

## Menu for Trip (Detailed List): Walter's Cabin 2010

**Monday, March 01, 2010**

### Lunch

- |   |   |       |
|---|---|-------|
| <input type="checkbox"/> Soup, ramen noodle, Maruchan, chicken flavor<br>6/3 Servings/People 9.1 oz (258 gm), 1140 Kcal | Soup, ramen noodle, Maruchan, chicken flavor<br>Serving Size: 1.5 oz (43 gm), 1/2 package, 190 Kcal | Note: |
|---|---|-------|

**Total for Meal: 9.1 oz, 380 Kcal/Person, Water to Boil: 1422 ml**

### Snacks

- |   |  |       |
|---|--|-------|
| <input type="checkbox"/> Gel, Gu Energy Gel<br>6/3 Servings/People 7.2 oz (204 gm), 600 Kcal                  | Gel, Gu Energy Gel<br>Serving Size: 1.2 oz (34 gm), 1 packet, 100 Kcal   | Note: |
| <input type="checkbox"/> GORP, homemade, MacPecanM&Mraisins<br>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<br>Serving Size: 2.5 oz (70 gm), 2.5 oz., 400 Kcal | Note: |

**Total for Meal: 14.6 oz, 600 Kcal/Person, Water to Boil: 0 ml**

### Dinner

- |  |   |       |
|--|---|-------|
| <input type="checkbox"/> Entrée, Osso Buco<br>4/3 Servings/People 0.0 oz (0 gm), 2800 Kcal             | Entrée, Osso Buco<br>Serving Size: 0.0 oz (0 gm), 1 serving, 700 Kcal             | Note: |
| <input type="checkbox"/> Entrée, Risotto alla Milanese<br>3/3 Servings/People 0.0 oz (0 gm), 1200 Kcal | Entrée, Risotto alla Milanese<br>Serving Size: 0.0 oz (0 gm), 1 serving, 400 Kcal | Note: |
| <input type="checkbox"/> Wine, Red<br>9/3 Servings/People 46.7 oz (1323 gm), 918 Kcal                  | Red Wine<br>Serving Size: 5.2 oz (147 gm), 5 ounces, 1/5 of a 750 ml bott         | Note: |

**Total for Meal: 46.7 oz, 1639 Kcal/Person, Water to Boil: 0 ml**

**Total for Day: 70.4 oz, 2619 Kcal/Person, Water to Boil: 1422 ml**

**Tuesday, March 02, 2010**

### Breakfast

- |  |   |       |
|--|---|-------|
| <input type="checkbox"/> Cereal, Instant Oatmeal, Quaker, Maple & Brw Sugar<br>3/3 Servings/People 4.6 oz (129 gm), 480 Kcal | Quaker Instant Oatmeal, Maple and brown sugar<br>Serving Size: 1.5 oz (43 gm), 1 packet, 160 Kcal | Note: |
| <input type="checkbox"/> Coffee, Folgers singles<br>6/3 Servings/People 1.3 oz (38 gm), 0 Kcal                               | Folgers coffee singles<br>Serving Size: 0.2 oz (6 gm), 1 packet, 0 Kcal                           | Note: |
| <input type="checkbox"/> Fruit, Orange<br>3/3 Servings/People 0.0 oz (0 gm), 0 Kcal  | Fruit, Orange<br>Serving Size: 0.0 oz (0 gm), 1 item, 0 Kcal                                      | Note: |

**Total for Meal: 5.9 oz, 160 Kcal/Person, Water to Boil: 1779 ml**

## Menu for Trip (Detailed List): Walter's Cabin 2010

### Lunch

<input type="checkbox"/>	Bread, Bagel, mini, Pepperidge Farm whole wheat 6/3 Servings/People 8.5 oz (240 gm), 600 Kcal	Bread, Bagel, mini, Pepperidge Farm whole wheat Serving Size: 1.4 oz (40 gm), 1 bagel, 100 Kcal	Note:
<input type="checkbox"/>	Jam, strawberry 6/3 Servings/People 3.0 oz (84 gm), 210 Kcal	Smucker strawberry jam Serving Size: 0.5 oz (14 gm), single serving package, 35 Kca	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"/>	Soup, Bear Creek Minestrone 3/3 Servings/People 3.5 oz (99 gm), 330 Kcal	Bear Creek Minestrone soup mix Serving Size: 1.2 oz (33 gm), 1/3 cup mix, 1 cup prepared, 1	Note:

