

Recipe Ideas



Some meal ideas that only require hot water or a quick trip to the supermarket. Scroll down for meal suggestions for each day.

Overnight Oats

Mix oats with milk, Greek yoghurt and any toppings and let them soak overnight in your cool bag or camping fridge and enjoy in the morning.

Yoghurt Parfait

Layer yoghurt with fruit, preserves, nuts and/or cereal for a delicious breakfast or pudding.

BLT

Buy cooked bacon and combine with lettuce, tomato and mayo for a crunchy sandwich.

Deli Sandwich

Raid the supermarket deli counter and add cheese, mayo and mustard.

Wraps and Pittas

Don't fancy another sandwich? Wrap your filling in a tortilla or stuff it in a pitta bread.

Raw Zoodles with Pesto

Toss courgette noodles with pesto and add cheese and tomatoes. Use alternative vegetable noodles, instant noodles and other toppings to create your own variations.

Chef's Salad

Use any cooked meat, tomatoes, cucumber, cheese and toss with lettuce.

Veggie Taco Salad

Mix black beans (drained and rinsed), tomatoes, tinned sweetcorn, red onion, spring onion, lettuce, cheese and tortilla strips together. Add French style dressing and any other toppings such as sour cream or guacamole and serve.

Couscous, Chicken and Vegetables

This can be made with any cooked meat from the supermarket if you don't fancy chicken. The vegetables can be fresh or from a tin whichever is easier.

Couscous and Mixed Salad

Cook couscous with a stock cube and lemon juice. Add in grated carrot, mixed seeds, pine nuts and/or sultanas. Crumble feta cheese over the top and eat with tomatoes and cucumber.

Ramen Noodles, Chinese Pork and Vegetables

Make your instant noodles as per the packet. If your noodles don't come with seasoning use sweet chilli sauce or an Oxo cube to add flavour. Add cooked Chinese pork chunks, mangetout, bean sprouts, grated carrot and chopped peppers. Alternatively use sweet chilli cooked chicken breast or cooked smoked bacon.

Ready To Eat From The Supermarket

Sushi

If you fancy an alternative to a sandwich.

Sandwich Meal Deals

Ready to go wherever you go.

Salads

Vegetable, pasta or potato salads.

Vegetables

Mangetout, sugar snaps, mushrooms, peppers, carrots, cucumber and baby corn to name a few.

Hot Counter Meals

Make hot sandwiches, wraps and salads. Some supermarkets have whole chickens and roast potatoes so you can still have a Sunday roast even whilst camping!

Tinned Meat and Fish

Tuna would be great in a salad or sandwich. Corned beef too.

Quiche

Just add salad.

Cooked Meats and Seafood

Add to sandwiches and salad for variety. Items like mini peperami can be eaten at meal times or as a snack.

Tinned Vegetables

A vast array including sweetcorn, peas, pulse, beans, lentils, potatoes, carrots and spinach.

Crisps

Nuts

Dried Fruit

Cake

Tinned Fruit

A good choice including peaches, pears, pineapple pieces, mango, berries, grapefruit and mandarin segments.

Rice Pudding Post

Jelly Pots

Yoghurt

Angel Delight

Biscuits

Chocolates

Sweets



Just Add Water

Couscous
Instant Noodles
Instant Rice

Instant Mash
Instant Soup
Instant Custard

For help with meal planning scroll down to the next page.



Meal Planners

In case you're feeling a little overwhelmed or just need a helping hand, below are two meal planners for the duration of the Harrogate break.

	Breakfast	Lunch	Dinner
Arrival Day			Instant pasta with instant soup and vegetables
Day 2	Cereal	BLT Crisps Cake	Raw zoodles with pesto
Day 3	Overnight Oats	Deli Sandwich Fruit	Couscous, chicken and vegetables Individual apple tarts and instant custard
Day 4	Yoghurt Parfait	Make wraps from left over meats and salad	Ramen, Chinese pork and vegetables Rice pudding pots
Leaving Day	Finish off fruit, yoghurts and cereal		
Arrival Day			Pot rice, bag of spinach, tinned sweetcorn and yoghurts
Day 2	Tea cakes Grapes Cartons of fruit juice	Supermarket sandwich meal deals	Couscous and mixed salad Swiss roll and instant custard
Day 3	Porridge oats Bananas Pack of sultanas	Grated cheese, salad and cooked ham pittas with guacamole Apples	Pot pasta with tomatoes and chopped peppers Rice pudding pots
Day 4	Granola cereal Long life milk Fruit	Cup soup Bread Cereal bars	Pot noodles with sugarsnaps Ginger cake with instant custard Bananas
Leaving Day	Porridge oats Fruit juice		