

Menu for Trip (Detailed List): Pine River 2013

Saturday, September 07, 2013

Lunch

<input type="checkbox"/> Sandwich, store bought 1/1 Servings/People 7.9 oz (224 gm), 800 Kcal	Sandwich, store bought Serving Size: 7.9 oz (224 gm), 1 sandwich, 800 Kcal	Note:
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Total for Meal: 7.9 oz, 800 Kcal/Person, Water to Boil: 0 ml

Snacks

<input type="checkbox"/> Bar, Cliff, any flavor 1/1 Servings/People 2.5 oz (71 gm), 240 Kcal	Bar, Cliff, any flavor Serving Size: 2.4 oz (68 gm), 1 bar, 240 Kcal	Note:
<input type="checkbox"/> Gel, Gu Energy Gel 4/1 Servings/People 4.7 oz (132 gm), 400 Kcal	Gel, Gu Energy Gel Serving Size: 1.1 oz (32 gm), 1 packet, 100 Kcal	Note:
<input type="checkbox"/> GORP, homemade, MacPecanM&Mraisins 1/1 Servings/People 2.5 oz (70 gm), 400 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: 9.6 oz, 1040 Kcal/Person, Water to Boil: 0 ml

Dinner

<input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Beef Stew 1/1 Servings/People 4.6 oz (131 gm), 480 Kcal	Mountain House Pro-Pak, freeze dried Beef Stew Serving Size: 4.1 oz (115 gm), 1 pkg, 480 Kcal	Note:
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Total for Meal: 4.6 oz, 480 Kcal/Person, Water to Boil: 414 ml

Extra Food

<input type="checkbox"/> Cocoa Mix, Swiss Miss Marshmallow 1/1 Servings/People 1.1 oz (30 gm), 120 Kcal	Cocoa Mix, Swiss Miss Marshmallow Serving Size: 1.0 oz (28 gm), 1 packet, 120 Kcal	Note:
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Total for Meal: 1.1 oz, 120 Kcal/Person, Water to Boil: 178 ml

Total for Day: 23.2 oz, 2440 Kcal/Person, Water to Boil: 592 ml

Menu for Trip (Detailed List): Pine River 2013

Sunday, September 08, 2013

Breakfast

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|---|--|-------|
| <input type="checkbox"/> Cereal, Mountain House granola with blueberries
1/1 Servings/People 4.8 oz (137 gm), 500 Kcal | Cereal, Mountain House granola with blueberries
Serving Size: 4.0 oz (113 gm), 1 pkg, 500 Kcal | Note: |
| <input type="checkbox"/> Coffee, coarsely ground for French press
2/1 Servings/People 0.5 oz (13 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: 5.3 oz, 500 Kcal/Person, Water to Boil: 472 ml

Lunch

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|--|---|-------|
| <input type="checkbox"/> Bread, bagel, plain
1/1 Servings/People 5.0 oz (142 gm), 340 Kcal | Bread, bagel, plain
Serving Size: 5.0 oz (142 gm), 1 bagel, 340 Kcal | Note: |
| <input type="checkbox"/> Cheese, Emmenthaler Swiss
1/1 Servings/People 1.0 oz (28 gm), 106 Kcal | Emmenthaler Swiss Cheese
Serving Size: 1.0 oz (28 gm), 1 slice or 1 oz, 106 Kcal | Note: |
| <input type="checkbox"/> Sausage, Summer
1/1 Servings/People 2.0 oz (58 gm), 160 Kcal | Summer sausage
Serving Size: 2.0 oz (56 gm), 2 ounces, 1/3 sausage of 6 oz | Note: |

Total for Meal: 8.0 oz, 606 Kcal/Person, Water to Boil: 0 ml

Snacks

- | | | |
|---|---|-------|
| <input type="checkbox"/> Bar, Cliff, any flavor
1/1 Servings/People 2.5 oz (71 gm), 240 Kcal | Bar, Cliff, any flavor
Serving Size: 2.4 oz (68 gm), 1 bar, 240 Kcal | Note: |
| <input type="checkbox"/> Beef, jerky, Bridgford, original natural style
1/1 Servings/People ? oz (? gm), 70 Kcal | Beef, jerky, Bridgford, original natural style
Serving Size: 1.0 oz (28 gm), 1 oz., 70 Kcal | Note: |
| <input type="checkbox"/> Dessert, Mountain House Neopolitan Ice Cream Bar
1/1 Servings/People 1.1 oz (32 gm), 110 Kcal | Dessert, Mountain House Neopolitan Ice Cream Bar
Serving Size: 0.7 oz (21 gm), 1 pkg, 110 Kcal | Note: |

