

Wu Haus

PACKING LIST: FOOD + DRINKS

PRODUCE

- Washed + cleaned hearty greens, like kale
- Green bananas (enough for first 1-2 days)
- Crudités for dips: carrots, cucumbers, radishes, etc.
- Fruits that travel well, like apples and grapes
- Avocados
- Lemons
- Berries

GRAINS + STARCHES

- Pre-made quinoa or favorite grain
- Bread, chips and/or crackers

DAIRY + MISC

- Hummus or any favorite homemade seed or nut dips
- Pesto
- Dolmas
- Eggs
- Yogurt
- Soups + curries
- Homemade dressing
- Olive oil
- Salt + pepper

PROTEIN

- Strained and rinsed beans
- Roasted, shredded chicken
- Smoked trout or smoked salmon
- Cured meats like salami and prosciutto
- Bulk trail mix or dried fruits + nuts
- Homemade granola or nut butter
- Collagen or fruit + nut bars

DRINKS

- Coffee or tea
- Gallons of water