

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

Saturday, September 06, 2014

Lunch

Sandwich, store bought

Sandwich, store bought

Snacks

Bar, Cliff, any flavor

Bar, Cliff, any flavor

Gel, Gu energy gel with caffeine

Gel, Gu energy gel with caffeine

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

Cocoa Mix, Swiss Miss Marshmallow

Cocoa Mix, Swiss Miss Marshmallow

FD Dinner, Mountain House Pro-Pak Spaghetti

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

Sunday, September 07, 2014

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

Beef, jerky, Bridgford, original natural style

Beef, jerky, Bridgford, original natural style

Dessert, Mountain House Neopolitan Ice Cream Bar

Dessert, Mountain House Neopolitan Ice Cream Bar

Dinner

FD Dinner, Mountain House New Pro-Pak Beef Stroganoff

Mountain House New Pro-Pak, freeze dried Beef Stroganoff with noodles

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Monday, September 08, 2014

Breakfast

Cereal, Instant Oatmeal, Quaker Low Sugar, Maple & Brown Sugar	Cereal, Instant Oatmeal, Quaker Low Sugar, Maple & Brown Sugar
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
Cookies, Fig Newtons	Cookies, Fig Newtons
Gel, Gu energy gel without caffeine	Gel, Gu energy gel without caffeine

Dinner

FD Dinner, Mountain House Pro-Pak Rice & Chicken	Mountain House Pro-Pak freeze dried Rice & Chicken
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Tuesday, September 09, 2014

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 with caffeine	Gel, Gu energy gel with caffeine
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): Vallecito Creek Backpacking Sept 2014

Dinner

FD Dinner, Mountain House Pro-Pak ChiliMac w Beef	Mountain House Pro-Pak, freeze dried Chili Mac with Beef
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Wednesday, September 10, 2014

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

Snacks

Gel, Gu energy gel with caffeine	Gel, Gu energy gel with caffeine
Nuts, pecan halves	Ellis pecan halves

Extra Food

Liquor, Scotch	Liquor, Scotch
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