Total for Meal: 3.6 oz, 420 Kcal/Person, Water to Boil: 0 ml

Dinner

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|---|--|-------|
| <input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Spaghetti
1/1 Servings/People 4.8 oz (137 gm), 490 Kcal | Mountain House Pro-Pak, freeze dried Spaghetti with Meat Sauce
Serving Size: 4.1 oz (115 gm), 1 pkg, 490 Kcal | Note: |
|---|--|-------|

Total for Meal: 4.8 oz, 490 Kcal/Person, Water to Boil: 355 ml

Total for Day: 21.8 oz, 2016 Kcal/Person, Water to Boil: 827 ml

Menu for Trip (Detailed List): Pine River 2013

Monday, September 09, 2013

Breakfast

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|---|--|-------|
| <input type="checkbox"/> Cereal, Instant Oatmeal, Quaker Low Sugar, Maple & Brown Sugar
2/1 Servings/People 2.6 oz (74 gm), 240 Kcal | Cereal, Instant Oatmeal, Quaker Low Sugar, Maple & Brown Sugar
Serving Size: 1.2 oz (34 gm), 1 packet, 120 Kcal | Note: |
| <input type="checkbox"/> Cocoa Mix, Swiss Miss Marshmallow
1/1 Servings/People 1.1 oz (30 gm), 120 Kcal | Cocoa Mix, Swiss Miss Marshmallow
Serving Size: 1.0 oz (28 gm), 1 packet, 120 Kcal | Note: |
| <input type="checkbox"/> Coffee, coarsely ground for French press
2/1 Servings/People 0.5 oz (13 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: 4.1 oz, 360 Kcal/Person, Water to Boil: 886 ml

Lunch

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|--|--|-------|
| <input type="checkbox"/> Bread, bagel, plain
1/1 Servings/People 5.0 oz (142 gm), 340 Kcal | Bread, bagel, plain
Serving Size: 5.0 oz (142 gm), 1 bagel, 340 Kcal | Note: |
| <input type="checkbox"/> Jelly, grape, Smuckers
1/1 Servings/People 0.5 oz (15 gm), 35 Kcal | Jelly, grape, Smuckers
Serving Size: 0.5 oz (14 gm), single serving pkg, 35 Kcal | Note: |
| <input type="checkbox"/> Peanut butter, Jif to Go Natural Creamy
1/1 Servings/People 1.8 oz (50 gm), 250 Kcal | Peanut butter, Jif to Go Natural Creamy
Serving Size: 1.5 oz (43 gm), 1 pkg, 250 Kcal | Note: |

Total for Meal: 7.3 oz, 625 Kcal/Person, Water to Boil: 0 ml

Snacks

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|---|---|-------|
| <input type="checkbox"/> Candy, Snickers fun size
2/1 Servings/People 1.3 oz (36 gm), 160 Kcal | Snickers candy, fun size
Serving Size: 0.6 oz (17 gm), 1 piece (packages say 2 piece | Note: |
| <input type="checkbox"/> Cookies, Fig Newtons
1/1 Servings/People ? oz (? gm), 200 Kcal | Cookies, Fig Newtons
Serving Size: 2.0 oz (57 gm), 1 pkg Newtons to go, 200 Kcal | Note: |

Total for Meal: 1.3 oz, 360 Kcal/Person, Water to Boil: 0 ml

Dinner

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|--|--|-------|
| <input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Rice & Chicken
1/1 Servings/People 5.2 oz (148 gm), 560 Kcal | Mountain House Pro-Pak freeze dried Rice & Chicken
Serving Size: 4.5 oz (128 gm), 1 pkg, 560 Kcal | Note: |
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Total for Meal: 5.2 oz, 560 Kcal/Person, Water to Boil: 414 ml

Total for Day: 17.9 oz, 1905 Kcal/Person, Water to Boil: 1300 ml

Menu for Trip (Detailed List): Pine River 2013

Tuesday, September 10, 2013

Breakfast

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|---|--|-------|
| <input type="checkbox"/> Cereal, Mountain House granola with blueberries
1/1 Servings/People 4.8 oz (137 gm), 500 Kcal | Cereal, Mountain House granola with blueberries
Serving Size: 4.0 oz (113 gm), 1 pkg, 500 Kcal | Note: |
| <input type="checkbox"/> Coffee, coarsely ground for French press
2/1 Servings/People 0.5 oz (13 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: 5.3 oz, 500 Kcal/Person, Water to Boil: 472 ml

