Breakfast	Lunch	Dinner	Snacks	Desserts	Basics	Basics
Datmeal red river	wraps	Canned Hams	Popcorn	apples	Coffee	Wraps
Pancakes (pre Mixed)	Canned Hams	Beans	Nuts	Oranges	Tea	dried sausage or meat
Granola	Dried soup mix	Canned beans	Trail Mix	Dried Fruit	Spices	cheese
scrambled Dried eggs	Pita Bread	Chile	Fruit leather	Cinnamon Buns	Hard Margarine	canned tomatoes
pannock (pre mixed)	Ryvita crackers	Rice	Pepperoni	Brownies	Drink Crystals	olives
Oried bacon	Canned Salmon	Gravy mixes	Sausage	Cake	Onion flakes	dried refried beans
Oried Ham	Canned Tuna	Potatoes	Hot Chocolate	sweet bannock	Montreal spice	hot sauce
Beef Jerky	carrots	Frozen Hamburger meat	Granola bars	pies	Flour	
Canned Hams	Smokies	Taco Seasoning	Raisons	Pudding mixes	pancake syrup	
Hash browns	Cheese	tacos	Cinnamaon chips	choc pudding oreos	Sugar	
Oried fruit	Bread	Instant Refried Beans	lemon worms		rasons	
oowdered milk	Corn Chowder with bacon	#REF!			Marshmallows	
cereal		macaroni and Cheese			Garlic	
		large sausage			Milk Powder	
		pizza - camp oven			Baking Powder	
		Instant mashed potatoes			Cooking Oil	
		Foil cooked Chicken mix			Tea Biscuit Mix	
		Chicken "pie"			Cinnamon	

Day 1	km	Day 2	km	Day 3	km	Day 4	km	What people love	What people hate
Breakfast		Breakfast		Breakfast		Breakfast			
Bacon and Eggs		Bacon and Eggs		Oatmeal red river		Oatmeal			
		Bannock		bannock					
		Drink Crystals		Drink Crystals		Drink Crystals			
Lunch		Lunch		Lunch		Lunch			
trail mix		trail mix		trail mix		trail mix			
		Bread		Pita Bread		wraps			
		Cheese		Smokies					
Dinner		Dinner		Dinner		Dinner			
frozen hamburger patties		Chicken Pot Pie		taco wraps		Canned Hams			
instant mashed		Bannock		dried mix - olives		potatoes, carrots			
Carrots		Carrots, mashed pot		Dried ground beef		bannock			
Evening Snack		Evening Snack		Evening Snack		Evening Snack			
Fruit pies				Choc Pudding mix		Chocolate Cake			
English muffins?									

Day 5	km	Day 6	km	Day 7	km	Day 8	km
Breakfast		Breakfast		Breakfast		Breakfast	
Oatmeal red river		Oatmeal		Oatmeal		Oatmeal	
Dried eggs - bacon				Dried eggs - bacon		Oatmeal	
Drink Crystals		Drink Crystals		Drink Crystals		Drink Crystals	
Lunch		Lunch		Lunch		Lunch	
trail mix		trail mix		trail mix		trail mix	
Canned Tuna		Canned Salmon					
			+		_		
Dinner		Dinner		Dinner		Dinner	
Corn Chowder		pasta with dried tomato		Pizza / calzone		Chili	
Soup		sausage or bacon				Bannock	
		Italian spices				mashed potatoes	
Evening Snack		Evening Snack		Evening Snack		Evening Snack	
			_	brownies		Cheesecake	
			_				

Boxes	Desserts and Snacks
	Condements
	Breakfast things

macaroni and Cheese sausage - Dry carrots - dried corn

	Breakfast	Lunches	Dinner	
Dinner 1	Bacon and Eggs	GORP	frozen hamburger patties	Buy day before
Dinner 2	Oatmeal red river	GORP	taco wraps	Meat Done
Dinner 3	Oatmeal red river	GORP	Chicken Pot Pie	Chicken and vegies Dried
Dinner 4	Oatmeal	1 GORP	Canned Hams	Buy canned hams
Dinner 5	Oatmeal red river	GORP	pasta with dried tomato	Tomatoe sauce dried
Dinner 6	Oatmeal red river	GORP	Chili	Chil Dried
Dinner 7	Oatmeal	1 GORP	macaroni and Cheese	
Dinner 8	Oatmeal red river	GORP	#REF!	

