## Road Trip Meal Planner

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<th>Day 1</th>
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<td><strong>Lunch:</strong></td>
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<td><strong>Dinner:</strong></td>
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<td><strong>Snacks:</strong></td>
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### The Road Trip Expert

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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

**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

**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
# 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

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*The Road Trip Expert*
Embark on a flavorful journey with every mile! Let our site be your guide to unforgettable road trip snacks and meals. Dive into our articles "Best Road Trip Snacks", "Best Road Trip Sandwiches" and "Best Road Trip Food Ideas" for effortless meal planning and discover easy recipes tailored for the open road.

MEAL IDEAS

SHOPPING LIST

SNACK IDEAS

FOR COOLER

NON PERISHABLE