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.

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