

Menu for Trip (Detailed List): Llama Trek - 2010 - Bob and Group Items

Sunday, September 12, 2010

Snacks

<input type="checkbox"/> Bar, Cliff, any flavor 3/3 Servings/People 7.2 oz (204 gm), 690 Kcal	Bar, Cliff, any flavor Serving Size: 2.4 oz (68 gm), 1 bar, 230 Kcal	Note:
<input type="checkbox"/> Candy, Snickers fun size 3/3 Servings/People 1.6 oz (45 gm), 216 Kcal	Snickers candy, fun size Serving Size: 0.5 oz (15 gm), 1 piece, 72 Kcal	Note:
<input type="checkbox"/> Gel, Gu Energy Gel 3/3 Servings/People 3.6 oz (102 gm), 300 Kcal	Gel, Gu Energy Gel Serving Size: 1.2 oz (34 gm), 1 packet, 100 Kcal	Note:

Total for Meal: 12.4 oz, 402 Kcal/Person, Water to Boil: 0 ml

Dinner

<input type="checkbox"/> Entrée, fresh beef stroganoff with egg noodles 4/3 Servings/People 45.6 oz (1292 gm), 3548 Kcal	Entrée, fresh beef stroganoff with egg noodles Serving Size: 11.4 oz (323 gm), 1/8 of recipe + 2 ounces of n	Note:
<input type="checkbox"/> Wine, Red 6/3 Servings/People 31.1 oz (882 gm), 612 Kcal	Red Wine Serving Size: 5.2 oz (147 gm), 5 ounces, 1/5 of a 750 ml bott	Note:

Total for Meal: 76.7 oz, 1387 Kcal/Person, Water to Boil: 4000 ml

Total for Day: 89.1 oz, 1789 Kcal/Person, Water to Boil: 4000 ml

Monday, September 13, 2010

Breakfast

<input type="checkbox"/> Cereal, Mountain House granola with blueberries 3/3 Servings/People 21.2 oz (600 gm), 1500 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 8/3 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: 23.0 oz, 500 Kcal/Person, Water to Boil: 1888 ml

Menu for Trip (Detailed List): Llama Trek - 2010 - Bob and Group Items

Lunch

<input type="checkbox"/> Bread, bagel, plain 3/3 Servings/People 15.0 oz (426 gm), 1020 Kcal	Bread, bagel, plain Serving Size: 5.0 oz (142 gm), 1 bagel, 340 Kcal	Note:
<input type="checkbox"/> Cheese, Emmenthaler Swiss 3/3 Servings/People 3.0 oz (84 gm), 318 Kcal	Emmenthaler Swiss Cheese Serving Size: 1.0 oz (28 gm), 1 slice or 1 oz, 106 Kcal	Note:
<input type="checkbox"/> Sausage, Summer 3/3 Servings/People 5.9 oz (168 gm), 480 Kcal	Summer sausage Serving Size: 2.0 oz (56 gm), 2 ounces, 1/3 sausage of 6 oun	Note:

Total for Meal: 23.9 oz, 606 Kcal/Person, Water to Boil: 0 ml

Snacks

<input type="checkbox"/> Beef, jerky, Bridgford, original natural style 3/3 Servings/People 3.0 oz (84 gm), 210 Kcal	Beef, jerky, Bridgford, original natural style Serving Size: 1.0 oz (28 gm), 1 oz., 70 Kcal	Note:
<input type="checkbox"/> Gel, Gu Energy Gel 3/3 Servings/People 3.6 oz (102 gm), 300 Kcal	Gel, Gu Energy Gel Serving Size: 1.2 oz (34 gm), 1 packet, 100 Kcal	Note:
<input type="checkbox"/> GORP, homemade, MacPecanM&Mraisins 3/3 Servings/People 7.4 oz (210 gm), 1200 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), 2.5 oz., 400 Kcal	Note:

Total for Meal: 14.0 oz, 570 Kcal/Person, Water to Boil: 0 ml

Dinner

<input type="checkbox"/> Dessert, Mountain House Neopolitan Ice Cream Bar 3/3 Servings/People 11.0 oz (312 gm), 330 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 3/3 Servings/People 22.6 oz (642 gm), 1680 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 6/3 Servings/People 31.1 oz (882 gm), 612 Kcal	Red Wine Serving Size: 5.2 oz (147 gm), 5 ounces, 1/5 of a 750 ml bott	Note:

