

Seaside Therapy Beach Prep

Food Suggestions • Aldi + Instacart • Grill & Night-Off Ideas

A calm, practical plan for beach days. Stock up at Aldi (or order on Instacart), prep ahead, grill when you want, and take one night completely off with pizza from Sassy Bass. Built around hot dogs, hamburgers, quiche, sandwiches, fruit, chips, popcorn, and cold drinks.

One Night Off: Sassy Bass Pizza

Order pizza from **Sassy Bass** (Gulf Shores / Orange Beach / Fort Morgan area). They have dedicated pizza locations and delivery options — perfect when you want zero cooking after a long beach day. Call or order online, pick up, or get it delivered. Treat it as your official “night off” from the cooler and the grill.

Hamburgers on the Grill — Charcoal Bag Required

For burgers (and hot dogs) on a charcoal grill: pick up a **charcoal bag that lights itself** (“light the bag” style — instant-light or bag-of-charcoal you can light without lighter fluid). **Aldi does not carry these** — grab one at **Dollar General**, a hardware store, or any local grocery near the beach. Keep matches or a lighter in your beach bag. Always follow local beach fire/grill rules and extinguish fully.

Instacart Shopping List (Copy & Order from Aldi)

Quantities for 4 people / multi-day beach stretch. Search these terms on Instacart (select your local Aldi). Availability varies — swap similar items as needed. **Groceries can also be delivered straight to the condo:**

400 Plantation Road, Gulf Shores, AL Condo #4115

Qty	Item to Search / Add	Notes
1-2 pkg	Parkview Classic Hot Dogs or Beef Franks (12 oz)	Hot dogs
1-2 pkg	L'Oven Fresh Hot Dog Buns	8-count
1	Ketchup (Burman's or similar)	Condiment
1	Yellow Mustard	Condiment
1	Sweet Relish	Condiment
1-2 lb	Ground Beef 80/20 or Cattleman's Ranch / frozen Angus patties OR pre-done (pre-made) burgers	Burgers
1-2 pkg	L'Oven Fresh Hamburger Buns or Pretzel Buns	8-count
1 pkg	Happy Farms Cheddar Cheese Slices	Cheese
1	Head of Iceberg or Romaine Lettuce	Topping
2-3	Tomatoes	Topping
1 jar	Park Street Deli Pickle Chips or Spears	Topping
1 bag	Instant-light charcoal bag (NOT at Aldi — Dollar General / hardware)	Grill – light the bag
1-2	Refrigerated Quiche (ready-to-eat) OR eggs + pie crust + cheese + spinach/bacon	Quiche option
1 loaf	L'Oven Fresh Bread or Sandwich Rolls	Sandwiches
1 pkg	Appleton Farms Deli Turkey or Ham (sliced)	Protein
1	Mayonnaise	Spread
1 bag	Apples (Gala or Fuji)	Fruit
1 bunch	Bananas	Fruit
1-2 lb	Grapes (red or green)	Fruit
1	Berries or pre-cut watermelon (seasonal)	Optional
2 bags	Clancy's Kettle Chips (any flavor)	Chips
1 bag	Clancy's Pretzels (sticks or twists)	Crunch
1-2	Popcorn (microwave or ready-to-eat bags)	Snack
1 bag	Southern Grove Trail Mix or Mixed Nuts	Snack
1	Aldi / Park Street Deli Macaroni Salad	Side
1	Hummus (any flavor) + baby carrots or celery	Side

Qty	Item to Search / Add	Notes
1 pkg	Cheese Sticks or Cubes (Happy Farms)	Snack
1 case	PurAqua Bottled Water (24-pack or similar)	Hydration
2-4	Sparkling Water (PurAqua or flavored)	Drinks
1	Juice boxes or cans (optional)	Kids/extra
1 pkg	Bake Shop Cookies or Granola Bars	Sweet
1	Ice Packs or Cooler Bag (seasonal aisle)	Packing
1 box	Zip-top Bags + Aluminum Foil	Packing
1	Paper Towels / Wet Wipes / Trash Bags (EXTRA)	Cleanup
1	Matches or long lighter	For charcoal bag

How to use: Open Instacart → select Aldi → search each item → add quantities. Deliver to: 400 Plantation Road, Gulf Shores, Condo #4115. Charcoal bags are NOT at Aldi — get them at Dollar General or a hardware/local store. Matches too. Sassy Bass pizza is ordered separately (not via Aldi).

