

18 HEALTHY MAKE AHEAD CAMPING MEALS

Free printable recipes and grocery list below!

Recipe List

1. Three foil packs of [BBQ Chicken](#)
2. Three foil packs of Bacon Ranch Chicken from [Dinner at the Zoo](#)
3. Three foil packs of [Grilled Shish Kabobs](#) (I used steak)
4. Three foil packs of Grilled Chicken Fajitas from [Real Housemoms](#)
5. Three foil packs of Chili Lime Steak Fajitas from [Diethood](#)
6. Three foil packs of Butter Chicken from [Twin Dragonfly Designs](#)

* Note: I tripled each recipe for a total of 18 meals.



1. BBQ CHICKEN FOIL PACKS

Recipe from [The Family Freezer](#)

Yields: One foil bag with 4 servings (I tripled this recipe and made three bags.)

Ingredients

- 1 pound boneless skinless chicken breasts, cut into bite-sized pieces
- 1 green pepper, chopped
- 1 large zucchini, chopped
- 1 yellow onion, peeled and sliced
- 1/2 cup BBQ sauce
- 2 tablespoons A1 Bold & Spicy Sauce

Materials

- 1 Large Heavy Duty Foil Grill Bag ([I bought these bags from Amazon.](#))

To Freeze and Cook Later

1. Label the grill bag with a permanent marker.
2. Place all of the ingredients into the grill bag. Roll up the open end of the foil grill bag to form a pouch.

To Cook

1. Thaw foil pack overnight in refrigerator.
2. Place on grill on medium heat (300 degrees F) (or campfire near the coals) for 30 minutes.
3. After 30 minutes, carefully pull back the clear film to vent, stir, and check for doneness. Cook an additional 10 minutes, if required.

Serve with your favorite bagged salad.



2. BACON RANCH CHICKEN

Recipe from [Dinner at the Zoo](#)

Yields: One foil bag with 4 servings (I tripled this recipe and made three bags.)

Ingredients

- 1 pound boneless skinless chicken breast, cut into bite-sized pieces
- 1 pound small red potatoes, halved or quartered
- 6 tablespoons Hidden Valley Ranch dressing
- 2 tablespoons chopped parsley
- ½ teaspoon salt
- ¼ teaspoon pepper
- 4 slices bacon, cooked and crumbled (not needed until day of cooking)
- 1 cup shredded cheddar cheese, divided (not needed until day of cooking)

Materials

- 1 Large Heavy Duty Foil Grill Bag ([I bought these bags from Amazon.](#))

To Freeze and Cook Later

1. Label the grill bag with a permanent marker.
2. Place all of the ingredients into the grill bag. Roll up the open end of the foil grill bag to form a pouch.

To Cook

1. Thaw foil pack overnight in refrigerator.
2. Place on grill on medium heat (300 degrees F) (or campfire near the coals) for 30 minutes.
3. After 30 minutes, carefully pull back the clear film to vent, stir, and check for doneness. Cook an additional 10 minutes, if required.
4. When finished cooking, sprinkle cheese over the chicken and potatoes.
5. Leave the packets open and return to the oven or grill for 2-3 minutes or until cheese melts.
6. Sprinkle with bacon and serve.

Serve with your favorite bagged salad.



3. GRILLED STEAK SHISH KABOBS

Recipe from [The Family Freezer](#)

Yields: One foil bag with 4 servings (I tripled this recipe and made three bags.)

Ingredients

- 1 1/2 pound boneless sirloin steak, cut into 1-2" squares
- 1 green pepper, cut into 1-2" pieces
- 1 red bell pepper, cut into 1-2" pieces
- 1 yellow bell pepper, cut into 1-2" pieces
- 1 zucchini, cut into 1-2" pieces
- 1 red onion, cut into 1-2" pieces
- 1 yellow onion, cut into 1-2" pieces
- 1/2 cup extra virgin olive oil
- 2 tablespoons Montreal Steak Seasoning

Materials

- 1 Large Heavy Duty Foil Grill Bag ([I bought these bags from Amazon.](#))
- 8 bamboo skewers

To Freeze and Cook Later

1. Label the grill bag with a permanent marker.
2. Thread steak onto four skewers and vegetables onto four skewers (in case they need different amounts of cooking time).
3. Baste skewers liberally with olive oil and steak seasoning.
4. Add all skewers to the grill bag. Roll up the open end of the foil grill bag to form a pouch.

To Cook

1. Thaw foil pack overnight in refrigerator.
2. Place on grill on medium heat (300 degrees F) (or campfire near the coals) for 30 minutes.
3. After 30 minutes, carefully pull back the clear film to vent, stir, and check for doneness. Cook an additional 10 minutes, if required.

Serve with your favorite bagged salad.



4. GRILLED CHICKEN FAJITAS

Recipe from [Real Housemoms](#)

Yields: One foil bag with 4 servings (I tripled this recipe and made three bags.)

