

Backpacking meals

Breakfast

1
Dry Cereal / Granola
Dyhydrated milk
Fig bars / newtons
Clementines

tang / powder drink mix

2
Beef jerky
cheese stick
dried apricots
energy bar
hot cocoa

3
breakfast bar
oatmeal
dried blueberries
dried strwaberries

gatorade

Lunch

Bagels
peanut butter
jelly
dried fruit
gatorade
granola bar
apple
kind bar

pita bread
turkey
cheese
gatorade
lettuce
tomato
Energy bar
dried mangos

meat stick / salami
bread / tortillas
soup
oranges
packaged tuna
Cliff bar

Dinner

chicken
elbows
brocoli
dried tomato
shredded cheese
soup mix

snickers bar

beef
carrots
beans
frozen corn
beef stew mix
hot cocoa
dumplings

homemade brownies

Chilli mix
corn
rice
shredded cheese
dried veggies
pita bread

jelly doughboys w/ hor
(see recipe)

Other options

stove top stuffing
dehydrated potatos
dehydrated cherries
peanut m & ms
spinach
honey
nuts
dehydrated hash browns
almond butter
s'mores