

# True North Outposts & Cabins

## Suggested Grocery List for 4 people- 5 days

Beverages	Meats/Dairy	Canned or Dry Goods
2 # Coffee	3 lbs. bacon	1 small jar coffee mate
2-12 oz. Frozen orange juice	1 lbs. sausage	1 sm. Box pancake mix
1 sm. Box tea bags	2 dozen eggs.	1 box breakfast cereal
2 half gallons Milk	1.5 lbs sliced ham	1 bottle pancake syrup
1 container drink crystals	1.5 lbs sliced turkey	4 loaves bread
	1 lbs. hotdogs	1 bottle ketchup
	1 lbs. cheese slices	1 small mustard
	3 lbs. ground beef	2 pkgs. Cookies
<b>Vegetables/fruit</b>	4-6 pork chops	4 pkgs. Lipton's soup works
6 oranges	4-6 boneless chicken breast	1 small jam/jelly
6 apples	4 steaks	1 small honey
5 lbs. potatoes	1 lbs. butter	1 small peanut butter
2 lbs. carrots	1 lbs. margarine	1 lbs. sugar
3 lbs. cooking onion		1 pkg. Hamburger buns
2 meals supply of salad fixings		1 pkg. or bottle Salad dressing
Cucumber		2 cans mushrooms
1 bag frozen corn	<b>Paper Products</b>	1 pkg. Lipton's Noodles & Sauce
1 bag frozen green beans	1 large box zip lock bags	1 pkg. Uncle Ben's rice mix
2 lemons	1 tinfoil	2 pkg. Kraft dinner
	1 saran wrap	3 cans baked beans
<b>Notes:</b> spices, rather than bring bottles of all you favorites, put spices in baggies or empty film containers.	4 pack paper towels	1 box corn flake crumbs/for fish
	4 pack toilet paper	4-8 puddings
	1 box matches	1 gallon cooking oil
	1 small dish soap	1 small bag popcorn
		1 tartar sauce
		1 BBQ sauce
		1 jar pickles
	1 box crackers	
This list is based on 5 supper meals, chicken, steak, fish, pork chops & hamburgers. I have used fish as one meal, you can eat fish more often if you like. Please delete and change this list in order to achieve your own list. The weight of this grocery list is 150 lbs. and does not include pop or beer, which weighs 22 lbs. Per case(cans)	<b>You may pre-order pop and beer – groceries, we recommend 30 advance notice</b>	