Total for Meal: 64.8 oz, 874 Kcal/Person, Water to Boil: 1023 ml

Total for Day: 125.6 oz, 2550 Kcal/Person, Water to Boil: 2911 ml

Menu for Trip (Detailed List): Llama Trek - 2010 - Bob and Group Items

Tuesday, September 14, 2010

Breakfast

<input type="checkbox"/> Cereal, Instant Oatmeal, Quaker, Apples and Cinn 3/3 Servings/People 3.7 oz (105 gm), 390 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 3/3 Servings/People 4.6 oz (129 gm), 480 Kcal	Quaker Instant Oatmeal, Maple and brown sugar Serving Size: 1.5 oz (43 gm), 1 packet, 160 Kcal	Note:
<input type="checkbox"/> Coffee, coarsely ground for French press 8/3 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: 10.1 oz, 290 Kcal/Person, Water to Boil: 2602 ml

Lunch

<input type="checkbox"/> Bread, bagel, plain 3/3 Servings/People 15.0 oz (426 gm), 1020 Kcal	Bread, bagel, plain Serving Size: 5.0 oz (142 gm), 1 bagel, 340 Kcal	Note:
<input type="checkbox"/> Jam, strawberry 3/3 Servings/People 1.5 oz (42 gm), 105 Kcal	Smucker strawberry jam Serving Size: 0.5 oz (14 gm), single serving package, 35 Kca	Note:
<input type="checkbox"/> Jelly, grape 3/3 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 3/3 Servings/People 7.5 oz (213 gm), 1170 Kcal	Jif to Go Serving Size: 2.5 oz (71 gm), 1 pkg, 390 Kcal	Note:

Total for Meal: 24.0 oz, 765 Kcal/Person, Water to Boil: 0 ml

Snacks

<input type="checkbox"/> Beef, jerky, Bridgford, original natural style 3/3 Servings/People 3.0 oz (84 gm), 210 Kcal	Beef, jerky, Bridgford, original natural style Serving Size: 1.0 oz (28 gm), 1 oz., 70 Kcal	Note:
<input type="checkbox"/> Cheese Dip & Crackers, Kraft 3/3 Servings/People 3.3 oz (95 gm), 300 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 3/3 Servings/People 6.0 oz (171 gm), 600 Kcal	Cookies, Fig Newtons Serving Size: 2.0 oz (57 gm), 1 pkg Newtons to go, 200 Kcal	Note:

Total for Meal: 12.3 oz, 370 Kcal/Person, Water to Boil: 0 ml

Menu for Trip (Detailed List): Llama Trek - 2010 - Bob and Group Items

Dinner

<input type="checkbox"/> Dessert, raspberry crumble, Mountain House, 4 svg 3/3 Servings/People 6.1 oz (174 gm), 480 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"/> Entrée, Couscous w morel, tomatoes, almonds 3/3 Servings/People 20.7 oz (588 gm), 1656 Kcal	Entrée, Couscous-1.5 cups, 2 chicken bouillon 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"/> Vegetables, FD Green Beans, Mntn House, 2 svg pch 3/3 Servings/People 0.0 oz (0 gm), 0 Kcal	Vegetables, FD Green Beans, Mountain House, 2 svg pouch Serving Size: 0.0 oz (0 gm), 1/2 pouch, 0 Kcal Note:
<input type="checkbox"/> Wine, Red 6/3 Servings/People 31.1 oz (882 gm), 612 Kcal	Red Wine Serving Size: 5.2 oz (147 gm), 5 ounces, 1/5 of a 750 ml bott Note:

Total for Meal: 58.0 oz, 916 Kcal/Person, Water to Boil: 600 ml

Total for Day: 104.4 oz, 2341 Kcal/Person, Water to Boil: 3202 ml

Wednesday, September 15, 2010

Breakfast

<input type="checkbox"/> Cereal, Mountain House granola with blueberries 3/3 Servings/People 21.2 oz (600 gm), 1500 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 8/3 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: 23.0 oz, 500 Kcal/Person, Water to Boil: 1888 ml

Lunch

<input type="checkbox"/> Bread, bagel, plain 3/3 Servings/People 15.0 oz (426 gm), 1020 Kcal	Bread, bagel, plain Serving Size: 5.0 oz (142 gm), 1 bagel, 340 Kcal Note:
<input type="checkbox"/> Cheese, Emmenthaler Swiss 3/3 Servings/People 3.0 oz (84 gm), 318 Kcal	Emmenthaler Swiss Cheese Serving Size: 1.0 oz (28 gm), 1 slice or 1 oz, 106 Kcal Note:
<input type="checkbox"/> Sausage, Summer 3/3 Servings/People 5.9 oz (168 gm), 480 Kcal	Summer sausage Serving Size: 2.0 oz (56 gm), 2 ounces, 1/3 sausage of 6 oun Note:

