

# Wilderness Walker™

## MENU PLANNER

BREAKFAST		LUNCH	SNACK	DINNER
DAY ONE	Instant Oatmeal Instant Hot Chocolate Dried Fruit (leather type)	Trail Mix (1 cup) Milk and Cereal Bar Fruit Punch Drink (mix for 1 qt.)	None, see LUNCH.	Kraft Macaroni & Cheese Mountain House Green Beans Mountain House Blueberry Cheesecake Instant Hot Chocolate
DAY TWO	Instant Oatmeal Instant Hot Chocolate Dried Fruit (leather type)	Trail Mix (1 cup) Milk and Cereal Bar Fruit Punch Drink (mix for 1 qt.)	<u>At the camp fire:</u> Marshmallows, Chocolate Bars, & Gram Crackers	Mountain House Pasta Primavera AlpineAire Garden Vegetables AlpineAire Deep-Dish Peach Crumble Instant Hot Chocolate
DAY THREE	Instant Oatmeal Instant Hot Chocolate Dried Fruit (leather type)	Trail Mix (1 cup) Milk and Cereal Bar Fruit Punch Drink (mix for 1 qt.)	None, see LUNCH.	Richmoor Three Bean Chili Mountain House Garden Green Peas Bpker's Pantry Hot Apple Cobbler Instant Hot Chocolate
DAY  FOUR				
other dishes				Ramen Noodle Soup Hamburger Helper Pastas Lipton Rice & Sauce Stove Top Stuffing Mix

Be sure to "plan ahead" for your meals on the trail. The more prepared you are before you depart, the more fun you'll have while trekking. The "instant" meals are quick and convenient. The longer cooking meals may taste better. You can add condiments of your choice to add variety and taste to your menu. Many fresh vegetables keep well for several days when wrapped in plastic. Remember the longer you are in one place, the more you'll be interested in cooking better meals. Plan for those days when you'll have the time and inclination to cook up a gourmet meal.

**Don't** underestimate your need for water. Plan ahead to carry water purification supplies if you aren't near clean water streams. Be sure to boil any water you're not confident of.

Plan your meals with the number of persons in your party in mind. Use our menu blanks to plan for each meal of each day. With a little forethought, you'll eat better on the trail than you thought possible.

BE PREPARED. Don't forget the "Ten+ Essentials". HAVE FUN!!