

Menu for Trip (Simple List): Backpacking- Revisit of First Trip

Wednesday, September 05, 2012

Lunch

Sandwich, store bought

Sandwich, store bought

Snacks

Bar, Cliff, any flavor

Bar, Cliff, any flavor

Gel, Gu Energy Gel

Gel, Gu Energy Gel

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

Dinner

FD Dinner, Mountain House Pro-Pak Beef Stew

Mountain House Pro-Pak, freeze dried Beef Stew

Extra Food

Cocoa Mix, Swiss Miss Marshmallow

Cocoa Mix, Swiss Miss Marshmallow

Thursday, September 06, 2012

Breakfast

Cereal, Mountain House granola with blueberries

Cereal, Mountain House granola with blueberries

Coffee, coarsely ground for French press

Coffee, coarsely ground for French press

Lunch

Bread, bagel, plain

Bread, bagel, plain

Cheese, Emmenthaler Swiss

Emmenthaler Swiss Cheese

Sausage, Summer

Summer sausage

Snacks

Bar, Cliff, any flavor

Bar, Cliff, any flavor

Dessert, Mountain House Neopolitan Ice Cream Bar

Dessert, Mountain House Neopolitan Ice Cream Bar

Gel, Gu Energy Gel

Gel, Gu Energy Gel

Dinner

FD Dinner, Mountain House Pro-Pak Spaghetti

Mountain House Pro-Pak, freeze dried Spaghetti with Meat Sauce

Menu for Trip (Simple List): Backpacking- Revisit of First Trip

Friday, September 07, 2012

Breakfast

Cereal, Instant Oatmeal, Quaker Low Sugar, Apples & Cinnamon	Cereal, Instant Oatmeal, Quaker Low Sugar, Apples & Cinnamon
Cocoa Mix, Swiss Miss Marshmallow	Cocoa Mix, Swiss Miss Marshmallow
Coffee, coarsely ground for French press	Coffee, coarsely ground for French press

Lunch

Bread, bagel, plain	Bread, bagel, plain
Jelly, grape, Smuckers	Jelly, grape, Smuckers
Peanut butter, Jif to Go Natural Creamy	Peanut butter, Jif to Go Natural Creamy

Snacks

Candy, Snickers fun size	Snickers candy, fun size
Gel, Gu Energy Gel	Gel, Gu Energy Gel

Dinner

FD Dinner, Mountain House Pro-Pak Rice & Chicken	Mountain House Pro-Pak freeze dried Rice & Chicken
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Saturday, September 08, 2012

Breakfast

Cereal, Mountain House granola with blueberries	Cereal, Mountain House granola with blueberries
Coffee, coarsely ground for French press	Coffee, coarsely ground for French press

Lunch

Bread, bagel, plain	Bread, bagel, plain
Cheese, Emmenthaler Swiss	Emmenthaler Swiss Cheese
Sausage, Summer	Summer sausage

Snacks

Dessert, Mountain House Neopolitan Ice Cream Bar	Dessert, Mountain House Neopolitan Ice Cream Bar
Gel, Gu Energy Gel	Gel, Gu Energy Gel
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

Menu for Trip (Simple List): Backpacking- Revisit of First Trip

Dinner

FD Dinner, Mountain House Pro-Pak ChiliMac w Beef	Mountain House Pro-Pak, freeze dried Chili Mac with Beef
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Sunday, September 09, 2012

Breakfast

Cereal, Instant Oatmeal, Quaker Low Sugar, Cinnamon & Spice	Cereal, Instant Oatmeal, Quaker Low Sugar, Cinnamon & Spice
Cocoa Mix, Swiss Miss Marshmallow	Cocoa Mix, Swiss Miss Marshmallow
Coffee, coarsely ground for French press	Coffee, coarsely ground for French press

Lunch

Bread, bagel, plain	Bread, bagel, plain
Jelly, grape, Smuckers	Jelly, grape, Smuckers
Peanut butter, Jif to Go Natural Creamy	Peanut butter, Jif to Go Natural Creamy

Snacks

Gel, Gu Energy Gel	Gel, Gu Energy Gel
Nuts, pecan halves	Ellis pecan halves

Dinner

FD Dinner, Mountain House Pro-Pak Beef Stew	Mountain House Pro-Pak, freeze dried Beef Stew
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Monday, September 10, 2012

Breakfast

Coffee, coarsely ground for French press	Coffee, coarsely ground for French press
Soup, ramen noodle, Maruchan, chicken flavor	Soup, ramen noodle, Maruchan, chicken flavor

Lunch

Bread, bagel, plain	Bread, bagel, plain
Jelly, grape, Smuckers	Jelly, grape, Smuckers
Peanut butter, Jif to Go Natural Creamy	Peanut butter, Jif to Go Natural Creamy

Snacks

Dessert, Mountain House Neopolitan Ice Cream Bar	Dessert, Mountain House Neopolitan Ice Cream Bar
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

Menu for Trip (Simple List): Backpacking- Revisit of First Trip

Dinner

FD Dinner, Mountain House Pro-Pak Spaghetti	Mountain House Pro-Pak, freeze dried Spaghetti with Meat Sauce
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Tuesday, September 11, 2012

Breakfast

Cereal, Instant Oatmeal, Quaker Low Sugar, Maple & Brown Sugar	Cereal, Instant Oatmeal, Quaker Low Sugar, Maple & Brown Sugar
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Coffee, coarsely ground for French press	Coffee, coarsely ground for French press
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Lunch

Bar, Cliff, any flavor	Bar, Cliff, any flavor
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Candy, M&M's, plain	Candy, M&M's, plain
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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
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Snacks

Gel, Gu Energy Gel	Gel, Gu Energy Gel
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Dinner

Cocoa Mix, Swiss Miss Marshmallow	Cocoa Mix, Swiss Miss Marshmallow
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FD Dinner, Mountain House New Pro-Pak Beef Strogan	Mountain House New Pro-Pak, freeze dried Beef Stroganoff with noodles
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Wednesday, September 12, 2012

Breakfast

Coffee, coarsely ground for French press	Coffee, coarsely ground for French press
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Soup, ramen noodle, Maruchan, chicken flavor	Soup, ramen noodle, Maruchan, chicken flavor
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Lunch

Cheese Dip & Crackers, Kraft	Kraft Handi-Snacks, Cheez'n Crackers
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Snacks

Bar, Cliff, any flavor	Bar, Cliff, any flavor
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Nuts, macadamia, roasted, salted	MacFarms of Hawaii, Macadamia Nuts, roasted, salted
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Extra Food

Liquor, Scotch	Liquor, Scotch
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