Total for Meal: 23.9 oz, 606 Kcal/Person, Water to Boil: 0 ml

Menu for Trip (Detailed List): Llama Trek - 2010 - Bob and Group Items

Snacks

<input type="checkbox"/> Bar, Cliff, any flavor 3/3 Servings/People 7.2 oz (204 gm), 690 Kcal	Bar, Cliff, any flavor Serving Size: 2.4 oz (68 gm), 1 bar, 230 Kcal	Note:
<input type="checkbox"/> Beef, jerky, Bridgford, original natural style 3/3 Servings/People 3.0 oz (84 gm), 210 Kcal	Beef, jerky, Bridgford, original natural style Serving Size: 1.0 oz (28 gm), 1 oz., 70 Kcal	Note:
<input type="checkbox"/> GORP, homemade, MacPecanM&Mraisins 3/3 Servings/People 7.4 oz (210 gm), 1200 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), 2.5 oz., 400 Kcal	Note:

Total for Meal: 17.6 oz, 700 Kcal/Person, Water to Boil: 0 ml

Dinner

<input type="checkbox"/> Dessert, blueberry cheesecake, Mtn Hse, 4 svg 3/3 Servings/People 7.4 oz (210 gm), 600 Kcal	Dessert, blueberry cheesecake, Mountain House, 4 serving pouch Serving Size: 2.5 oz (70 gm), 1/4 pouch or 1/2 cup, 200 Kcal	Note:
<input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Beef Stew 3/3 Servings/People 21.2 oz (600 gm), 1440 Kcal	Mountain House Pro-Pak, freeze dried Beef Stew Serving Size: 7.1 oz (200 gm), 1 pkg, 480 Kcal	Note:
<input type="checkbox"/> Wine, Red 6/3 Servings/People 31.1 oz (882 gm), 612 Kcal	Red Wine Serving Size: 5.2 oz (147 gm), 5 ounces, 1/5 of a 750 ml bott	Note:

Total for Meal: 59.7 oz, 884 Kcal/Person, Water to Boil: 1023 ml

Total for Day: 124.2 oz, 2690 Kcal/Person, Water to Boil: 2911 ml

Thursday, September 16, 2010

Breakfast

<input type="checkbox"/> Coffee, coarsely ground for French press 8/3 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"/> Pastry, Pop Tarts, Brown Sugar Cinnamon 6/3 Servings/People 10.6 oz (300 gm), 1260 Kcal	Kellog's Pop Tarts Brown Sugar Cinnamon Serving Size: 1.8 oz (50 gm), 1 pastry, 210 Kcal	Note:

Total for Meal: 12.4 oz, 420 Kcal/Person, Water to Boil: 1888 ml

Menu for Trip (Detailed List): Llama Trek - 2010 - Bob and Group Items

Lunch

<input type="checkbox"/>	Jam, strawberry 3/3 Servings/People 1.5 oz (42 gm), 105 Kcal	Smucker strawberry jam Serving Size: 0.5 oz (14 gm), single serving package, 35 Kca	Note:
<input type="checkbox"/>	Jelly, grape 3/3 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 3/3 Servings/People 7.5 oz (213 gm), 1170 Kcal	Jif to Go Serving Size: 2.5 oz (71 gm), 1 pkg, 390 Kcal	Note:
<input type="checkbox"/>	Tortillas, flour, 8" 3/3 Servings/People 5.0 oz (141 gm), 360 Kcal	Tortillas, flour, 8" Serving Size: 1.7 oz (47 gm), 1 tortilla, 120 Kcal	Note:

Total for Meal: 14.0 oz, 545 Kcal/Person, Water to Boil: 0 ml

Snacks

<input type="checkbox"/>	Bar, Cliff, any flavor 3/3 Servings/People 7.2 oz (204 gm), 690 Kcal	Bar, Cliff, any flavor Serving Size: 2.4 oz (68 gm), 1 bar, 230 Kcal	Note:
<input type="checkbox"/>	Cheese Dip & Crackers, Kraft 3/3 Servings/People 3.3 oz (95 gm), 300 Kcal	Kraft Handi-Snacks, Cheez'n Crackers Serving Size: 1.1 oz (32 gm), 1 package, cheees and 4 crac	Note:
<input type="checkbox"/>	Gel, Gu Energy Gel 3/3 Servings/People 3.6 oz (102 gm), 300 Kcal	Gel, Gu Energy Gel Serving Size: 1.2 oz (34 gm), 1 packet, 100 Kcal	Note:

