

## Menu for Trip (Detailed List): Vallecito Creek Backpacking Sept 2014

### Saturday, September 06, 2014

#### Lunch

- |   |   |       |
|---|---|-------|
| <input type="checkbox"/> Sandwich, store bought | Sandwich, store bought                              |       |
| 1/1 Servings/People 7.9 oz (224 gm), 800 Kcal   | Serving Size: 7.9 oz (224 gm), 1 sandwich, 800 Kcal | Note: |

**Total for Meal: 7.9 oz, 800 Kcal/Person, Water to Boil: 0 ml**

#### Snacks

- |   |   |       |
|---|---|-------|
| <input type="checkbox"/> Bar, Cliff, any flavor             | Bar, Cliff, any flavor  |       |
| 1/1 Servings/People 2.5 oz (71 gm), 240 Kcal                | Serving Size: 2.4 oz (68 gm), 1 bar, 240 Kcal   | Note: |
| <input type="checkbox"/> Gel, Gu energy gel with caffeine   | Gel, Gu energy gel with caffeine  |       |
| 2/1 Servings/People 2.3 oz (66 gm), 200 Kcal                | Serving Size: 1.1 oz (32 gm), 1 packet, 100 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 |       |
| 1/1 Servings/People 2.5 oz (70 gm), 400 Kcal                | Serving Size: 2.5 oz (70 gm), 2.5 oz., 400 Kcal   | Note: |

**Total for Meal: 7.3 oz, 840 Kcal/Person, Water to Boil: 0 ml**

#### Dinner

- |  |  |       |
|--|--|-------|
| <input type="checkbox"/> Cocoa Mix, Swiss Miss Marshmallow           | Cocoa Mix, Swiss Miss Marshmallow                              |       |
| 1/1 Servings/People 1.1 oz (30 gm), 120 Kcal                         | Serving Size: 1.0 oz (28 gm), 1 packet, 120 Kcal               | Note: |
| <input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Spaghetti | Mountain House Pro-Pak, freeze dried Spaghetti with Meat Sauce |       |
| 1/1 Servings/People 4.8 oz (137 gm), 490 Kcal                        | Serving Size: 4.1 oz (115 gm), 1 pkg, 490 Kcal                 | Note: |

**Total for Meal: 5.9 oz, 610 Kcal/Person, Water to Boil: 533 ml**

**Total for Day: 21.1 oz, 2250 Kcal/Person, Water to Boil: 533 ml**

### Sunday, September 07, 2014

#### Breakfast

- |  |   |       |
|--|---|-------|
| <input type="checkbox"/> Cereal, Mountain House granola with blueberries | Cereal, Mountain House granola with blueberries             |       |
| 1/1 Servings/People 4.8 oz (137 gm), 500 Kcal                            | Serving Size: 4.0 oz (113 gm), 1 pkg, 500 Kcal              | Note: |
| <input type="checkbox"/> Coffee, coarsely ground for French press        | Coffee, coarsely ground for French press                    |       |
| 2/1 Servings/People 0.5 oz (13 gm), 0 Kcal                               | Serving Size: 0.2 oz (7 gm), two rounded tablespoons, 0 Kca | Note: |

**Total for Meal: 5.3 oz, 500 Kcal/Person, Water to Boil: 472 ml**

## Menu for Trip (Detailed List): Vallecito Creek Backpacking Sept 2014

### Lunch

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- |  |   |       |
|--|---|-------|
| <input type="checkbox"/> Bread, bagel, plain<br>1/1 Servings/People 5.0 oz (142 gm), 340 Kcal      | Bread, bagel, plain<br>Serving Size: 5.0 oz (142 gm), 1 bagel, 340 Kcal             | Note: |
| <input type="checkbox"/> Cheese, Emmenthaler Swiss<br>1/1 Servings/People 1.0 oz (28 gm), 106 Kcal | Emmenthaler Swiss Cheese<br>Serving Size: 1.0 oz (28 gm), 1 slice or 1 oz, 106 Kcal | Note: |
| <input type="checkbox"/> Sausage, Summer<br>1/1 Servings/People 2.0 oz (58 gm), 160 Kcal           | Summer sausage<br>Serving Size: 2.0 oz (56 gm), 2 ounces, 1/3 sausage of 6 ou       | Note: |
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**Total for Meal: 8.0 oz, 606 Kcal/Person, Water to Boil: 0 ml**

