

Picnic Foods to Buy **By Chrissy from The Jeans Fit (thejeansfit.com)**

Healthy Picnic Foods

Fruit: Sliced [Apples](#) or [Clementines](#)
Vegetables: [Cucumbers](#) and [Tomatoes](#)
Protein: Sliced [Turkey](#) and [Prosciutto](#)
Entrée: [Turkey Wrap](#) or [Veggie Rolls](#)
Healthy Carbohydrates: Gluten Free [Wheat Free Crackers](#)
Beverage: [La Croix](#)
Something Sweet: [Blueberries](#)

Picnic Foods that Don't Need Refrigeration

[Almonds](#) – Healthy Snack for Picnics
[Olives](#) – Great Picnic Food
[Smoked Salmon](#) – High Protein, Healthy Picnic Food
[Apples](#) – a Great Picnic (or Anytime!) Healthy Snack
Peanut Butter & Banana Sandwiches on Wheat Bread

Picnic Foods for Date – Picnic Food Ideas for Two and Couples

[Check out this article](#) by [Dating Snippets](#) for picnic food ideas to pack on a date.

Picnic Food Ideas for Larger Groups

[Gigantic Watermelon](#)
[Potato Salad](#)
[Lasagna with Cheese](#)
[Family Size Cake](#)