

Backpacking Food Plan

Mon	Second Breakfast	Ounces	Calories
	1 cup of Gorp (homemade trailmix)	1.8	250
on Road	Lunch	Ounces	Calories
on Road	McDonald's		
	Supper	Ounces	Calories
	1 Clif Bar	2.4	230
	Dinner	Ounces	Calories
@Base	3 Hot Dogs with Buns on camp on grills		
@Base	2 large bags of Potato Chips		
@Base	1 pack Swiss Miss Cocoa Mix	1.25	140
	Cracker Barrel	Ounces	Calories
@Base	Cheese & Crackers	1	100
Tues	Breakfast (cooked at Cosby Group Campsite)	Ounces	Calories
@Base	2 Poptarts (1 pak)	1.8	410
@Base	2 packs Maple & Brown Sugar Oatmeal	3	320
@Base	1 pack Swiss Miss Cocoa Mix	1.25	140
@Base	1 cup Starbucks VIA Instant Coffee	0.1	0
	Subtotal	6.2	870
	Second Breakfast	Ounces	Calories
	1 cup of Gorp (homemade trailmix)	1.8	250
	Elevensies	Ounces	Calories
	1 cup of Gorp (homemade trailmix)	1.8	250
	Lunch	Ounces	Calories
	15 Crackers	2	240
	2 String Cheese Sticks	2	160
	Ramen Noodle Soup (1/2 block per person)	1.5	190
	1 Gatorade G2 Packet	0.5	50
	Subtotal	5.7	640
	Afternoon Tea	Ounces	Calories
	4 dried Apricots	0.75	50
	Supper	Ounces	Calories
	1 Clif Bar	2.4	240
	Dinner	Ounces	Calories
	1 Mountain House Lasagna w/ Meat Sauce	4.8	600
	2 Medium Flour Tortillas	3.4	300
	1 Rice Krispies Marshmallow Treats	0.78	90
	1 pack Swiss Miss Cocoa Mix	1.25	140
	Subtotal	10.23	1130
	Cracker Barrel	Ounces	Calories
	Cheese & Pretzel Sticks	1	100
	Day 1 Summary	Ounces	Calories
	TOTAL	32.9	3,530
Wed	Breakfast	Ounces	Calories
	2 packs Maple & Brown Sugar Oatmeal	3	320

4 BelVita breakfast biscuits	1.76	230	
1 cup Starbucks VIA Instant Coffee	0.1	0	
1 pack Swiss Miss Cocoa Mix	1.25	140	
Subtotal	6.1	690	
Second Breakfast	Ounces	Calories	
1 cup of Gorp (homemade trailmix)	1.8	250	
Elevensies	Ounces	Calories	
1 cup of Gorp (homemade trailmix)	1.8	250	
Lunch	Ounces	Calories	
15 Crackers	2	240	
1 Jif To Go Peanut Butter Cup	1.5	250	
Ramen Noodle Soup (1/2 block per person)	1.5	190	
1 Gatorade G2 Packet	0.5	50	
Subtotal	5	730	
Afternoon Tea	Ounces	Calories	
4 dried Apricots	0.75	50	
Supper	Ounces	Calories	
1 Clif Bar	2.4	230	
Dinner	Ounces	Calories	
1 Mountain House Beef Stroganoff	4.8	525	
2 Medium Flour Tortillas	3.4	300	
1 Rice Krispies Marshmellow Treats	0.78	90	
1 pack Swiss Miss Cocoa Mix	1.25	140	
Subtotal	10.23	1055	
Cracker Barrel	Ounces	Calories	
Cheese & Pretzel Sticks	1	100	
Day 2 Summary	Ounces	Calories	
TOTAL	29.3	3355	
Thurs	Breakfast	Ounces	Calories
	2 packs Maple & Brown Sugar Oatmeal	3	320
	1 pack Swiss Miss Cocoa Mix	1.25	140
	4 BelVita breakfast biscuits	1.76	230
	1 cup Starbucks VIA Instant Coffee	0.1	0
	Subtotal	6.11	690
	Second Breakfast	Ounces	Calories
	1 cup of Gorp (homemade trailmix)	1.5	200
	Elevensies	Ounces	Calories
	1 cup of Gorp (homemade trailmix)	1.5	200
	Lunch	Ounces	Calories
	15 Crackers	2	240
	1 Jack Link sausage	0.92	110
	Ramen Noodle Soup (1/2 block per person)	1.5	190
	1 Gatorade G2 Packet	0.5	50
	Subtotal	5	590
	Afternoon Tea	Ounces	Calories

