

## Ideas for Backpacking Meals

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Cold cereal (dried milk)	Peanut Butter	Instant soups
Instant cereals (oatmeal, cream of wheat, etc)	Cheese	Dehydrated dinners
Breakfast bars	Crackers	Instant mac/cheese
Bagels	Rice Cakes	Burritos
Dried fruit	Bagels, cream cheese	Bread sticks, rolls
Orange/apple	Beef Jerky	Instant rice mixes
Juice	Canned meat (chicken/tuna/ham)	Dried noodle mixes (Lipton noodles)
Nuts	Dry salami/pepperoni	Canned chicken/ham/tuna, etc
Beef jerky	Summer sausage	Frozen foil dinner, pack in dry ice
Precooked Bacon	Instant soups	PBJ
Pancakes/syrup	Apples/orange	Quick Cook Chili mix (add summer sausage)
Instant cocoa	Dried fruit	MRE
Powdered breakfast drink	Carrots	Jambalaya or red beans & rice mixes
Dehydrated eggs	Chips, canned dips	Instant mashed potatoes
Muffins	Powdered fruit drinks	Fresh vegetables to sauté
	Pita bread	Pre-made frozen chili, pasta, etc.
	Nuts, trail mix	Instant desserts
	Cookies	Spaghetti/canned sauce
	Energy bars	Baked potatoes in foil on campfire
	Quesadillas	Pizza

Trader Joe's – instant single serving portions of oatmeal, soups, mac and cheese, mashed potatoes; trail mix and dried fruits, nuts, canned meats.

Any grocery store – Lipton noodle and sauce pouches, rice mixes, jambalaya mix, red beans and rice, quick cook chili mixes, instant soup cups, instant oatmeal, canned meats to add to mixes, tuna salad and crackers in a can, small cans of Pringles, energy bars, powdered drink mixes (lemonade, cocoa, Gatorade, etc.) Instead of bread, bring bagels, crackers, pita bread, tortillas, hard french rolls, which all pack easier. Make a pizza with Boboli bread or foccacia and canned sauce and cheese. Instant muffin mixes which only require water can be cooked like biscuits in your frypan with a lid over low heat.

Fast food restaurants – save extra individual packets of salt, pepper, ketchup, salsa, soy sauce, maple syrup, honey, margarine, jelly, barbeque sauce, etc. to add to meals.

Popular and REI: Dehydrated meals (expensive), energy bars, instant drink mixes, MREs.

Organize each meal in a large Ziploc bag with all ingredients you need for that meal. After that meal, the Ziploc bag can be used as a garbage bag, easier than carrying a large garbage bag tied to the outside of your pack. Get ideas from what the adults and older scouts are cooking. Be creative!