

T680 – Backpacking Menu Planner

One Pot Cooking can be easy to prepare with a little thought before hand.

Which foods need to cook longer? Start them first.

Plastic bags can serve for carrying, mixing and cooking.

Reduce the cleanup, add the boiling water to the bag and mix.

Use a cozy to hold and insulate the bag while rehydrating.

Mix and Match - Pick an item from each category.

Breakfast

Dairy	Meat	Grain	Fruit	Fun
Hard Cheese	Jerky	Oatmeal	Dried apples	Trail Mix
String Cheese	Hard Salami	Grits	Banana chips	Nuts
Powdered Milk	Meat sticks	Cold Cereal	Fruit leathers	Pop tarts
Drinks	Bacon Bits	Granola Bar	Raisins	
Tang		Crackers		
Gatorade	Peanut butter			
Coffee/Tea				
Hot Chocolate				

Trail Lunch

Dairy	Meat	Grain	Fruit	Fun
Hard Cheese	<u>Packaged</u>	Crackers	Dried apples	Trail Mix
Cheese spread	Tuna	Tortillas	Banana chips	Candy bar
String Cheese	Chicken	Pita bread	Fruit leathers	Nuts
	Salmon	Corn chips	Raisins	Cereal mix
Drinks		Bagel	Fresh fruit	Shot blocks
Water	Potted Meat	Pretzels	Larabar	Energy gummies
Gatorade	Hard salami		Jelly	Cliff Bar
Kool aid	Meat sticks			Stinger Honey Bar
	Peanut butter			Honey packets

Dinner

Base	Vegetable	Meat	Sauce	Topping
Ramen	<u>Fresh</u>	<u>Packaged</u>	Spaghetti	Cheese
Spaghetti	Chili peppers	Tuna	Soup mix	Bacon bits
Macaroni	Cucumber	Chicken	Gravy mix	Margarine
Stuffing mix	Carrots	Salmon	Cheese	Soy packets
Cous cous	Onion		Stroganoff	Hot sauce packets
Instant Rice		Potted meat		
Instant Potatoes	<u>Freeze dried</u>	Hot dogs	Oil & Vinegar	Nuts
Beans & Rice	Peas	Vienna Sausage	Sweet & sour	Dried fruit bits
Mac & Cheese	Green Beans	Spam		Cranberry
Tortilla	Corn	Jerky		Raisins
Spinach salad	Mushrooms	Pepperoni		Croutons
	Mixed Vegi	Bacon Bits		Basil
Drinks/Soup	French's Onions			
Water		<u>Freeze dried</u>		Garlic salt
Tea		Chicken		Salt & Pepper
Hot Chocolate		Beef		Chili pepper flakes
Soup				