

Menu for Trip: Latir Peaks Wilderness, July 2009, Bob/Group Items

**Wednesday, July 15, 2009**

**Lunch**

- Sandwich, Store bought  
2/2 Servings/People 15.8 oz (448 gm), 1600 Kcal      Serving Size: 7.9 oz (224 gm), 1 sandwich, 800 Kcal      Note:

**Total for Meal: 15.8 oz, 800 Kcal/Person, Water to Boil: 0 ml**

**Snacks**

- Candy, Nestle Crunch, Fun Size      Nestle Crunch, fun size  
2/2 Servings/People 2.8 oz (80 gm), 400 Kcal      Serving Size: 1.4 oz (40 gm), 4 bars, 200 Kcal      Note:
- GORP, homemade, MacPecanM&Mraisins      Homemade GORP, Roasted Salted Macadamia Nuts 100 g, Plain M&M's 95.8 g, Raisins 42.5 g, Pecans 42.5 g yielding 4 servings  
2/2 Servings/People 4.9 oz (140 gm), 800 Kcal      Serving Size: 2.5 oz (70 gm), 400 Kcal      Note:

**Total for Meal: 7.8 oz, 600 Kcal/Person, Water to Boil: 0 ml**

**Dinner**

- Cocoa Mix, Swiss Miss milk Chocolate      Swith Miss Milk Chocolate Hot Cocoa Mix  
2/2 Servings/People 2.0 oz (56 gm), 240 Kcal      Serving Size: 1.0 oz (28 gm), 1 packet, 120 Kcal      Note:
- FD Dinner, Mountain House Pro-Pak Beef Stroganoff      Mountain House Pro-Pak, freeze dried Beef Stroganoff with noodles  
2/2 Servings/People 14.1 oz (400 gm), 1040 Kcal      Serving Size: 7.1 oz (200 gm), 1 pkg, 520 Kcal      Note:

**Total for Meal: 16.1 oz, 640 Kcal/Person, Water to Boil: 1038 ml**

**Total for Day: 39.6 oz, 2040 Kcal/Person, Water to Boil: 1038 ml**

**Thursday, July 16, 2009**

**Breakfast**

- Cereal, Granola      Cereal, Granola  
2/2 Servings/People 3.9 oz (110 gm), 440 Kcal      Serving Size: 1.9 oz (55 gm), 1/2 cup, 220 Kcal      Note:
- Chocolate, Mexican Style      Ibarra Sweet Chocolate  
2/2 Servings/People 1.6 oz (46 gm), 220 Kcal      Serving Size: 0.8 oz (23 gm), 2 wedges, 110 Kcal      Note:
- Coffee, coarsely ground for French press      Coffee, coarsely ground for French press  
4/2 Servings/People 0.9 oz (26 gm), 0 Kcal      Serving Size: 0.2 oz (7 gm), two rounded tablespoons, 0 Kcal      Note:
- Milk, Carnation Nonfat Instant Dry      Carnation Instant Nonfat dry milk  
2/2 Servings/People 1.4 oz (40 gm), 160 Kcal      Serving Size: 0.7 oz (20 gm), 1/3 cup (reconstitutes to 1 cup)      Note:

**Total for Meal: 7.8 oz, 410 Kcal/Person, Water to Boil: 944 ml**

## Menu for Trip: Latir Peaks Wilderness, July 2009, Bob/Group Items

### Lunch

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<input type="checkbox"/> Bread, bagel, plain 2/2 Servings/People 10.0 oz (284 gm), 680 Kcal	Bagel, plain Serving Size: 5.0 oz (142 gm), 1 bagel, 340 Kcal	Note:
<input type="checkbox"/> Peanut butter, Jif to Go 2/2 Servings/People 5.0 oz (142 gm), 780 Kcal	Jif to Go Serving Size: 2.5 oz (71 gm), 1 pkg, 390 Kcal	Note:

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**Total for Meal: 15.0 oz, 730 Kcal/Person, Water to Boil: 0 ml**

