

# SAVE MONEY & EAT HEALTHY ON VACATION

## SHOPPING LIST

This shopping list was created based upon a family of two adults on a one-week vacation, in a vacation rental with a full kitchen. This is not a specific meal plan, but a collection of versatile items that will allow you to make meals simple and healthy meals as you go (with hopefully no leftovers at the end of the week!)

### Pack from Home

Herbs & Spices  
Flour  
Sugar  
Cornmeal  
Cornstarch  
Bread Crumbs  
Brown Rice  
Trash Bags  
Tinfoil Sheets  
Freezer Bags (Quart & Gallon)  
Dishwasher Detergent Pods  
Laundry Soap (Powder)  
Other: \_\_\_\_\_

### Protein

Chicken  
Bacon (breakfast)  
Sausage (breakfast)  
Steak  
Eggs  
Other: \_\_\_\_\_  
Other: \_\_\_\_\_

### Bread

Sandwich Bread  
Tortillas  
French or Italian Loaf  
Bagels or English Muffins  
Pancake Mix  
Other: \_\_\_\_\_

### Condiments

Olive Oil  
Balsamic Vinegar  
Ketchup  
Hot Sauce  
Maple Syrup  
Other: \_\_\_\_\_

### Produce

Onions  
Garlic  
Potatoes  
Spinach  
Salad Greens of Choice  
Tomato  
Mushrooms  
Asparagus  
Broccoli  
Green and/or Hot Pepper(s)  
Avocado  
Bananas  
Strawberries  
Lemon, Lime (for cooking)  
Other: \_\_\_\_\_  
Other: \_\_\_\_\_  
Other: \_\_\_\_\_

### Other

Pasta of Choice  
Pasta Sauce of Choice  
Other: \_\_\_\_\_

### Dairy

Milk  
Plain Greek Yogurt / Sour Cream  
Yogurt (Breakfast)  
Cheese(s) of Choice  
Butter  
Other: \_\_\_\_\_

### Beverages

Iced Tea  
Orange Juice  
Drinking Water  
Limeade or Lemonade  
Alcoholic Beverage(s) of Choice  
Other: \_\_\_\_\_

### Snacks

Tortilla Chips  
Kettle Chips  
Sweets of Choice  
Other: \_\_\_\_\_  
Other: \_\_\_\_\_

### Paper, Misc Products

Paper Towels  
Toilet Paper  
Paper Plates  
Dish Soap  
Other: \_\_\_\_\_

Relax, and Enjoy!

Preserving  
My Sanity