

Backpacking Menu Ideas

Breakfast

Beverage Suggestions – Breakfast Drink (powdered), Coffee, Cocoa, Tea

- () Oatmeal
- () Nuti-grain Cereal Bars
- () Freeze Dried Breakfast Meals (Mountain House/Richmoor)
- () Cold Cereal w/ Powdered Milk (bag milk in 1 cup size servings)
- () Cinnamon Rolls (requires backpacking oven)

Lunch/Snacks/Trail Food

Beverage Suggestions – Gatorade/Lemonade (powdered), Water

- () Peanut Butter and Jelly Tubes with crackers
- () Canned Tuna/Chicken/Ham Salad and Crackers
- () Summer Sausage or Dry Salami, Sliced Cheese and Crackers
- () Beef Jerky, Dried Fruit, Nuts, Hard Candy
- () Trail Mix (Granola/Oats/Raisins/Peanuts) good to add M&M's, Sunflower Seeds, Yogurt Covered Raisins, etc.

Dinner

Beverage Suggestions –Gatorade/Lemonade (powdered), Coffee, Cocoa, Tea

- () Freeze Dried Dinner Meals (Mountain House/Richmoor)
- () Spaghetti with Canned Meat Sauce
- () Canned Stew, Chili w/ Crackers or Bread
- () Canned Chicken Quesadillas with Cheez Whiz
- () Dried Beef Wraps w/ Cheez Whiz
- () Prepackaged Personal Pizzas (requires backpacking oven)
- () 3 Cheese Tortellini w/ Olive Oil & Black Olives (Barilla is the best)
- () Canned Chicken & Rice W/ Gravy

Desert

- () Fruit Cocktail Cups
- () Freeze Dried Desserts (Mountain House/Richmoor)
- () High Protein Candy Bar
- () Cookies (Fig Newton's are high in fiber versus pack weight!)

Notes:

Powdered drinks (Gatorade, Lemonade, Milk) should be pre-measured into small Ziplocks either for cup (8 oz.) or Nalgene (32 oz.) serving size.

All prepackaged foods should be repackaged (remove packaging from its box or container) to provide the most efficient use of space and weight.

All meats should be pre-cooked, you can find many canned or foil packaged meats at your local grocery store in the aisle where you would normally find canned tuna fish.