

Gluten-Free (GF) Meal Plan for The Family Camping Handbook

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Whether by necessity or by choice, more and more people are avoiding gluten. Does avoiding gluten mean avoiding camping?! Heavens no!



The Family Camping Handbook includes recipes that are naturally gluten-free, but not all of them have easy adaptations. Here are two gluten-free real food menus to help you get started. The first menu is a totally new GF meal plan, and the second is a gluten-free adaptation of the menu plan that is already in the book. Each menu covers two nights. You can follow them exactly, or mix and match based on your own family's preferences. Meal ideas noted with two asterisks (**) are provided on recipe cards after the meal plan.

If you like the grain-free granola, homemade beef jerky, or no-bake granola bars, grab the [Healthy Snacks to Go](#) eBook for \$2 off with the coupon code "healthycampingsweets." 85% of the recipes are gluten-free.

Menu #1

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Lunch, Day One (packed to eat upon arrival or on the road):

- Gluten-Free Crepes** with Nitrate-Free Lunchmeat, Cheese, Tomatoes and Lettuce
- Potato Salad**
- Grapes
- Apples

Dinner, Day One

- Hamburgers on Toasted Homemade [Gluten-free Flatbread](#) (don't skip the *toasting* step as the bread is very crumbly at room temperature and no good for burgers)
- Foil Packet Potatoes & Seasonal Vegetables
- Corn on the Cob
- Lettuce Salad with Vegetables, Homemade Caesar** and/or Homemade Ranch Dressing**
- Popcorn Over the Fire



Breakfast, Day Two

- [Soaked Gluten-Free Blender Pancakes](#)
 - Use some combination of GF oats, rice, quinoa, millet, buckwheat, etc.
 - Soak the Night before you leave, and blend the rest except the baking soda the morning you leave. Pour the batter into a jar twice the volume of your batter (to allow for expansion). Store it in the cooler (it's already soaked) and bring a baggie of pre-measured baking soda. The next morning, shake the baking soda in and fry pancakes on a griddle.
- Bacon (check label for gluten)

Lunch, Day Two

- Grilled [Bison Brats](#) and/or Nitrate-Free Hot Dogs on the Fire with a Bed of Grilled Peppers and Onions instead of a Bun
- [Baked Beans](#)
- [Homemade Yogurt](#) with Fruit
- S'Mores (Plan ahead and make [homemade marshmallows](#) with sucanat and [gluten-free graham crackers](#), which can be made far in advance and frozen.)

Dinner, Day Two

- Fajitas on the Grill (Use corn tortillas or chips, wrap in lettuce, serve over rice or "go naked" with just a fork and salsa)
- Chips and Homemade Salsa
- Homemade Guacamole**
- Black Bean Dip**
- Cut Vegetables for Dipping



Breakfast, Day Three

- Homemade Grain-free Granola (pictured, from [Healthy Snacks to Go](#)) or any gluten-free cereal
- Milk, Yogurt and Fruit

Lunch, Day Three (packed for the beach, hiking or the road)

- Homemade Beef Jerky (my version from [Healthy Snacks to Go](#))
- Cheese and [Grain-free Crackers](#)
- Carrots and Homemade Blender Hummus**
- Fruit
- Leftover Potato Salad
- Hard-Boiled Eggs



Snacks

- Apple Flax Muffins**
- [Crispy Nuts](#)
- Dried Strawberry Fruit Rolls
- [Grain-Free Breakfast Cookies](#)

Menu #2, Adapted from the Camping Handbook

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Dinner, Day One

- Steakhouse-Style Hamburgers on Toasted Homemade [Gluten-free Flatbread](#) (GF adaption: use GF bread or simply skip it, adding a bit of milk for moisture but not the full 1/4 cup)
- [Baked Beans](#)
- Corn on the Cob
- Fruit

Breakfast, Day Two

- Soaked Buckwheat Pancakes**
- Bacon (check label for gluten)
- Syrup and Butter



Lunch, Day Two (packed for the beach or hiking)

- Egg Salad or Peanut Butter & Honey Sandwiches (egg salad can be eaten "naked" with a fork too, or with *Blue Diamond Nut Thins* or homemade crackers)
- Cold Grain Salad made with Quinoa, Millet or even Gluten-free Pasta (follow directions for "Cold Spelt Salad" from the book)
- [Homemade Yogurt](#) with Applesauce and/or Fruit

Dinner, Day Two

- Foil Packet Dinner: Gluten-free Sausage, Potatoes, Mushrooms, Carrots and Onions
- Tossed Salad with Homemade Caesar** and/or Homemade Ranch Dressing**

Breakfast, Day Three

- Gluten-free Sausage and Egg Breakfast Sandwiches with Cheese (make with gluten-free English muffins, or use the remaining gluten-free flatbread from the burgers)

Lunch, Day Three

- Grilled [Bison Brats](#) and/or Nitrate-Free Hot Dogs on the Fire with a Bed of Grilled Peppers and Onions instead of a Bun
- Potato Salad**
- Cut Vegetables and Garlic Veggie Dip

Snacks and Desserts

- S'mores (Plan ahead and make [homemade marshmallows](#) with sucanat and [gluten-free graham crackers](#), which can be made far in advance and frozen.)
- Hobo Pies
- Granola Bars**
- [Crispy Nuts](#)
- Dried Fruit Rolls
- Apple Flax Muffins**
- Apples, Bananas and Cut Melon (easy and refreshing, if in season)

