

## Menu for Trip: Emerald Lake 2009 - Bob and Group Items

**Sunday, September 13, 2009**

### Lunch

- Sandwich, Store bought  
5/5 Servings/People 39.5 oz (1120 gm), 4000 Kcal      Serving Size: 7.9 oz (224 gm), 1 sandwich, 800 Kcal      Note:

**Total for Meal: 39.5 oz, 800 Kcal/Person, Water to Boil: 0 ml**

### Snacks

- Bar, Clif, Carrot Cake      Cliff Bar, Carrot Cake  
5/5 Servings/People 12.0 oz (340 gm), 1200 Kcal      Serving Size: 2.4 oz (68 gm), 1 bar, 240 Kcal      Note:
- Candy, Snickers fun size      Snickers candy, fun size  
5/5 Servings/People 2.6 oz (75 gm), 360 Kcal      Serving Size: 0.5 oz (15 gm), 1 piece, 72 Kcal      Note:
- Gel, Gu Energy Gel      Gu Energy Gel  
5/5 Servings/People 6.0 oz (170 gm), 500 Kcal      Serving Size: 1.2 oz (34 gm), 1 packet, 100 Kcal      Note:

**Total for Meal: 20.6 oz, 412 Kcal/Person, Water to Boil: 0 ml**

### Dinner

- Beef stroganoff with egg noodles      Beef stronganoff, fresh with egg noodles  
6/5 Servings/People 68.4 oz (1938 gm), 5322 Kcal      Serving Size: 11.4 oz (323 gm), 1/8 of recipe + 2 ounces of n      Note:
- Wine, Red      Red Wine  
8/4 Servings/People 41.5 oz (1176 gm), 816 Kcal      Serving Size: 5.2 oz (147 gm), 5 ounces, 1/5 of a 750 ml bott      Note:
- Wine, White      Wine, White  
2/1 Servings/People 10.4 oz (294 gm), 204 Kcal      Serving Size: 5.2 oz (147 gm), 5 ounces, 1/5 of a 750 ml bott      Note: for Cindy

**Total for Meal: 120.2 oz, 1472 Kcal/Person, Water to Boil: 6000 ml**

**Total for Day: 180.4 oz, 2684 Kcal/Person, Water to Boil: 6000 ml**

## Menu for Trip: Emerald Lake 2009 - Bob and Group Items

### Monday, September 14, 2009

#### Breakfast

<input type="checkbox"/> Cereal, kashi 2/1 Servings/People 0.0 oz (0 gm), 0 Kcal	Cereal, kashi Serving Size: 0.0 oz (0 gm), 0 Kcal	Note: for Cindy
<input type="checkbox"/> Cereal, Mountain House granola with blueberries 4/4 Servings/People 28.2 oz (800 gm), 2000 Kcal	Cereal, Mountain House granola with blueberries Serving Size: 7.1 oz (200 gm), 1 pkg, 500 Kcal	Note:
<input type="checkbox"/> Coffee, coarsely ground for French press 8/4 Servings/People 1.8 oz (52 gm), 0 Kcal	Coffee, coarsely ground for French press Serving Size: 0.2 oz (7 gm), two rounded tablespoons, 0 Kcal	Note:

**Total for Meal: 30.1 oz, 500 Kcal/Person, Water to Boil: 1888 ml**

#### Lunch

<input type="checkbox"/> Bread, bagel, plain 5/5 Servings/People 25.0 oz (710 gm), 1700 Kcal	Bagel, plain Serving Size: 5.0 oz (142 gm), 1 bagel, 340 Kcal	Note:
<input type="checkbox"/> Cheese, Emmenthaler Swiss 5/5 Servings/People 4.9 oz (140 gm), 530 Kcal	Emmenthaler Swiss Cheese Serving Size: 1.0 oz (28 gm), 1 slice, 106 Kcal	Note:
<input type="checkbox"/> Sausage, Summer 5/5 Servings/People 9.9 oz (280 gm), 800 Kcal	Summer sausage Serving Size: 2.0 oz (56 gm), 2 ounces, 1/3 sausage of 6 oun	Note:

