

# Camping Recipes

## Campfire Frittata

Serves 4 - 1 protein, ½ fat and add on Meal #1 or 1 protein, ½ fat and 1 veggie meal #2 or #4

8 eggs  
8 egg whites  
2 tbsp olive oil  
¼ cup milk  
2-3 green onions diced  
1 cup cherry tomatoes cut in half (or veggie of your choice)

First you need to decide how you are going to cook it, if you have a camper easy peasy just put in the oven or on the stove top with a lid if not grab that cast- iron skillet and head out to the campfire! Make sure, the fire is burned down to embers so it is not too hot and burns the bottom, you will need to cover it so if you do not have a lid just use some foil.

Ok so here we go...in a large bowl, prepare your egg mixture by thoroughly beating the eggs first, then add in about a ¼ cup of milk, chopped basil, cheese (only a couple oz) and pepper. In your cast-iron skillet warm some olive oil and begin to sauté some green onions, once they soften add in some cherry tomatoes and the egg mixture. Cover and Bake.

After about 15 min, remove the lid and there is your campfire frittata! Enjoy!



## Salmon Foil Packs

Serves 1 – 1 protein, 1 vegetable and 1 add on

5 oz piece of salmon (or meat of your choice)

¼ cup prepared pesto

¼ cup diced onion

½ cup spinach

½ cup cherry tomatoes, cut in half

1 oz feta

Place salmon in foil, top with pesto, onion, tomatoes, spinach, and feta.

Wrap up tightly so steam does not escape, place over fire for about 25 minutes, fish is cooked when it is flaky.



## Camping Quesadilla

1 wrap = 1 carb, 1 protein, ½ vegetable and an add on

1 flat out or Dempster's Wrap

1 oz cheese

4 oz cooked chicken breast or ground chicken or beef

Peppers and onions, diced

Salsa

Place your wrap on a big piece of foil. Spread 1 TBSP of salsa over 1 half of the wrap, then add all the other ingredients, make sure it is only on half as you will fold the wrap in half once full. After you have it prepared wrap it up in the foil and place on the bbq or over the fire grill. Cook until the cheese is melted, and the wrap is crispy!





## Campfire Popcorn

3 cups = 1 add on

2 TBSP popcorn kernels

¼ tsp garlic powder

1 TBSP avocado oil

Toss popcorn kernels and oil in pie tin. Cover tightly with foil, doming the top to leave enough room for the kernels to pop, and place on the campfire.

Using tongs, gently shake the pie tin until all the popping stops. Season with garlic powder!

## Frozen blueberry bites

1 cup = 1 protein and 1 fruit

1 cup blueberries

¼ cup Greek yogurt 0%

½ scoop evo whey (any flavour)



Mix Greek yogurt and protein powder together.

Grab a toothpick, pick a berry up with the toothpick and dip in the yogurt, transfer to parchment paper lined baking tray.

Once you fill up the tray place in the freezer for about an hour. Take them out when you need a sweet snack!

Note: any berry will work, or a mixture just keep it to 1 cup servings!