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### Snacks

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- |   |   |       |
|---|---|-------|
| <input type="checkbox"/> Bar, Cliff, any flavor<br>1/1 Servings/People 2.5 oz (71 gm), 240 Kcal                           | Bar, Cliff, any flavor<br>Serving Size: 2.4 oz (68 gm), 1 bar, 240 Kcal                           | Note: |
| <input type="checkbox"/> Beef, jerky, Bridgford, original natural style<br>1/1 Servings/People ? oz (? gm) , 70 Kcal      | Beef, jerky, Bridgford, original natural style<br>Serving Size: 1.0 oz (28 gm), 1 oz., 70 Kcal    | Note: |
| <input type="checkbox"/> Dessert, Mountain House Neopolitan Ice Cream Bar<br>1/1 Servings/People 1.1 oz (32 gm), 110 Kcal | Dessert, Mountain House Neopolitan Ice Cream Bar<br>Serving Size: 0.7 oz (21 gm), 1 pkg, 110 Kcal | Note: |
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**Total for Meal: 3.6 oz, 420 Kcal/Person, Water to Boil: 0 ml**

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### Dinner

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|---|--|-------|
| <input type="checkbox"/> FD Dinner, Mountain House New Pro-Pak Beef Stroganoff<br>1/1 Servings/People 4.8 oz (136 gm), 500 Kcal | Mountain House New Pro-Pak, freeze dried Beef Stroganoff with noodles<br>Serving Size: 3.8 oz (108 gm), 1 pkg (package labeled as on | Note: |
|---|--|-------|
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**Total for Meal: 4.8 oz, 500 Kcal/Person, Water to Boil: 414 ml**

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**Total for Day: 21.8 oz, 2026 Kcal/Person, Water to Boil: 886 ml**

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## Menu for Trip (Detailed List): Vallecito Creek Backpacking Sept 2014

**Monday, September 08, 2014**

### Breakfast

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|---|--|-------|
| <input type="checkbox"/> Cereal, Instant Oatmeal, Quaker Low Sugar, Maple & Brown Sugar<br>2/1 Servings/People 2.6 oz (74 gm), 240 Kcal | Cereal, Instant Oatmeal, Quaker Low Sugar, Maple & Brown Sugar<br>Serving Size: 1.2 oz (34 gm), 1 packet, 120 Kcal | Note: |
| <input type="checkbox"/> Cocoa Mix, Swiss Miss Marshmallow<br>1/1 Servings/People 1.1 oz (30 gm), 120 Kcal                              | Cocoa Mix, Swiss Miss Marshmallow<br>Serving Size: 1.0 oz (28 gm), 1 packet, 120 Kcal                              | Note: |
| <input type="checkbox"/> Coffee, coarsely ground for French press<br>2/1 Servings/People 0.5 oz (13 gm), 0 Kcal                         | Coffee, coarsely ground for French press<br>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

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

- |  |   |       |
|--|---|-------|
| <input type="checkbox"/> Candy, Snickers fun size<br>2/1 Servings/People 1.3 oz (36 gm), 160 Kcal            | Snickers candy, fun size<br>Serving Size: 0.6 oz (17 gm), 1 piece (packages say 2 piece | Note: |
| <input type="checkbox"/> Cookies, Fig Newtons<br>1/1 Servings/People ? oz (? gm) , 200 Kcal                  | Cookies, Fig Newtons<br>Serving Size: 2.0 oz (57 gm), 1 pkg Newtons to go, 200 Kcal     | Note: |
| <input type="checkbox"/> Gel, Gu energy gel without caffeine<br>2/1 Servings/People 2.3 oz (66 gm), 200 Kcal | Gel, Gu energy gel without caffeine<br>Serving Size: 1.1 oz (32 gm), 1 packet, 100 Kcal | Note: |