Quick Food Plan Summary

Meal / Focus	What	Key Note
Hot Dogs	Franks, buns, ketchup, mustard, relish, onion	Grill or pre-cook & foil
Hamburgers	Patties / ground beef / pre-done burgers, buns, cheese, lettuce, tomato, pickles	Needs charcoal bag – light the bag
Quiche	Ready refrigerated OR homemade (eggs, crust, fillings)	Serve cold / room temp
Sandwiches	Bread, deli meat, cheese, mayo	Butter barrier + wrap tight
Fruit & Snacks	Apples, bananas, grapes, chips, pretzels, popcorn, trail mix	Portion fruit; keep dry snacks separate
Sides & Drinks	Mac salad, hummus + veggies, cheese sticks, water case, sparkling	Keep cold; freeze water bottles
Night Off	Sassy Bass pizza (order in / delivery)	Zero cooking – pure rest night

Make-Ahead Prep (Night Before or Morning Of)

1. Hot Dogs – Beach Style

- Option A: Pack raw hot dogs + buns + condiments. Grill on charcoal (use the bag) or portable grill if allowed.
- Option B (no grill): Boil or pan-sear at home, cool, wrap in foil. Reheat in foil or eat warm/room-temp.
- Butterfly (slice lengthwise almost through) so toppings stay put.

2. Hamburgers (Charcoal Grill)

- Form patties the night before, use frozen, or buy pre-done (pre-made) burgers. Season simply with salt & pepper. Separate with parchment.
- Pack buns, cheese, lettuce, tomato (separate bags), pickles, condiments.
- At the beach: light the charcoal bag according to package directions, wait for coals to ash over, then grill. Have a safe surface and water/sand ready to extinguish.

3. Quiche (Aldi Ready or Homemade)

- Ready-made: Buy refrigerated quiche, keep chilled, serve cold or room temperature — ideal beach food.
- Homemade: Blind-bake crust, whisk eggs + milk + cheese + cooked spinach/bacon/ham, bake until set. Cool fully, wrap well.

4. Sandwiches

- Assemble morning-of. Spread thin butter or mayo on both sides of bread as a moisture barrier.
- Layer meats and cheese. Pack wet toppings separately or add just before eating. Wrap tightly in parchment + foil.

5. Fruit, Snacks & Sides

- Wash and portion grapes, berries, or cut melon. Keep whole apples and bananas for zero-mess options.
- Pack chips, pretzels, popcorn, trail mix in original bags or hard containers so they don't get crushed.
- Scoop macaroni salad or hummus into sealed containers.

Packing Strategy for the Beach

- Cooler with ice packs or frozen water bottles (they become drinking water later).
- Layer: ice/packs → meats & dairy → prepared foods → drinks on top or separate drink cooler.

- Dry bag/tote for chips, popcorn, bread, cookies, utensils so nothing gets soggy.
- Charcoal bag, matches/lighter, tongs, and a safe grilling spot (check local rules).
- Paper plates, napkins, wet wipes, sanitizer, trash bags, foil, extra zip bags.
- Keep cooler closed and in shade. 2-hour rule becomes 1-hour rule above 90°F.

Sample Multi-Day Rhythm

Day / Time	What to Eat	Notes
Beach days – lunch	Sandwiches OR quiche + fruit + chips. Or hot dogs if grilling early.	Main fuel
Beach days – snacks	Fruit, chips, pretzels, popcorn, trail mix, hummus + veggies, cheese sticks.	Keep energy up
Grill night	Hamburgers (charcoal bag) + hot dogs + fixings + leftover sides + fruit.	Light the bag
Night Off	Order pizza from Sassy Bass (pickup or delivery). Zero prep, zero cleanup.	Pure rest night
Anytime	Water, water, water. Freeze bottles overnight for ice-cold drinks.	Hydration first

Beach Hot Dog Upgrade Ideas (All Aldi)

- Classic: Ketchup, mustard, relish, diced onion.
- Cheesy: Happy Farms shredded cheddar or a spoon of queso.
- BBQ: Burman's BBQ sauce.
- Loaded: Macaroni salad spooned on top.
- Fresh: Simple pico on a butterflied dog.
- Keep buns in a sealed bag so they stay soft and sand-free.

Food & Grill Safety Quick Rules

- Keep cold foods at 40°F or below. 2-hour rule → 1-hour rule when over 90°F.
- When in doubt, throw it out (especially mayo salads and warmed cooked meats).
- Charcoal: light the bag only on a stable, non-flammable surface away from tents, umbrellas, and dry grass. Never leave unattended. Fully extinguish with water or sand before leaving.
- Wash hands or use sanitizer before handling food.

Final Packing Checklist

- ☐ Cooler + ice packs / frozen water bottles
- ☐ Hot dogs + buns + condiments
- ☐ Burger patties + buns + cheese + toppings
- ☐ Charcoal bag (light-the-bag style) + matches/lighter
- ☐ Quiche (ready or homemade)
- ☐ Assembled sandwiches or ingredients
- ☐ Fruit (washed/portioned) + chips, pretzels, popcorn, trail mix
- ☐ Extra sides (mac salad, hummus, pickles)
- ☐ Plenty of water + sparkling options
- ☐ Sweets / cookies
- ☐ Plates, napkins, utensils, wet wipes, trash bags, foil, zip bags
- ☐ Plan one night for Sassy Bass pizza (night off!)

Seaside Therapy: shop smart, prep a little, grill when it feels good, and take the night off when you need it.

Prices and availability vary. Check your local Aldi ad / Instacart. Sassy Bass locations and hours: sassybass.com