**Total for Meal: 39.9 oz, 606 Kcal/Person, Water to Boil: 0 ml**

#### Snacks

<input type="checkbox"/> Beef, jerky, Bridgord, Original 5/5 Servings/People 4.9 oz (140 gm), 350 Kcal	Bridgord beef jerky, original, natural style Serving Size: 1.0 oz (28 gm), 70 Kcal	Note:
<input type="checkbox"/> Gel, Gu Energy Gel 5/5 Servings/People 6.0 oz (170 gm), 500 Kcal	Gu Energy Gel Serving Size: 1.2 oz (34 gm), 1 packet, 100 Kcal	Note:
<input type="checkbox"/> GORP, homemade, MacPecanM&Mraisins 5/5 Servings/People 12.3 oz (350 gm), 2000 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:

**Total for Meal: 23.3 oz, 570 Kcal/Person, Water to Boil: 0 ml**

## Menu for Trip: Emerald Lake 2009 - Bob and Group Items

### **Dinner**

<input type="checkbox"/> Dessert, Mountain House Neopolitan Ice Cream Bar 5/5 Servings/People 18.3 oz (520 gm), 550 Kcal	Dessert, Mountain House Neopolitan Ice Cream Bar Serving Size: 3.7 oz (104 gm), 1 pkg, 110 Kcal	Note:
<input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Rice & Chicken 5/5 Servings/People 37.7 oz (1070 gm), 2800 Kcal	Mountain House Pro-Pak freeze dried Rice & Chicken Serving Size: 7.5 oz (214 gm), 1 pkg, 560 Kcal	Note:
<input type="checkbox"/> Wine, Red 8/4 Servings/People 41.5 oz (1176 gm), 816 Kcal	Red Wine Serving Size: 5.2 oz (147 gm), 5 ounces, 1/5 of a 750 ml bott	Note:
<input type="checkbox"/> Wine, White 2/1 Servings/People 10.4 oz (294 gm), 204 Kcal	Wine, White Serving Size: 5.2 oz (147 gm), 5 ounces, 1/5 of a 750 ml bott	Note: for Cindy

**Total for Meal: 107.9 oz, 1078 Kcal/Person, Water to Boil: 1705 ml**

**Total for Day: 201.1 oz, 2754 Kcal/Person, Water to Boil: 3593 ml**

**Tuesday, September 15, 2009**

### **Breakfast**

<input type="checkbox"/> Cereal, Instant Oatmeal, Quaker, Apples and Cinn 4/4 Servings/People 4.9 oz (140 gm), 520 Kcal	Quaker Instant Oatmeal, Apples & Cinnomon Serving Size: 1.2 oz (35 gm), 1 packet, 130 Kcal	Note:
<input type="checkbox"/> Cereal, Instant Oatmeal, Quaker, Maple & Brw Sugar 4/4 Servings/People 6.1 oz (172 gm), 640 Kcal	Quaker Instant Oatmeal, Maple and brown sugar Serving Size: 1.5 oz (43 gm), 1 packet, 160 Kcal	Note:
<input type="checkbox"/> Cereal, kashi 1/1 Servings/People 0.0 oz (0 gm), 0 Kcal	Cereal, kashi Serving Size: 0.0 oz (0 gm), 0 Kcal	Note:
<input type="checkbox"/> Coffee, coarsely ground for French press 8/4 Servings/People 1.8 oz (52 gm), 0 Kcal	Coffee, coarsely ground for French press Serving Size: 0.2 oz (7 gm), two rounded tablespoons, 0 Kcal	Note:

