

Bicycle Touring Food Ideas

Food Ideas

Bagels	Dehydrated refried	Peanut butter and
Bananas	beans	jelly
Beans	Dry cereal	Powdered milk
Beans and rice	Fig newtons	Ramen
Bread	Fruit	Rice-a-Roni
Cheese	Granola	Summer sausage
Chocolate milk	Jerky	Snickers
Coffee	Nuts	Tortillas
Couscous	Oatmeal	Trail mix
Crackers	Pasta	Tuna
		Yogurt

Helpful Links

<http://www.biketouringtips.com/searchTips.html?country=&state=&place=&id=Food&subtopic=>
<http://www.bikeforums.net/showthread.php?t=495582&highlight=food>
<http://www.bikeforums.net/showthread.php?t=573338&highlight=food>
<http://www.bikeforums.net/showthread.php?t=547500&highlight=food>
<http://www.bikeforums.net/showthread.php?t=530283&highlight=food>
<http://www.bikeforums.net/showthread.php?t=518767&highlight=food>
<http://www.bikeforums.net/showthread.php?t=501474&highlight=food>
<http://www.bikeforums.net/showthread.php?t=387535&highlight=food>
<http://www.bikeforums.net/showthread.php?t=363723&highlight=food>