Dinner :
Snacks:

DAY 5

Breakfast :
Lunch :
Dinner :
Snacks:

DAY 6

Breakfast :
Lunch :
Dinner :
Snacks:

DAY 7

Breakfast :
Lunch :
Dinner :
Snacks:



THE ROAD TRIP EXPERT



ROAD TRIP MEAL IDEAS



BREAKFAST

- Berry Yogurt Parfait
- Chocolate Peanut Butter Overnight Oats
- Breakfast Bagels
- Breakfast Burritos
- Ham & Cheese Crossaints
- Grilled PB&J Sandwiches
- Homemade Granola Bars
- Chia Seed Pudding
- Hard Boiled Eggs
- Smoothie packs
- Cinnamon Muffins
- Yogurt, Fruit & Granola
- Fresh croissants
- Avocado & Hummus Wrap

cold DINNER

- Pre-made salads
- Pre-Made Quesadillas
- Cold Pasta Salads
- Wraps or Salad Wraps
- Stuffed Pita Pockets
- Bento Box
- Store-bought Sushi Rolls
- Charcuterie Board

warm DINNER

- One-Pot Chili
- Sausages & Hot Dogs
- Pasta
- Instant Noodles
- Canned soups

LUNCH

- Greek Pasta Salad
- Mexican Taco Salad
- Mediterranean Tuna Salad
- Quinoa Chickpea Salad
- Healthy Chicken Salad
- Homemade Quiche
- Wraps and Sandwiches
- Pinwheels
- Veggie Sticks & Hummus
- Caprese Skewers
- Cold Pizza

SANDWICHES

- Tuna Salad Sandwich
- Spicy Chickpea Sandwich
- Egg Salad Sandwich
- Montreal Smoked Meat Sandwich
- Chicken Caprese Sandwich
- Club Sandwich
- Hummus & Veggie Sandwich
- Nutella & Banana Sandwich
- PB&J Sandwich
- Cream Cheese & Jam





ROAD TRIP SNACK IDEAS



NON-PERISHABLE SNACKS

- Chips
- Protein bars
- Dark chocolate
- Pretzels
- Popcorn
- Bread Buns
- Crackers
- Candy bars
- Tinned fish – mackerel, sardines
- Cupcakes/muffins
- Chocolate & sweets
- Jerky & Salami Sticks

HOMEMADE SNACKS

- Travel Snackle Box for Kids
- No-Bake Protein Balls
- Japanese Deviled Eggs
- Hummus Pita Pockets With Crunchy Veggies
- Homemade Hummus With Veggie Sticks
- Chocolate Tiffin
- Salted Caramel Millionaire Shortbread
- Flapjack Recipe
- Cinnamon Breakfast Muffins
- Triple Chocolate Brownies

SNACKS TO COOL

- Boiled eggs
- Dips – Hummus, Guacamole, Ranch
- Pickles
- Cheese – cheese sticks or cubes
- Veggies with Hummus
- Fruit – apples, oranges, berries
- Chicken wings & drumsticks
- Sausage rolls, pastries, pies

HEALTHY SNACKS

- Trail Mix, Seeds & Nuts
- Fruit leather or dried fruits
- Granola bars
- Hummus & Veggie Sticks
- Guacamole & Crackers
- Cherry tomatoes
- Rice Cakes with Nut Butter
- Energy or Protein Balls
- Roasted Chickpeas
- Peanut or Almond Butter & Apple Slices
- Veggie Chips or Kale Chips