Lunch

- | | | |
|--|---|-------|
| <input type="checkbox"/> Bread, bagel, plain
1/1 Servings/People 5.0 oz (142 gm), 340 Kcal | Bread, bagel, plain
Serving Size: 5.0 oz (142 gm), 1 bagel, 340 Kcal | Note: |
| <input type="checkbox"/> Cheese, Emmenthaler Swiss
1/1 Servings/People 1.0 oz (28 gm), 106 Kcal | Emmenthaler Swiss Cheese
Serving Size: 1.0 oz (28 gm), 1 slice or 1 oz, 106 Kcal | Note: |
| <input type="checkbox"/> Sausage, Summer
1/1 Servings/People 2.0 oz (58 gm), 160 Kcal | Summer sausage
Serving Size: 2.0 oz (56 gm), 2 ounces, 1/3 sausage of 6 oz | Note: |

Total for Meal: 8.0 oz, 606 Kcal/Person, Water to Boil: 0 ml

Snacks

- | | | |
|---|---|-------|
| <input type="checkbox"/> Dessert, Mountain House Neopolitan Ice Cream Bar
1/1 Servings/People 1.1 oz (32 gm), 110 Kcal | Dessert, Mountain House Neopolitan Ice Cream Bar
Serving Size: 0.7 oz (21 gm), 1 pkg, 110 Kcal | Note: |
| <input type="checkbox"/> Gel, Gu Energy Gel
2/1 Servings/People 2.3 oz (66 gm), 200 Kcal | Gel, Gu Energy Gel
Serving Size: 1.1 oz (32 gm), 1 packet, 100 Kcal | Note: |
| <input type="checkbox"/> GORP, homemade, MacPecanM&Mraisins
1/1 Servings/People 2.5 oz (70 gm), 400 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: 5.9 oz, 710 Kcal/Person, Water to Boil: 0 ml

Dinner

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|--|--|-------|
| <input type="checkbox"/> FD Dinner, Mountain House New Pro-Pak Beef Strogan
1/1 Servings/People 4.8 oz (136 gm), 500 Kcal | Mountain House New Pro-Pak, freeze dried Beef Stroganoff with noodles
Serving Size: 3.8 oz (108 gm), 1 pkg (package labeled as on | Note: |
|--|--|-------|

Total for Meal: 4.8 oz, 500 Kcal/Person, Water to Boil: 414 ml

Total for Day: 24.1 oz, 2316 Kcal/Person, Water to Boil: 886 ml

Menu for Trip (Detailed List): Pine River 2013

Wednesday, September 11, 2013

Breakfast

<input type="checkbox"/> Cereal, Instant Oatmeal, Quaker Low Sugar, Maple & Brown Sugar 2/1 Servings/People 2.6 oz (74 gm), 240 Kcal	Cereal, Instant Oatmeal, Quaker Low Sugar, Maple & Brown Sugar Serving Size: 1.2 oz (34 gm), 1 packet, 120 Kcal	Note:
<input type="checkbox"/> Cocoa Mix, Swiss Miss Marshmallow 1/1 Servings/People 1.1 oz (30 gm), 120 Kcal	Cocoa Mix, Swiss Miss Marshmallow Serving Size: 1.0 oz (28 gm), 1 packet, 120 Kcal	Note:
<input type="checkbox"/> Coffee, coarsely ground for French press 2/1 Servings/People 0.5 oz (13 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: 4.1 oz, 360 Kcal/Person, Water to Boil: 886 ml

Snacks

<input type="checkbox"/> Gel, Gu Energy Gel 4/1 Servings/People 4.7 oz (132 gm), 400 Kcal	Gel, Gu Energy Gel Serving Size: 1.1 oz (32 gm), 1 packet, 100 Kcal	Note:
<input type="checkbox"/> Nuts, pecan halves 1/1 Servings/People 1.1 oz (30 gm), 213 Kcal	Ellis pecan halves Serving Size: 1.1 oz (30 gm), 1/4 cup, 213 Kcal	Note:

Total for Meal: 5.7 oz, 613 Kcal/Person, Water to Boil: 0 ml

Extra Food

<input type="checkbox"/> Liquor, Scotch 10/1 Servings/People 15.0 oz (425 gm), 970 Kcal	Liquor, Scotch Serving Size: 1.5 oz (43 gm), 1.5 ounces, 97 Kcal	Note:
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Total for Meal: 15.0 oz, 970 Kcal/Person, Water to Boil: 0 ml

Total for Day: 24.8 oz, 1943 Kcal/Person, Water to Boil: 886 ml

Total for Trip: 6 lbs. 16 oz., Water to Boil: 4.5 liters

2236 Kcal/Person/Day (assuming 3 meals + snacks each day)

24 Oz/Person/Day