



Classic & Easy:

- Yogurt & Granola (no cooking required!)
- Peanut Butter & Banana Wraps (quick & filling)
- English Muffins with Nut Butter or Jam (lasts longer than bread!)
- Hard-Boiled Eggs (make ahead for easy grab-and-go protein)
- Breakfast Burritos (scrambled eggs, cheese, and veggies wrapped in a tortilla—make ahead and freeze!)
- Cold Cereal & Shelf-Stable Milk (quick and easy for rushed mornings)

Hot Breakfasts:

- French Toast (bread, eggs, milk—cooks fast in a pan!)
- Breakfast Quesadilla (scrambled eggs, cheese, and bacon in a tortilla)
- Campfire Cinnamon Rolls (use pre-made crescent roll dough!)
- Apple Cinnamon Oatmeal (oatmeal with dried apples, cinnamon, and honey)
- Sausage & Egg Breakfast Sandwiches (pre-cooked sausage + fried egg on an English muffin)

Sweet Treats & Fun Options:

- Banana Pancakes (mash banana into pancake mix for extra flavor!)
- Chocolate Chip Muffins (store-bought or make ahead for easy breakfasts)
- Baked Apples with Cinnamon & Nuts (cook in foil over a fire!)

Pantry Staples:

- Oats (Quick Oats or Instant Oatmeal)
- Grits
- Pancake Mix (just add water)
- Dried Fruit (apples, cranberries, raisins)
- Peanut Butter or Almond Butter
- Honey or Maple Syrup
- Jam or Jelly
- Shelf-Stable Milk or Powdered Milk
- Granola
- Cereal
- Tortillas
- Bread or English Muffins
- Chocolate Chips (for pancakes or muffins)
- Cinnamon

Refrigerated/Fresh:

- Eggs (scrambled in a carton or whole)
- Cheese (cheddar, mozzarella, or your favorite)
- Lox (vacuum-sealed smoked salmon)
- Butter or Ghee (for cooking)
- Yogurt
- Fresh Fruit (bananas, apples, berries)
- Bacon or Pre-Cooked Sausage

Extras (Optional but Fun!):

- Crescent Roll Dough (for campfire cinnamon rolls)
- Muffins (store-bought or pre-made)
- Nuts (for baked apples or oatmeal toppings)