



THE WILD GUIDES

Camping Food List Ideas

Camping Food List Ideas for Breakfast

- **Granola** (471 calories per 100 gram): good source of protein.
- **Whole-grain cereal** (265 calories per 100 gram): high values of fiber, protein, Calcium, Magnesium, Iron and Vitamin B6.
- **Eggs** (155 calories per 100 gram): great source of protein and high in Vitamin D and B12.
- **Flour** (364 calories per 100 gram).
- **Bread** (around 250 calories per 100 gram): high in Iron and Magnesium.
- **Cheese** (353 calories per 100 gram): high in Calcium and Vitamin A.
- **Pasteurized milk** (69 calories per 100 ml): high in Calcium.
- **Greek yogurt** (59 calories per 100 gram): high in Calcium and contains Vitamin B12.
- **Instant soup** (343 calories per 100 gram).
- **Apples** (52 calories per 100 gram): high in fiber and Vitamin C.
- **Pears** (57 calories per 100 gram): have Vitamin C and are high in fiber.
- **Mangos** (60 calories per 100 gram): high in Vitamin C and A.
-
-
-
-
-

Camping Food List Ideas for Lunch

- **Cured meats** (150-500 calories per 100 gram): high in Vitamin B6, B12 and Iron.
- **Hotdogs** (around 200 calories per 100 gram).
- **Onions** (40 calories per 100 gram): high in Vitamin C.
- **Hotdog buns** (120 calories per 100 gram).
- **Cereal bars** (around 300 calories per 100 gram).
- **Bread or buns** (250 calories per 100 gram).
- **Crackers** (504 calories per 100 gram).
- **Melted cheese spread** (300 calories per 100 gram).
- **Canned Salmon** (160 calories per 100 gram): high in Vitamin B6, B12 and Omega 3.



THE WILD GUIDES

- **Canned Tuna** (140 calories per 100 gram): high in Vitamin B6, B12 and Omega 3.
- **Spam** (340 calories per 100 gram).
- **Nuts** (600 calories per 100 gram): high in Potassium, Magnesium, Iron and Vitamin B6.
- **Dried fruit** (359 calories per 100 gram).
-
-
-
-
-

Camping Food List Ideas for Dinner

- **Pasta** (131 calories per 100 gram): a great choice of carbs, and high in Iron.
- **Potatoes** (77 calories per 100 gram): high in Vitamin C, B6 and a good source of Potassium.
- **Sweet potatoes** (86 calories per 100 gram): very high in Vitamin A, a great source of Vitamin B6, Magnesium and Potassium and are considered as anti-diabetes food.
- **Carrots** (41 calories per 100 gram): high in Potassium, Iron and Vitamin C.
- **Squash** (17 calories per 100 gram): high in Vitamin C and B6.
- **Cabbage** (25 calories per 100 gram): a great source of Vitamin C.
- **Broccoli** (34 calories per 100 gram): a great source of Vitamins C, A and B6.
- **Parsnips** (75 calories per 100 gram): high in fiber and Vitamin C.
- **Canned green peas** (50 calories per 100 gram): a great source of different Vitamins.
- **Couscous** (112 calories per 100 gram): a good source of protein and Vitamin B.
- **Steak** (271 calories per 100 gram): a great source of Iron and Vitamin B6.
- **Canned tomato paste** (38 calories per 100 gram): high in Vitamin C, Iron and Potassium.
- **Canned pasta sauce** (29 calories per 100 gram).
- **Parmesan cheese** (431 calories per 100 gram).
-
-
-
-
-



THE WILD GUIDES

Camping Desserts

- Peanut butter or chocolate spread.
- S'mores.
- Chocolate.
- Crackers.
- Bonbons.
- Cookies.
- Gummy bears.
-
-
-
-
-

Camping Condiments and Spices

- Butter.
- Extra virgin olive oil.
- Salt.
- Sugar.
- Spices.
- Jam.
- Garlic.
- Ginger.
- Honey.
- Black Pepper.
- Other spices.
- Maple syrup.
- Ketchup.
- Mustard.
- Chili sauce.
-
-
-
-



THE WILD GUIDES

Camping Drinks

- Coffee.
- Tea.
- Juice.
- Hot chocolate.
- Beer & Wine.
- Water (just in case).
-
-
-
-
-