Ingredients

- 1 1/2 pounds boneless skinless chicken breast, cut into strips
- 1 green pepper, sliced
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 1 red onion, sliced
- 2 tablespoons chili powder
- 2 tablespoons cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt

Materials

- 1 Large Heavy Duty Foil Grill Bag ([I bought these bags from Amazon.](#))

To Freeze and Cook Later

1. Label the grill bag with a permanent marker.
2. Place all of the ingredients into the grill bag. Roll up the open end of the foil grill bag to form a pouch.

To Cook

1. Thaw foil pack overnight in refrigerator.
2. Place on grill on medium heat (300 degrees F) (or campfire near the coals) for 30 minutes.
3. After 30 minutes, carefully pull back the clear film to vent, stir, and check for doneness. Cook an additional 10 minutes, if required.

Serve with your favorite bagged salad.



5. CHILI LIME STEAK FAJITAS

Recipe from [Diethood](#)

Yields: One foil bag with 4 servings (I tripled this recipe and made three bags.)

Ingredients

- 1 pound flank steak, thinly sliced
- 2 limes for juice and zest (Add all of the juice from both limes and zest from half of only one of the limes)
- 3 cloves garlic, minced
- 1 green pepper, sliced
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 1 yellow onion, sliced
- 2 tablespoons plus 2 teaspoons extra virgin olive oil
- 1/2 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/2 teaspoon oregano
- 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika

Materials

- 1 Large Heavy Duty Foil Grill Bag ([I bought these bags from Amazon.](#))

To Freeze and Cook Later

1. Label the grill bag with a permanent marker.
2. Place all of the ingredients into the grill bag. Roll up the open end of the foil grill bag to form a pouch.

To Cook

1. Thaw foil pack overnight in refrigerator.
2. Place on grill on medium heat (300 degrees F) (or campfire near the coals) for 30 minutes.
3. After 30 minutes, carefully pull back the clear film to vent, stir, and check for doneness. Cook an additional 10 minutes, if required.

Serve with your favorite bagged salad.



6. BUTTER CHICKEN

Recipe from [Twin Dragonfly Designs](#)

Yields: One foil bag with 4 servings (I tripled this recipe and made three bags.)

Ingredients

- 1 pound boneless skinless chicken breast, cut into strips
- 1/2 cup butter chicken sauce
- 10 button mushrooms, sliced
- 1 yellow onion, diced
- 1 green pepper, diced

Materials

- 1 Large Heavy Duty Foil Grill Bag ([I bought these bags from Amazon.](#))

To Freeze and Cook Later

1. Label the grill bag with a permanent marker.
2. Place all of the ingredients into the grill bag. Roll up the open end of the foil grill bag to form a pouch.

To Cook

1. Thaw foil pack overnight in refrigerator.
2. Place on grill on medium heat (300 degrees F) (or campfire near the coals) for 30 minutes.
3. After 30 minutes, carefully pull back the clear film to vent, stir, and check for doneness. Cook an additional 10 minutes, if required.

Serve with your favorite bagged salad.

GROCERY LIST FOR ALL 18 MEALS

(The number next to each ingredient corresponds to its recipe number.)

Produce

- 15 green peppers (1, 3, 4, 5, 6)
- 9 red peppers (3, 4, 5)
- 9 yellow peppers (3, 4, 5)
- 6 red onions (3, 4)
- 12 yellow onions (1, 3, 5, 6)
- 3 pounds small red potatoes (2)
- 6 zucchini (1, 3)
- 6 limes for juice and zest (5)
- 9 cloves garlic (5)
- 30 button mushrooms (1 pound) (6)
- 6 tablespoons chopped parsley (2)

Meat

- 13 1/2 pounds boneless skinless chicken breasts (1, 2, 4, 6)
- 4 1/2 pounds boneless sirloin steak (3)
- 3 pounds flank steak (5)
- Spices and Seasonings
- 6 tablespoons Montreal Steak Seasoning (3)
- 7 tablespoons chili powder (4, 5)
- 6 tablespoons plus 1 1/2 teaspoons cumin (4, 5)
- 1 tablespoon plus 3/4 teaspoon garlic powder (4, 5)
- 1 tablespoon onion powder (4)
- 2 tablespoon plus 1 1/2 teaspoons salt (2, 4, 5)
- 1 tablespoon plus 3/4 teaspoons pepper (2, 5)
- 1 1/2 teaspoon oregano (5)
- 3/4 teaspoon paprika (5)

Oil and Vinegar

- 2 cups extra virgin olive oil (3, 5)

Miscellaneous

- 1 1/2 cups BBQ sauce (1)
- 6 tablespoons A1 Bold & Spicy Sauce (1)
- 1 1/4 cup Hidden Valley Ranch dressing (2)
- 1 1/2 cups butter chicken sauce (6)

Materials

- 18 Large Heavy Duty Foil Grill Bags (I bought 6 packs of these bags from Amazon.) (1-6)
- 24 bamboo skewers (3)

Not Needed Until Day of Cooking

- 12 slices bacon (2)
- 3 cups shredded cheddar cheese (2)

Suggested Side Dishes

- Keep all of these meals simple and healthy by pairing with bagged salad!