**Total for Meal: 22.4 oz, 770 Kcal/Person, Water to Boil: 711 ml**

### Snacks

<input type="checkbox"/>	Bar, Clif, Carrot Cake 3/3 Servings/People 7.2 oz (204 gm), 720 Kcal	Cliff Bar, Carrot Cake Serving Size: 2.4 oz (68 gm), 1 bar, 240 Kcal	Note:
<input type="checkbox"/>	Crackers with peanut butter 3/3 Servings/People 3.7 oz (105 gm), 540 Kcal	Lance Toasty crackers Serving Size: 1.2 oz (35 gm), 1 pkg, 180 Kcal	Note:
<input type="checkbox"/>	Gel, Power energy gel 3/3 Servings/People 3.0 oz (84 gm), 300 Kcal	Gel, Power energy gel Serving Size: 1.0 oz (28 gm), 1 packet, 100 Kcal	Note:

**Total for Meal: 13.9 oz, 520 Kcal/Person, Water to Boil: 0 ml**

### Dinner

<input type="checkbox"/>	Bread, french baguette 3/3 Servings/People 6.0 oz (171 gm), 390 Kcal	Bread, french baguette Serving Size: 2.0 oz (57 gm), 1/6 of loaf, 130 Kcal	Note:
<input type="checkbox"/>	Entrée, steak au poivre 3/3 Servings/People 0.0 oz (0 gm), 0 Kcal	Entrée, steak au poivre Serving Size: 0.0 oz (0 gm), 1 serving, 0 Kcal	Note:
<input type="checkbox"/>	Fondue, cheese 3/3 Servings/People 0.0 oz (0 gm), 0 Kcal	Fondue, cheese Serving Size: 0.0 oz (0 gm), 1 serving, 0 Kcal	Note:
<input type="checkbox"/>	Vegetables, frozen peas 3/1 Servings/People 0.0 oz (0 gm), 0 Kcal	Vegetables, frozen peas Serving Size: 0.0 oz (0 gm), 1 cup, 0 Kcal	Note:
<input type="checkbox"/>	Wine, Red 9/3 Servings/People 46.7 oz (1323 gm), 918 Kcal	Red Wine Serving Size: 5.2 oz (147 gm), 5 ounces, 1/5 of a 750 ml bott	Note:

**Total for Meal: 52.7 oz, 436 Kcal/Person, Water to Boil: 0 ml**

**Total for Day: 94.9 oz, 1886 Kcal/Person, Water to Boil: 2490 ml**

Menu for Trip (Detailed List): Walter's Cabin 2010

**Wednesday, March 03, 2010**

**Breakfast**

<input type="checkbox"/> Cereal, Granola 3/3 Servings/People 5.8 oz (165 gm), 660 Kcal	Cereal, Granola Serving Size: 1.9 oz (55 gm), 1/2 cup, 220 Kcal	Note:
<input type="checkbox"/> Coffee, Folgers singles 6/3 Servings/People 1.3 oz (38 gm), 0 Kcal	Folgers coffee singles Serving Size: 0.2 oz (6 gm), 1 packet, 0 Kcal	Note:
<input type="checkbox"/> Milk, Carnation Nonfat Instant Dry 3/3 Servings/People 2.1 oz (60 gm), 240 Kcal	Carnation Instant Nonfat dry milk Serving Size: 0.7 oz (20 gm), 1/3 cup (reconstitutes to 1 cup)	Note:
<input type="checkbox"/> Pastry, Pop Tarts, Brown Sugar Cinnamon 3/3 Servings/People 5.3 oz (150 gm), 630 Kcal	Kellog's Pop Tarts Brown Sugar Cinnamon Serving Size: 1.8 oz (50 gm), 1 pastry, 210 Kcal	Note:

**Total for Meal: 14.6 oz, 510 Kcal/Person, Water to Boil: 1422 ml**

**Lunch**

<input type="checkbox"/> Bread, Bagel, mini, Pepperidge Farm whole wheat 6/3 Servings/People 8.5 oz (240 gm), 600 Kcal	Bread, Bagel, mini, Pepperidge Farm whole wheat Serving Size: 1.4 oz (40 gm), 1 bagel, 100 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, 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: 17.4 oz, 466 Kcal/Person, Water to Boil: 0 ml**

