

The Family Travel Company | Healthy Menu Series

Caravan and Camper Cooking

Conventional

BREAKFAST

Banana yoghurt smoothie

Two bananas with a scoop of full cream yoghurt blended with either cow's milk, rice milk or soya milk.

Mushroom and bacon omelette

Three eggs cooked with diced mushrooms and chopped bacon.
Serve with a side salsa or toast.

Fruit salad and Greek yoghurt

In-season fruits diced and tossed in Greek yoghurt with cinnamon sprinkled on top.

Field snacks

Pepitas, sliced zucchini with guacamole, pecan nuts, olives, mushroom caps with feta cheese and olive oil.

LUNCH

Guacamole and salad sandwich

Hand-made guacamole, leafy salad and feta cheese in a local bakery roll or crusty bread.

Grilled salmon with Thai salad

Grilled salmon fillets with a Thai ginger, chilli and soy sauce salad.

Tuna quinoa risotto

One-pot tuna, tomato, quinoa and herbs risotto topped with olive oil and parmesan.

DINNER

Chilli con carne

Beef, beans, cumin and smoked paprika stewed in a capsicum and tomato sauce.
Add sour cream and chilli.
Enjoy with cabbage leaves chips for a low carb option or have with corn chips.

Open burger and cheese

Grilled beef patty served on top of a tomato salad, with BBQ sauce, avocado, sour cream and sliced cheese.

Turkey mince patties and salad

Turkey and herb patties served with either Caesar or Greek salad.

DESSERTS

Blueberries and cream

A bowl of blueberries covered in fresh whipping cream

Greek yoghurt and Kiwi fruit

Diced kiwi fruit smothered with Greek yoghurt.

Shopping check List

Avocados
Bacon
Bananas
BBQ sauce
Beef Mince
Blueberries
Bread
Cabbage
Caesar dressing
Capsicum
Cheese slices
Chillies
Cinnamon
Corn chops
Cumin
Eggs
Feta Cheese
Ginger
Greek yoghurt
Kidney beans
Kiwi fruit
Lemon
Milk
Mixed fruits
Mixed herbs
Mushrooms
Olive Oil
Parmesan Cheese
Pecans
Pepitas
Quinoa
Salad leaves
Salmon fillets
Sea salt
Smoked paprika
Sour Cream
Soya Milk
Soy sauce
Tinned tuna

Tomatoes
Turkey mince
Whipping Cream