**Total for Meal: 12.8 oz, 290 Kcal/Person, Water to Boil: 2840 ml**

### **Lunch**

<input type="checkbox"/> Bread, bagel, plain 5/5 Servings/People 25.0 oz (710 gm), 1700 Kcal	Bagel, plain Serving Size: 5.0 oz (142 gm), 1 bagel, 340 Kcal	Note:
<input type="checkbox"/> Jam, strawberry 5/5 Servings/People 2.5 oz (70 gm), 175 Kcal	Smucker strawberry jam Serving Size: 0.5 oz (14 gm), single serving package, 35 Kca	Note:
<input type="checkbox"/> Jelly, grape 5/5 Servings/People 0.0 oz (0 gm), 0 Kcal	Jelly, grape Serving Size: 0.0 oz (0 gm), single serving pkg, 0 Kcal	Note:
<input type="checkbox"/> Peanut butter, Jif to Go 5/5 Servings/People 12.5 oz (355 gm), 1950 Kcal	Jif to Go Serving Size: 2.5 oz (71 gm), 1 pkg, 390 Kcal	Note:

**Total for Meal: 40.0 oz, 765 Kcal/Person, Water to Boil: 0 ml**

## Menu for Trip: Emerald Lake 2009 - Bob and Group Items

### Snacks

<input type="checkbox"/> Beef, jerky, Bridgord, Original 5/5 Servings/People 4.9 oz (140 gm), 350 Kcal	Bridgord beef jerky, original, natural style Serving Size: 1.0 oz (28 gm), 70 Kcal	Note:
<input type="checkbox"/> Cheese Dip & Crackers, Kraft 5/5 Servings/People 5.6 oz (158 gm), 500 Kcal	Kraft Handi-Snacks, Cheez'n Crackers Serving Size: 1.1 oz (32 gm), 1 package, cheees and 4 crac	Note:
<input type="checkbox"/> Cookies, Fig Newtons 5/5 Servings/People 10.1 oz (285 gm), 1000 Kcal	Cookies, Fig Newtons Serving Size: 2.0 oz (57 gm), 1 pkg Newtons to go, 200 Kcal	Note:

**Total for Meal: 20.6 oz, 370 Kcal/Person, Water to Boil: 0 ml**

### Dinner

<input type="checkbox"/> Couscous w morel, tomatoes, almonds 5/5 Servings/People 34.6 oz (980 gm), 2760 Kcal	Couscous-1.5 cups, 2 chicken buillon cubes, Tyson chicken breast 7 oz in foil pouch, almonds - 2.25 oz., dried morel mushroom - 1/2 oz., sun dried tomatoes - 42 gm to make 3 servings Serving Size: 6.9 oz (196 gm), 1/3 of recipe, 552 Kcal	Note:
<input type="checkbox"/> Dessert, raspberry crumble, Mountain House, 4 svg 8/5 Servings/People 16.4 oz (464 gm), 1280 Kcal	Dessert, raspberry crumble, Mountain House, 4 serving pouch Serving Size: 2.0 oz (58 gm), 1/4 pouch or 1/2 cup, 160 Kcal	Note:
<input type="checkbox"/> Vegetables, FD Peas, Mountain House, 2 svg pouch 2/5 Servings/People 4.5 oz (127 gm), 160 Kcal	Vegetables, FD Peas, Mountain House, 2 svg pouch Serving Size: 2.2 oz (64 gm), 1/2 pouch, 80 Kcal	Note:
<input type="checkbox"/> Wine, Red 10/4 Servings/People 51.9 oz (1470 gm), 1020 Kcal	Red Wine Serving Size: 5.2 oz (147 gm), 5 ounces, 1/5 of a 750 ml bott	Note:
<input type="checkbox"/> Wine, White 2/1 Servings/People 10.4 oz (294 gm), 204 Kcal	Wine, White Serving Size: 5.2 oz (147 gm), 5 ounces, 1/5 of a 750 ml bott	Note: for Cindy