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### Snacks

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<input type="checkbox"/> Beef, jerky, Bridgord, Original 2/2 Servings/People 2.0 oz (56 gm), 140 Kcal	Bridgord beef jerky, original, natural style Serving Size: 1.0 oz (28 gm), 70 Kcal	Note:
<input type="checkbox"/> GORP, homemade, MacPecanM&Mraisins 2/2 Servings/People 4.9 oz (140 gm), 800 Kcal	Homemade GORP, Roasted Salted Macadamia Nuts 100 g, Plain M&M's 95.8 g, Raisins 42.5 g, Pecans 42.5 g yielding 4 servings Serving Size: 2.5 oz (70 gm), 400 Kcal	Note:

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**Total for Meal: 6.9 oz, 470 Kcal/Person, Water to Boil: 0 ml**

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### Dinner

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<input type="checkbox"/> Cocoa Mix, Swiss Miss milk Chocolate 2/2 Servings/People 2.0 oz (56 gm), 240 Kcal	Swith Miss Milk Chocolate Hot Cocoa Mix Serving Size: 1.0 oz (28 gm), 1 packet, 120 Kcal	Note:
<input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Spaghetti 2/2 Servings/People 14.1 oz (400 gm), 980 Kcal	Mountain House Pro-Pak, freeze dried Spaghetti with Meat Sauce Serving Size: 7.1 oz (200 gm), 1 pkg, 490 Kcal	Note:

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**Total for Meal: 16.1 oz, 610 Kcal/Person, Water to Boil: 1038 ml**

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**Total for Day: 45.9 oz, 2220 Kcal/Person, Water to Boil: 1982 ml**

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## Friday, July 17, 2009

### Breakfast

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<input type="checkbox"/> Coffee, coarsely ground for French press 4/2 Servings/People 0.9 oz (26 gm), 0 Kcal	Coffee, coarsely ground for French press Serving Size: 0.2 oz (7 gm), two rounded tablespoons, 0 Kcal	Note:
<input type="checkbox"/> Pastry, Pop Tarts, Brown Sugar Cinnamon 4/2 Servings/People 7.1 oz (200 gm), 840 Kcal	Kellog's Pop Tarts Brown Sugar Cinnamon Serving Size: 1.8 oz (50 gm), 1 pastry, 210 Kcal	Note:

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**Total for Meal: 8.0 oz, 420 Kcal/Person, Water to Boil: 944 ml**

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## Menu for Trip: Latir Peaks Wilderness, July 2009, Bob/Group Items

### **Lunch**

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<input type="checkbox"/> Bread, bagel, plain 2/2 Servings/People 10.0 oz (284 gm), 680 Kcal	Bagel, plain Serving Size: 5.0 oz (142 gm), 1 bagel, 340 Kcal	Note:
<input type="checkbox"/> Cheese, Emmenthaler Swiss 2/2 Servings/People 2.0 oz (56 gm), 212 Kcal	Emmenthaler Swiss Cheese Serving Size: 1.0 oz (28 gm), 1 slice, 106 Kcal	Note:
<input type="checkbox"/> Sausage, Summer 2/2 Servings/People 4.0 oz (112 gm), 320 Kcal	Summer sausage Serving Size: 2.0 oz (56 gm), 2 ounces, 1/3 sausage of 6 oun	Note:

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**Total for Meal: 15.9 oz, 606 Kcal/Person, Water to Boil: 0 ml**

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### **Snacks**

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<input type="checkbox"/> Bar, Clif, Cool Mint Chocolate 2/2 Servings/People 4.8 oz (136 gm), 500 Kcal	Clif Bar, Cool Mint Chocolate Serving Size: 2.4 oz (68 gm), 1 bar, 250 Kcal	Note:
<input type="checkbox"/> Cheese Dip & Crackers, Kraft 2/2 Servings/People 2.2 oz (63 gm), 200 Kcal	Kraft Handi-Snacks, Cheez'n Crackers Serving Size: 1.1 oz (32 gm), 1 package, cheees and 4 crac	Note:

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**Total for Meal: 7.0 oz, 350 Kcal/Person, Water to Boil: 0 ml**

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**Total for Day: 30.9 oz, 1376 Kcal/Person, Water to Boil: 944 ml**

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**Total for Trip: 7 lbs. 4 oz., Water to Boil: 4.0 liters**

**2254 Kcal/Person/Day (assuming 3 meals + snacks each day)**

**23 Oz/Person/Day**