	4 dried Apricots	0.75	50
	Supper	Ounces	Calories
	1 Clif Bar	2.4	230
	Dinner	Ounces	Calories
	1 Mountain House Chili Mac w/ Beef	4.8	600
	2 Medium Flour Tortillas	3.4	300
	1 pack Swiss Miss Cocoa Mix	1.25	140
	2 Rice Krispies Marshmellow Treats	0.78	90
	Subtotal	10.2	1130
	Cracker Barrel	Ounces	Calories
	Cheese & Bread Sticks	1	100
	Day 3 Summary	Ounces	Calories
	TOTAL	28.1	3190
Fri	Breakfast	Ounces	Calories
	2 packs Maple & Brown Sugar Oatmeal	3	320
	1 pack Swiss Miss Cocoa Mix	1.3	140
	4 BelVita breakfast biscuits	1.8	230
	1 cup Starbucks VIA Instant Coffee	0.1	0
	Subtotal	6.1	690
	Second Breakfast	Ounces	Calories
	1 cup of Gorp (homemade trailmix)	1.5	200
	Elevensies	Ounces	Calories
	1 cup of Gorp (homemade trailmix)	1.5	200
	Lunch	Ounces	Calories
	15 Crackers	2	240
	2 String Cheese Sticks	2	160
	Ramen Noodle Soup (1/2 block per person)	1.5	190
	1 Gatorade G2 Packet	0.5	50
	Subtotal	6	640
	Afternoon Tea	Ounces	Calories
	4 dried Apricots	0.75	50
	Supper	Ounces	Calories
	1 Clif Bar	2.4	230
	Dinner @ Base Camp	Ounces	Calories
1 Mountain House Mac & Cheese	4.8	600	
Jack Links Turkey Jerky	2	160	
baby carrots	0.5	119	
Hostess Cupcakes		250	
Subtotal	7.3	1129	
	Cracker Barrel	Ounces	Calories
	Cheese & Bread Sticks	1	100
	Day 4 Summary	Ounces	Calories
	TOTAL	26.255	3239
Sat	Breakfast	Ounces	Calories
	2 Poptarts (1 pak)	1.8	410

@Base
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	2 packs Maple & Brown Sugar Oatmeal	3	320
	1 pack Swiss Miss Cocoa Mix	1.25	140
	1 cup Starbucks VIA Instant Coffee	0.1	0
	Subtotal	7.5	920
	Second Breakfast	Ounces	Calories
	1 cup of Gorp (homemade trailmix)	1.5	200
	Lunch	Ounces	Calories
	2 Medium Flour Tortillas	3.4	300
	Sandwich bread & lunch meat (purchase Sat am)		
	apples, bannanas (purchased Sat am)	1.5	250
	Subtotal	5.4	600
	Elevenies	Ounces	Calories
	1 Clif Bar	2.4	230
	Dinner	Ounces	Calories
	Steak		
	Baked Potatoes (foil wrapped) with shredded ceddar cheese		
	2 Rolls		
	Hostess Ding Dongs		250
	Subtotal	10.55	1,220
	Cracker Barrel	Ounces	Calories
	Cheese & Crackers	1	100
	Day 5 Summary	Ounces	Calories
	TOTAL	31.65	3,785
Sun	Breakfast	Ounces	Calories
	Donuts (purchased Sat)		
	1 pack Swiss Miss Cocoa Mix	1.25	140
	1 cup Starbucks VIA Instant Coffee	0.1	0
	Subtotal	7.5	920
	Second Breakfast	Ounces	Calories
on Road	1 cup of Gorp (homemade trailmix)	1.5	200
	Lunch	Ounces	Calories
on Road	McDonalds		
	Subtotal	5.4	600
	Elevenies	Ounces	Calories
on Road	1 Clif Bar	2.4	230
	Dinner @ Home	Ounces	Calories
	Day 6 Summary	Ounces	Calories
	TOTAL	31.65	3,785