**Total for Meal: 117.6 oz, 1299 Kcal/Person, Water to Boil: 1000 ml**

**Total for Day: 191.1 oz, 2724 Kcal/Person, Water to Boil: 3840 ml**

## Wednesday, September 16, 2009

### Breakfast

<input type="checkbox"/> Cereal, Mountain House granola with blueberries 4/4 Servings/People 28.2 oz (800 gm), 2000 Kcal	Cereal, Mountain House granola with blueberries Serving Size: 7.1 oz (200 gm), 1 pkg, 500 Kcal	Note:
<input type="checkbox"/> Coffee, coarsely ground for French press 8/4 Servings/People 1.8 oz (52 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"/> Eggs w Bacon, FD, Mountain House, 1 svg 1/1 Servings/People 5.3 oz (150 gm), 320 Kcal	Eggs w Bacon, FD, Mountain House, 1 svg Serving Size: 5.3 oz (150 gm), 1 pouch, 320 Kcal	Note: for Cindy

**Total for Meal: 35.3 oz, 820 Kcal/Person, Water to Boil: 1888 ml**

## Menu for Trip: Emerald Lake 2009 - Bob and Group Items

### Lunch

<input type="checkbox"/> Bread, bagel, plain	Bagel, plain		
5/5 Servings/People	25.0 oz (710 gm), 1700 Kcal	Serving Size: 5.0 oz (142 gm), 1 bagel, 340 Kcal	Note:
<input type="checkbox"/> Cheese, Emmenthaler Swiss	Emmenthaler Swiss Cheese		
5/5 Servings/People	4.9 oz (140 gm), 530 Kcal	Serving Size: 1.0 oz (28 gm), 1 slice, 106 Kcal	Note:
<input type="checkbox"/> Sausage, Summer	Summer sausage		
5/5 Servings/People	9.9 oz (280 gm), 800 Kcal	Serving Size: 2.0 oz (56 gm), 2 ounces, 1/3 sausage of 6 oun	Note:

**Total for Meal: 39.9 oz, 606 Kcal/Person, Water to Boil: 0 ml**

### Snacks

<input type="checkbox"/> Bar, Clif, Carrot Cake	Cliff Bar, Carrot Cake		
5/5 Servings/People	12.0 oz (340 gm), 1200 Kcal	Serving Size: 2.4 oz (68 gm), 1 bar, 240 Kcal	Note:
<input type="checkbox"/> Beef, jerky, Bridgord, Original	Bridgford beef jerky, original, natural style		
5/5 Servings/People	4.9 oz (140 gm), 350 Kcal	Serving Size: 1.0 oz (28 gm), 70 Kcal	Note:
<input type="checkbox"/> 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		
5/5 Servings/People	12.3 oz (350 gm), 2000 Kcal	Serving Size: 2.5 oz (70 gm), 400 Kcal	Note:

**Total for Meal: 29.3 oz, 710 Kcal/Person, Water to Boil: 0 ml**

### Dinner

<input type="checkbox"/> Dessert, blueberry cheesecake, Mtn Hse, 4 svg	Dessert, blueberry cheesecake, Mountain House, 4 serving pouch		
8/5 Servings/People	12.4 oz (352 gm), 1600 Kcal	Serving Size: 1.6 oz (44 gm), 1/4 pouch or 1/2 cup, 200 Kcal	Note:
<input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Beef Stew	Mountain House Pro-Pak, freeze dried Beef Stew		
5/5 Servings/People	35.3 oz (1000 gm), 2400 Kcal	Serving Size: 7.1 oz (200 gm), 1 pkg, 480 Kcal	Note:
<input type="checkbox"/> Wine, Red	Red Wine		
8/4 Servings/People	41.5 oz (1176 gm), 816 Kcal	Serving Size: 5.2 oz (147 gm), 5 ounces, 1/5 of a 750 ml bott	Note:
<input type="checkbox"/> Wine, White	Wine, White		
2/1 Servings/People	10.4 oz (294 gm), 204 Kcal	Serving Size: 5.2 oz (147 gm), 5 ounces, 1/5 of a 750 ml bott	Note: for Cindy