Have extra flour , BP, Milk powder

Pre mix for 13 people (pancakes)	6 Cups	Flour
	8 tbs	Sugar
Two of these	8 tsp	baking Power
	2 tsp	baking Soda
	2 tsp	Salt
	1 Cups	Powdered Milk
	10 Tbs	Powdered eggs (separate bag)
	<u>-</u>	
Add	4 tbs	Oil
	1 cup	water

Pre mix for bannock Times	2 Cups 1 Tbs 2 Tbs	Flour baking P Powdere		
Add	2 Tbs 1 Cup	Oil water	Slowly !!!	

Pre mix for bannock	Times	1 Cups	Flour		
		1 Tbs	baking P	ower	
		1 Tbs	Powdere	d Milk	
	•				
	Add	1 Tbs	Oil		
		0.50 Cup	water	Slowly !!!	

Premix Corn Chowder	(Wayne)	2 Pack	Dried Corn	
		3 Cubes	Chicken Cube	
		1 cup	Dried Bacon (separate)	
		0.5 cup	Dried Onion (Separate)	
		1 cup	Milk Powdfer	
		2 tsp	salt	
		0.5 tsp	Pepper	
		6 tbs	Egg Powder	
		8 tbs	Flour	
	Add			
			water	

Premix for Scra	ımbled Eggs	(Jeni	nifer to do aft	er Galoways trip)
Egg	Milk Powder		4 tbs	Dried egg (two eggs)
13 peop	ole	13	1 tbs	Milk Powder
2 days		2	1 tsp	dried bacon (separate)
26 pack	s	26	1 tbs	Dried vgeies
1,560 ml		390 ml		
	Add			Water

GORP	Dried Fruit	Raisons	kg		7	kgs	Raisons
		Crasons	kg			kgs	Crasons
		Apricots	kg		2	kgs	Apricots
			kg			kgs	Pinnaple
		Apple	kg			kgs	Apple
		mango	kg			kgs	mango
		Banana	kg			kgs	Banana
				Total 15 kgs		kgs	
GORP	Grains	Asian cracl	kg			kgs	Asian crackers
		Hard crack				kgs	Hard crackers
			kg			kgs	Pretzels
		Rusks	kg			kgs	Rusks
		Cereal?	kg			kgs	Cereal?
			kg			kgs	0
			kg			kgs	0
			kg	Total 14 kg	0	kgs	
GORP	Protein	Beef Jerky	kg		2	kgs	Beef Jerky
			kg			kgs	Peperoni
			kg		2	kgs	peanuts
		Other nuts				kgs	Other nuts
		Pumkin see	kg			kgs	Pumkin seeds
				Total 8 kgs	8	kgs	
GORP	Candies	M& Ms			0.5		M& Ms
		gummy wo	rms		0.5		gummy worms
		hard canies			0.5		hard canies
		Other			0.5		Other
				Total 2 kgs	2		