## Menu for Trip (Detailed List): Walter's Cabin 2010

### Snacks

<input type="checkbox"/> Beef, jerky, Bridgford, original natural style 6/3 Servings/People 5.9 oz (168 gm), 420 Kcal	Beef, jerky, Bridgford, original natural style Serving Size: 1.0 oz (28 gm), 1 oz., 70 Kcal	Note:
<input type="checkbox"/> Candy, Snickers fun size 6/3 Servings/People 3.2 oz (90 gm), 432 Kcal	Snickers candy, fun size Serving Size: 0.5 oz (15 gm), 1 piece, 72 Kcal	Note:
<input type="checkbox"/> Cocoa Mix, Swiss Miss milk Chocolate 6/3 Servings/People 5.9 oz (168 gm), 720 Kcal	Swith Miss Milk Chocolate Hot Cocoa Mix Serving Size: 1.0 oz (28 gm), 1 packet, 120 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:
<input type="checkbox"/> Margarine 9/3 Servings/People 1.6 oz (45 gm), 315 Kcal	Margarine Serving Size: 0.2 oz (5 gm), 1 tsp, 35 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: 25.3 oz, 1029 Kcal/Person, Water to Boil: 1404 ml**

### Dinner

<input type="checkbox"/> Chicken Enchildas 3/3 Servings/People 0.0 oz (0 gm), 0 Kcal	Chicken Enchildas Serving Size: 0.0 oz (0 gm), 3 enchiladas, 0 Kcal	Note:
<input type="checkbox"/> Guacamole dip 3/3 Servings/People 0.0 oz (0 gm), 0 Kcal	Guacamole dip Serving Size: 0.0 oz (0 gm), 1 serving, 0 Kcal	Note:
<input type="checkbox"/> Lime 1/1 Servings/People 0.0 oz (0 gm), 0 Kcal	Lime Serving Size: 0.0 oz (0 gm), 1/3 of lime, 0 Kcal	Note:
<input type="checkbox"/> Liquor, tequila 6/3 Servings/People 9.1 oz (258 gm), 0 Kcal	Liquor, tequila Serving Size: 1.5 oz (43 gm), 1.5 ounces, 0 Kcal	Note:
<input type="checkbox"/> Margarita, Maria's 6/3 Servings/People 21.2 oz (600 gm), 0 Kcal	Margarita, Maria's Tequila-1.25 oz, Triple-Sec-0.75 oz, Lime Juice-0.75 oz, Lemon Juice-0.75 oz Serving Size: 3.5 oz (100 gm), 1 drink, 0 Kcal	Note:
<input type="checkbox"/> Tortillas chips 3/3 Servings/People 0.0 oz (0 gm), 0 Kcal	Tortillas chips Serving Size: 0.0 oz (0 gm), 1 serving, 0 Kcal	Note:
<input type="checkbox"/> Wine, White 9/3 Servings/People 46.7 oz (1323 gm), 918 Kcal	Wine, White Serving Size: 5.2 oz (147 gm), 5 ounces, 1/5 of a 750 ml bott	Note:

**Total for Meal: 76.9 oz, 306 Kcal/Person, Water to Boil: 0 ml**

**Total for Day: 134.1 oz, 2311 Kcal/Person, Water to Boil: 2826 ml**

Menu for Trip (Detailed List): Walter's Cabin 2010

**Thursday, March 04, 2010**

**Breakfast**

<input type="checkbox"/> Cereal, Granola 3/3 Servings/People 5.8 oz (165 gm), 660 Kcal	Cereal, Granola Serving Size: 1.9 oz (55 gm), 1/2 cup, 220 Kcal	Note:
<input type="checkbox"/> Coffee, Folgers singles 6/6 Servings/People 1.3 oz (38 gm), 0 Kcal	Folgers coffee singles Serving Size: 0.2 oz (6 gm), 1 packet, 0 Kcal	Note:
<input type="checkbox"/> Milk, Carnation Nonfat Instant Dry 3/3 Servings/People 2.1 oz (60 gm), 240 Kcal	Carnation Instant Nonfat dry milk Serving Size: 0.7 oz (20 gm), 1/3 cup (reconstitutes to 1 cup)	Note:

**Total for Meal: 9.3 oz, 300 Kcal/Person, Water to Boil: 1422 ml**

**Snacks**

<input type="checkbox"/> Bar, Clif, Carrot Cake 3/3 Servings/People 7.2 oz (204 gm), 720 Kcal	Cliff Bar, Carrot Cake Serving Size: 2.4 oz (68 gm), 1 bar, 240 Kcal	Note:
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**Total for Meal: 7.2 oz, 240 Kcal/Person, Water to Boil: 0 ml**

**Total for Day: 16.5 oz, 540 Kcal/Person, Water to Boil: 1422 ml**

**Total for Trip: 19 lbs. 12 oz., Water to Boil: 8.2 liters**

**2263 Kcal/Person/Day (assuming 3 meals + snacks each day)**

**32 Oz/Person/Day**