**Total for Meal: 99.5 oz, 1208 Kcal/Person, Water to Boil: 1705 ml**

**Total for Day: 204.0 oz, 3344 Kcal/Person, Water to Boil: 3593 ml**

## Menu for Trip: Emerald Lake 2009 - Bob and Group Items

**Thursday, September 17, 2009**

### **Breakfast**

- |  |  |       |
|--|--|-------|
| <input type="checkbox"/> Coffee, coarsely ground for French press<br>8/4 Servings/People 1.8 oz (52 gm), 0 Kcal      | Coffee, coarsely ground for French press<br>Serving Size: 0.2 oz (7 gm), two rounded tablespoons, 0 Kcal | Note: |
| <input type="checkbox"/> Pastry, Pop Tarts, Brown Sugar Cinnamon<br>10/5 Servings/People 17.6 oz (500 gm), 2100 Kcal | Kellog's Pop Tarts Brown Sugar Cinnamon<br>Serving Size: 1.8 oz (50 gm), 1 pastry, 210 Kcal              | Note: |

**Total for Meal: 19.5 oz, 420 Kcal/Person, Water to Boil: 1888 ml**

### **Lunch**

- |  |  |       |
|--|--|-------|
| <input type="checkbox"/> Jam, strawberry<br>5/5 Servings/People 2.5 oz (70 gm), 175 Kcal             | Smucker strawberry jam<br>Serving Size: 0.5 oz (14 gm), single serving package, 35 Kca | Note: |
| <input type="checkbox"/> Jelly, grape<br>5/5 Servings/People 0.0 oz (0 gm), 0 Kcal                   | Jelly, grape<br>Serving Size: 0.0 oz (0 gm), single serving pkg, 0 Kcal                | Note: |
| <input type="checkbox"/> Peanut butter, Jif to Go<br>5/5 Servings/People 12.5 oz (355 gm), 1950 Kcal | Jif to Go<br>Serving Size: 2.5 oz (71 gm), 1 pkg, 390 Kcal                             | Note: |
| <input type="checkbox"/> Tortillas, flour, 8"<br>5/5 Servings/People 8.3 oz (235 gm), 600 Kcal       | Tortillas, flour, 8"<br>Serving Size: 1.7 oz (47 gm), 1 tortillas, 120 Kcal            | Note: |

**Total for Meal: 23.3 oz, 545 Kcal/Person, Water to Boil: 0 ml**

### **Snacks**

- |  |  |       |
|--|--|-------|
| <input type="checkbox"/> Bar, Clif, Cool Mint Chocolate<br>5/5 Servings/People 12.0 oz (340 gm), 1250 Kcal | Clif Bar, Cool Mint Chocolate<br>Serving Size: 2.4 oz (68 gm), 1 bar, 250 Kcal                     | Note: |
| <input type="checkbox"/> Cheese Dip & Crackers, Kraft<br>5/5 Servings/People 5.6 oz (158 gm), 500 Kcal     | Kraft Handi-Snacks, Cheez'n Crackers<br>Serving Size: 1.1 oz (32 gm), 1 package, cheees and 4 crac | Note: |
| <input type="checkbox"/> Gel, Gu Energy Gel<br>5/5 Servings/People 6.0 oz (170 gm), 500 Kcal               | Gu Energy Gel<br>Serving Size: 1.2 oz (34 gm), 1 packet, 100 Kcal                                  | Note: |

**Total for Meal: 23.6 oz, 450 Kcal/Person, Water to Boil: 0 ml**

**Total for Day: 66.3 oz, 1415 Kcal/Person, Water to Boil: 1888 ml**

**Total for Trip: 52 lbs. 11 oz., Water to Boil: 18.9 liters**

**2871 Kcal/Person/Day (assuming 3 meals + snacks each day)**

**49 Oz/Person/Day**