				Volume per	Servings							Total	Price per
Meal	Item	Ingredients	Unit	serving	(People)	Days	Total	Unit	Packages	Price per unit	Units	Price	Person
Meats / Dairy	/ Protein												
	Dried bacon Dried ground beef						3	packs Kgs				\$ -	\$ -
	dried sausage Beef Jerky (meals)	slices	slices	1 2	13 13	2	26	0 slices				\$ - \$ -	\$ - \$ -
	Beef Jerky Canned Hams	slices Tinned	slices Tin	4 2		7	364	slices Tin	300 g bags	6.99 4.29	3	\$ 69.90 \$ 12.87	\$ 5.38 \$ 0.99
	Canned Salmon Canned Tuna	Tins (4 per tin) Tins (4 per tin)	Tin Tin	1	3	2	(Tin Tin	four pack?	8.99 7.49	2	\$ 17.98 \$ 14.98	\$ 1.38
	Beef Chunks (large) Frozen Hamburger meat	365 g Burger	lbs	3	13	1	39	bags patties		9.39	2	\$ 18.78	\$ 1.44 \$ -
	scrambled Dried eggs Cheese	Galoways kg	Tbs Kgs	1.5	13	2	39	Tbs Kgs				\$ - \$ -	\$ - \$ -
	Hard Cheese Parmesan Cheese						1	Cans					
	Pepperoni Sausage	Sticks Rolls for group	Sticks Rolls	1	13	3		Sticks Rolls	35 sticks	10.79		\$ 21.58	\$ -
	Nutella Peanut Butter	small Plastic Jar small Plastic Jar					2	Jar	750 g	5.29	1	\$ 5.29	\$ 0.41
	Milk Powder	large Bag					1	bags				\$ -	\$ -
Grains / Brea	ds /baking												
	Oatmeal Red River or other ceral	Bulk kgs	Pack Kgs	0.1		4	2.4	Pack Kgs		0		\$ -	\$ - \$ -
	Soft no Ref Tortilla Hamburger buns - flat round	8 to a pack	pack	4	13		26	packs	8 to a pack	2.09	20	\$ 41.80 \$ -	\$ -
	Rice Spag			1 2	1	1	2	KG Kgs				\$ - \$ -	\$ - \$ -
	Pita Bread Ryvita crackers	pack of eight	Pack Pack	1		1	2	Pack pack				\$ -	\$ - \$ -
	Bannock Mix	macaroni 227	Cups ml /cup	1 15	13 ml /s		ml/tsp	Cups				\$ -	\$ -
		Flour Baking Powder	10,896 1,560	ml			one 10 kg b 2 kg baking	powder					
		Milk Powder Salt	1,560 520				3 kg milk po 500 ml salt	wder					
						E							
Vegies	carrots						-	bags				\$ -	\$ -
	Instant Mashed potatoes Dried beef Chili			1	3	6	1	boxes large pot	or equiv	5.97	2	\$ 11.94	\$ 0.92
	Potatoes	Potatoes	Potatoes	1	13	2	26	medium p Potatoes	oot			\$ -	\$ -
	dried tomatoes tinned olives			1	1	1	1	Bag Cans				\$ - \$ -	\$ - \$ -
	Dried Corn Dried Mixed Vegies						2	bags bags					
	Dried onions Garlic	Bunch	Bunch				2	bag Bunch				\$ -	\$ -
	Salsa for tacos Red Pepper for tacos						3	plastic jar peppers	1				
	coriander for tacos						1	bunch 0				\$ -	\$ -
Mixes	Gravy mixes						2	0				\$ -	\$ -
	Dried cheese mix pasta mix			3	1	1	3	cups? packs				\$ -	\$ -
	Dried soup mix kd rations / mac Cheese powder	Knor Packs	Pack	1	3	3		Pack	feeds 2?	1.77	18	\$ 31.86	
				0.5	13	1	7	boxes				\$ -	\$ -
	Brownies Cake	Pre Mix Pre Mix				1	1	0				\$ -	\$ -
	Brownies Cake Pudding Mixes Cups for puddings ?			0.5	13	3	1	0		rs		\$ -	\$ -
	Brownies Cake Pudding Mixes					3	1	0		rs		\$ -	\$ -
	Brownies Cake Pudding Mixes Cups for puddings ? Crushed Oreos	Pre Mix		0.25 Volume per	13 Servings	3	10	0 0	Varous flavou			\$ - \$ - \$ -	\$ - \$ - \$ -
	Brownies Cake Pudding Mixes Cups for puddings? Crushed Oreos		Unit	0.25	13	3	1	0 0 0	Varous flavou	Price per unit	Units	\$ - \$ - \$ - Total Price \$ -	\$ - \$ - \$ - Price per Person \$ -
	Brownies Cake Pudding Mixes Cups for puddings? Crushed Oreos Item Fruit leather nature Valley granola bars	Pre Mix Ingredients Pieces packets	pieces Packs	0.25 Volume per	Servings (People)	Days	1 10 10 11 11 11 11 11 11 11 11 11 11 11	Unit pieces Packs	Packages pack of 30 pack of 64	Price per unit 15.99 8.99	Units 2	\$ - \$ - \$ - Total Price \$ - \$ 31.98 \$ 26.97	S
	Brownies Cake Pudding Mixes Cupe for puddings ? Crushed Oreos Item Ite	Ingredients Pieces packets individual packs Mixed	pieces Packs Tbs KG	0.25 Volume per serving	Servings (People)	Days 7 7 4 4 3	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Unit Pieces Packs Tbs KG	Packages	Price per unit	Units 2	Total Price \$ - \$ 31.98 \$ 26.97 \$ 17.98	Price per Person \$ - \$ 2.46 \$ 2.07 \$ 1.38 \$ -
