

CHEATSHEET

MACRO-FRIENDLY CAMPING TIPS



Camping season is here and I've got some tips for you to stay on track with your nutrition while you're out in the great outdoors!

TIPS FOR CAMPING TRACKING SUCCESS:

1. MAP OUT YOUR WEEKEND

Just like a normal week at home, map out your weekend. By inputting your meals into **My Macros+** ahead of time, you're planning for success. Pack meals and snacks ahead of time using Ziploc bags and travel-friendly containers. Keep them goal-oriented.

Here are some possible snacks that will keep you on the right track: beef jerky, dried fruit, pop chips, homemade trail mix

2. PICK MEALS THAT USE THE CAMPFIRE

Food tastes better on a campfire, and you don't have to soak it in grease or fat. Making meals on the fire gives your tastebuds and adventure that you won't get at home.

3. PACK ONLY WHAT YOU WANT TO EAT

If you don't bring it, you won't be tempted to eat it. So don't pack any last minute snacks that just won't fit your macro budget.

4. PLAN FOR CAMPING 'TREATS'

You're out having fun, so enjoy yourself! Plan your macros for a couple smores and have fun! It keeps the rest of your day on point and honestly, you'll enjoy that treat so much more. Remember that our goal is balance, not restriction.

5. DON'T OVERINDULGE IN ALCOHOL

The more you drink, the less likely you are to stay on track with your plan you so diligently worked hard to prepare. That's fine if you want to plan for a few drinks, but drink them slowly and with plenty of water in between.

SIMPLE SNACK IDEAS:

FRESH CUT VEGGIES AND HOMEMADE GREEK YOGURT DIP: This is SO easy to do! Cut up lots of fresh veggies before you leave for your adventure. Bring small containers of plain Greek yogurt and pre-made seasonings. You can mix in the seasoning of choice and enjoy some fresh veggies along with them to satisfy the snack sensation while filling up on micro nutrient rich volume food.

POPCORN: Put kernels in a loose foil packet with a small bit of olive or avocado oil (try coconut for a sweeter taste). Hold foil packet over campfire with tongs or skewer and allow to cook until popping stops. Once done you can salt, drizzle melted chocolate over or whatever sounds good to your camping mood.

HOMEMADE CORN TORTILLA CHIPS: This is another one that is easy to prep ahead of time. Cut corn tortillas into as many wedges as you like. Place over camp fire on top of a griddle, on layers of foil or on a foil tray and allow them to cook until crisp to your liking. You can lightly salt the wedges or add cinnamon and some coconut sugar for a sweet treat.

CAMPFIRE MEAL IDEAS:

KEBABS: Pre-cut your favorite lean meat such chicken breast or flank steak, into 1-2 inch chunks and marinate in Ziploc bags. Bring along metal or wooden skewers to roast meat over open camp fire. You can also pre-cut potatoes, peppers and onions to add onto the skewers as well for a great balanced meal option.

FAJITAS: Pre-cut beef or chicken into portions that work for you and lightly spray with olive or avocado oil and store in a Ziploc bag. Do the same with bell peppers and onions. When you are ready to cook, place on the griddle or into a disposable tin pan to cook over the fire. Serve with tortillas warmed over the campfire and your favorite fixings.

FOIL PACKET MEALS: The sky is the limit here! You can make foil packets in so many variations. Use a large piece of aluminum foil and lightly spray with oil. Place a lean chicken sausage, with onions, peppers and cubed potatoes inside. Again, lightly coat the contents and sprinkle with your favorite seasonings. Fold to close packet and place on open campfire until contents are cooked throughout. You can place any kind of meat and potato option in foil packets!

Reference: Amanda Walker, 2016

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