**Total for Meal: 3.6 oz, 560 Kcal/Person, Water to Boil: 0 ml**

### Dinner

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

**Total for Meal: 5.2 oz, 560 Kcal/Person, Water to Boil: 414 ml**

**Total for Day: 20.3 oz, 2105 Kcal/Person, Water to Boil: 1300 ml**

## Menu for Trip (Detailed List): Vallecito Creek Backpacking Sept 2014

**Tuesday, September 09, 2014**

### **Breakfast**

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|---|--|-------|
| <input type="checkbox"/> Cereal, Mountain House granola with blueberries<br>1/1 Servings/People 4.8 oz (137 gm), 500 Kcal | Cereal, Mountain House granola with blueberries<br>Serving Size: 4.0 oz (113 gm), 1 pkg, 500 Kcal        | Note: |
| <input type="checkbox"/> Coffee, coarsely ground for French press<br>2/1 Servings/People 0.5 oz (13 gm), 0 Kcal           | Coffee, coarsely ground for French press<br>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<br>1/1 Servings/People 5.0 oz (142 gm), 340 Kcal      | Bread, bagel, plain<br>Serving Size: 5.0 oz (142 gm), 1 bagel, 340 Kcal             | Note: |
| <input type="checkbox"/> Cheese, Emmenthaler Swiss<br>1/1 Servings/People 1.0 oz (28 gm), 106 Kcal | Emmenthaler Swiss Cheese<br>Serving Size: 1.0 oz (28 gm), 1 slice or 1 oz, 106 Kcal | Note: |
| <input type="checkbox"/> Sausage, Summer<br>1/1 Servings/People 2.0 oz (58 gm), 160 Kcal           | Summer sausage<br>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<br>1/1 Servings/People 1.1 oz (32 gm), 110 Kcal | Dessert, Mountain House Neopolitan Ice Cream Bar<br>Serving Size: 0.7 oz (21 gm), 1 pkg, 110 Kcal   | Note: |
| <input type="checkbox"/> Gel, Gu energy gel with caffeine<br>2/1 Servings/People 2.3 oz (66 gm), 200 Kcal                 | Gel, Gu energy gel with caffeine<br>Serving Size: 1.1 oz (32 gm), 1 packet, 100 Kcal  | Note: |
| <input type="checkbox"/> GORP, homemade, MacPecanM&Mraisins<br>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<br>yielding 4 servings<br>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 Pro-Pak ChiliMac w<br>Beef<br>1/1 Servings/People 4.7 oz (134 gm), 500 Kcal | Mountain House Pro-Pak, freeze dried Chili Mac with Beef<br>Serving Size: 4.1 oz (115 gm), 1 pkg, 500 Kcal | Note: |
|--|--|-------|

**Total for Meal: 4.7 oz, 500 Kcal/Person, Water to Boil: 414 ml**

**Total for Day: 24.0 oz, 2316 Kcal/Person, Water to Boil: 886 ml**

Menu for Trip (Detailed List): Vallecito Creek Backpacking Sept 2014

**Wednesday, September 10, 2014**

**Breakfast**

<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 Kca	Note:
<input type="checkbox"/> Soup, ramen noodle, Maruchan, chicken flavor 2/1 Servings/People 3.1 oz (87 gm), 380 Kcal	Soup, ramen noodle, Maruchan, chicken flavor Serving Size: 1.5 oz (43 gm), 1/2 package, 190 Kcal	Note:

**Total for Meal: 3.5 oz, 380 Kcal/Person, Water to Boil: 946 ml**

**Snacks**

<input type="checkbox"/> Gel, Gu energy gel with caffeine 4/1 Servings/People 4.7 oz (132 gm), 400 Kcal	Gel, Gu energy gel with caffeine 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 18/1 Servings/People 27.0 oz (765 gm), 1746 Kcal	Liquor, Scotch Serving Size: 1.5 oz (43 gm), 1.5 ounces, 97 Kcal	Note:
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**Total for Meal: 27.0 oz, 1746 Kcal/Person, Water to Boil: 0 ml**

**Total for Day: 36.2 oz, 2739 Kcal/Person, Water to Boil: 946 ml**

**Total for Trip: 7 lbs. 11 oz., Water to Boil: 4.6 liters**

**2541 Kcal/Person/Day (assuming 3 meals + snacks each day)**

**27 Oz/Person/Day**