Total for Meal: 14.1 oz, 430 Kcal/Person, Water to Boil: 0 ml

Dinner

<input type="checkbox"/>	Cocoa Mix, Swiss Miss milk Chocolate 3/3 Servings/People 3.0 oz (84 gm), 360 Kcal	Swith Miss Milk Chocolate Hot Cocoa Mix Serving Size: 1.0 oz (28 gm), 1 packet, 120 Kcal	Note:
<input type="checkbox"/>	Dessert, Mountain House Chocolate Strwbrry Crunch 3/3 Servings/People 5.6 oz (159 gm), 390 Kcal	Dessert, Mountain House Chocolate Strawberry Crunch, 4 serving pouch Serving Size: 1.9 oz (53 gm), 1/4 of pouch, 130 Kcal	Note:
<input type="checkbox"/>	FD Dinner, Mountain House Pro-Pak ChiliMac w Beef 3/3 Servings/People 21.2 oz (600 gm), 1500 Kcal	Mountain House Pro-Pak, freeze dried Chili Mac with Beef Serving Size: 7.1 oz (200 gm), 1 pkg, 500 Kcal	Note:

Total for Meal: 29.7 oz, 750 Kcal/Person, Water to Boil: 1557 ml

Total for Day: 70.3 oz, 2145 Kcal/Person, Water to Boil: 3445 ml

Menu for Trip (Detailed List): Llama Trek - 2010 - Bob and Group Items

Friday, September 17, 2010

Breakfast

<input type="checkbox"/> Coffee, coarsely ground for French press 8/3 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"/> Soup, ramen noodle, Maruchan, chicken flavor 6/3 Servings/People 9.1 oz (258 gm), 1140 Kcal	Soup, ramen noodle, Maruchan, chicken flavor Serving Size: 1.5 oz (43 gm), 1/2 package, 190 Kcal	Note:

Total for Meal: 10.9 oz, 380 Kcal/Person, Water to Boil: 3310 ml

Snacks

<input type="checkbox"/> Bar, Cliff, any flavor 3/3 Servings/People 7.2 oz (204 gm), 690 Kcal	Bar, Cliff, any flavor Serving Size: 2.4 oz (68 gm), 1 bar, 230 Kcal	Note:
<input type="checkbox"/> Candy, Nestle Crunch from 8 pack 3/3 Servings/People 4.2 oz (120 gm), 540 Kcal	Candy, Nestle Crunch from 8 pack Serving Size: 1.4 oz (40 gm), 3 bars, 180 Kcal	Note:
<input type="checkbox"/> GORP, homemade, MacPecanM&Mraisins 3/3 Servings/People 7.4 oz (210 gm), 1200 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), 2.5 oz., 400 Kcal	Note:

Total for Meal: 18.8 oz, 810 Kcal/Person, Water to Boil: 0 ml

Extra Food

<input type="checkbox"/> Cocoa Mix, Swiss Miss milk Chocolate 9/3 Servings/People 8.9 oz (252 gm), 1080 Kcal	Swith Miss Milk Chocolate Hot Cocoa Mix Serving Size: 1.0 oz (28 gm), 1 packet, 120 Kcal	Note:
<input type="checkbox"/> Coffee, Folgers singles 9/3 Servings/People 2.0 oz (57 gm), 0 Kcal	Folgers coffee singles Serving Size: 0.2 oz (6 gm), 1 packet, 0 Kcal	Note:
<input type="checkbox"/> Cookies, Fig Newtons 6/3 Servings/People 12.1 oz (342 gm), 1200 Kcal	Cookies, Fig Newtons Serving Size: 2.0 oz (57 gm), 1 pkg Newtons to go, 200 Kcal	Note:
<input type="checkbox"/> Drink mix, Crystal Lite, single serving packet 12/3 Servings/People 2.1 oz (60 gm), 0 Kcal	Drink mix, Crystal Lite, single serving packet, makes 1 quart Serving Size: 0.2 oz (5 gm), 1 packet to make 1 quart, 0 Kcal	Note:
<input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Spaghetti 3/3 Servings/People 21.2 oz (600 gm), 1470 Kcal	Mountain House Pro-Pak, freeze dried Spaghetti with Meat Sauce Serving Size: 7.1 oz (200 gm), 1 pkg, 490 Kcal	Note:
<input type="checkbox"/> Liquor, Scotch 24/1 Servings/People 36.0 oz (1020 gm), 2328 Kcal	Liquor, Scotch Serving Size: 1.5 oz (43 gm), 1.5 ounces, 97 Kcal	Note:
<input type="checkbox"/> Tea bag 12/3 Servings/People 1.3 oz (36 gm), 0 Kcal	Tea bag Serving Size: 0.1 oz (3 gm), 1 bag, 0 Kcal	Note:

Total for Meal: 83.5 oz, 3578 Kcal/Person, Water to Boil: 5094 ml

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Total for Day: 113.3 oz, 4768 Kcal/Person, Water to Boil: 8404 ml

Total for Trip: 39 lbs. 3 oz., Water to Boil: 24.9 liters

3101 Kcal/Person/Day (assuming 3 meals + snacks each day)

44 Oz/Person/Day