

## Backpacking Food Recommendations

### Breakfast

Instant Oatmeal	<u>Flavor Additions</u>	<u>Drinks</u>
Ramen	Raisins	Cocoa Mix
Instant Grits	Dried Fruit (apples, peaches, cherries, etc)	Apple Cider Mix
Cream of Wheat	Cheese	Tang
Pancakes	Brown Sugar	Soup
Dry Cereal	Honey	Powdered Milk
Bagels	Margarine	Coffee
English Muffins	Jelly	Tea
Jerky	Nuts (peanuts, cashews, sunflower kernels)	Bouillon
Powdered Eggs	Fruit Leather	Spiced Tea Mix
Breakfast Bars	Cream Cheese	Gatorade
Pop-Tarts		Kool-Aid
		Water (yes, plain!)

### Lunch

Main Course	Bread	<u>Desserts/Trail Snacks</u>
Tuna (can or pouch)	Bagel	GORP
Chicken (can or pouch)	English Muffin	Cookies
Summer sausage	Pita Bread	Brownies
Jerky	Crackers	Fig Bars
Cheese	Tortillas	Dried Fruit
Peanut Butter	Graham Crackers	Nuts
Hudson Bay Bread	Vanilla Wafers	Candy

### Dinner

Chicken, Tuna, Ham, Beef, Turkey, Shrimp (can or pouch)		<u>Desserts</u>
Meat	Lipton Noodles or Rice	Instant Pudding
Dehydrated Ground Beef	Hamburger Helper	Cheesecake Mix
Jerky	Rice	Brownie Mix
Summer Sausage	Barley	Cookies
Smoked Sausage	Pasta	Dried Fruit Dishes
Macaroni & Cheese	Cheese	
Red Beans & Rice	Fresh / Dried Vegetables	
	Sauce/Gravy Mixes	
	Spices/Seasonings	
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