	Brownies Cake Pudding Mixes Cupe for puddings ? Crushed Oreos Item Fruit leather ranture Valley granola bars Hot Chocolate Nuts Popcorn Raisons	Ingredients Pieces Pieces packets individual packs Mikud bulk 2 x 1 kg	pieces Packs Tbs	0.25 Volume per serving	Servings (People) 13 13 13 11 11	7 7 4 4 3 1 1	10 10 10 10 10 10 10 10 10 10 10 10 10 1	Unit Dieces Packs Tbs KG Bags Cups	Packages pack of 30 pack of 64	Price per unit 15.99 8.99 8.99	Units 2 3	Total Price \$ - \$ 31.98 \$ 26.97 \$ 17.98	Price per Person \$ - \$ 2.46 \$ 2.07 \$ 1.38 \$ - \$ - \$ 1.08
	Brownies Cake Pudding Mixes Cups for puddings ? Crushed Oreos Item Fruit leather rature Valley granola bars Hot Chocolate Nuts Popcorn Raisons Dired Fruit (Snacks ect) brid Chard candies	Pre Mix Ingredients Pieces packets individual packs Mixed Mixed	pieces Packs Tbs KG Packs	Volume per serving 3 2 2 1 1	Servings (People) 13 13 13 11 11	7 7 4 4 3 1 1	Total 273 182 100 2 26	Unit Dieces Packs Tbs KG Bags Cups 0	Packages pack of 30 pack of 64 50 packs	Price per unit 15.99 8.99 8.99	Units 2 3	\$ - \$ - \$ - Total Price \$ - \$ 31.98 \$ 26.97 \$ 17.98	Price per Person \$ - \$ 2.46 \$ 2.07 \$ 1.38 \$ - \$ - \$ 1.08
Snacks	Brownies Cake Pudding Mixes Cupe for puddings ? Crushed Oreos Item Fruit leather resture Valley granola bars Hot Chocotate Nuts Popcorn Raisons Dried Fruit (Shacks ect) hard candies Raman noodles	Pre Mix Ingredients Pieces packets indridual packs Mixed bulk 2 x 1 kg 1.5 kg	pieces Packs Tbs KG Packs Cups	Volume per serving 3 2 2 1 1	13 Servings (People) 13 13 13 11 11	7 7 4 3 3 1 1 2 2	Total Total 273 188 104 2.6 0 2.6 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Unit Dieces Packs Tbs KG Bags Cups 0 packs	Packages pack of 30 pack of 64 50 packs	Price per unit 15.99 8.99 8.99	Units 2 3	Total Price \$ - \$ 31.98 \$ 41.34 \$ - \$ -	Price per Person \$ - \$ 2.46 \$ 2.07 \$ 1.38 \$ - \$ 5 - \$ 6 - \$ 7 - 8
Snacks	Brownies Cake Pudding Mixes Cups for puddings ? Crushed Oreos Item Fruit leather rature Valley granola bars Hot Chocolate Nuts Popcorn Raisons Dired Fruit (Snacks ect) brid Chard candies	Pre Mix Ingredients Pieces packets individual packs Mixed bulk 2 x 1 kg 1 t,5 kg 1 kg Bags	pieces Packs Tbs KG Packs Cups	Volume per serving 3 2 2 1 1	Servings (People) 13 13 13 11 11	77 44 33 11 22	Total 273 188 1100 2	Unit Pieces Packs Tbs KG Bags Cups 0 packs 0 Apple	Packages pack of 30 pack of 64 50 packs	Price per unit 15.99 8.99 8.99	Units 2 3	Total Price \$ - \$ 31.98 \$ 26.97 \$ 17.98 \$ - \$ 13.98 \$ 41.34 \$ -	Frice per Person \$ - \$ 2.46 \$ 2.07 \$ 1.38 \$ - \$ 1.38 \$ -
Snacks	Brownies Cake Pudding Mixes Cups for puddings? Crushed Oreos Item Fruit leather rature Valley granola bars Hot Chocolate Nuscorn Raisons Dinel Fruit (Snacks ect) hard candies Raman noodles spiples	Pre Mix Ingredients Pieces packets indrividual packs Mixed bulk 2 x 1 kg 1 t,5 kg 1 kg Bags	pieces Packs Tbs KG Packs Cups	Volume per serving 3 2 2 1 1	13 Servings (People) 13 13 13 13 11 11 13	77 44 33 11 22	Total 273 188 198 104 2.6 0 0 222 222 241	Unit Dieces Packs Tbs KG Bags Cups O packs O Apple Bags O Orange	Packages pack of 30 pack of 64 50 packs	Price per unit 15.99 8.99 8.99	Units 2 3	\$ - \$ - \$ - \$ - \$ 1.98 \$ 13.98 \$ 41.34 \$ - \$ 5 - \$ 6 - \$ 7 - 8 7 -	S -
Snacks	Brownies Cake Pudding Mixes Cups for puddings? Crushed Oreos Nom Fruit leather nature Valley granola bars Hot Chocolate Nuts Popporn Raisons Dride Fruit Sinakes ect) hard candides Raman nocides Spées Sp	Ingredients Pieces packets Pieces packets Mixed 1 kg Bags T kg Bags mango, apples, Apricots	pieces Packs Tbs KG Packs Cups Apple Bags	Volume per serving 3 2 2 1 1	13 Servings (People) 13 13 13 13 13 13 13	7 7 4 3 3 1 1 2 2 1 1	Total Total 273 1823 100 2	Unit pieces Packs Ths KG Bags Cups 0 0 Apple Bags Orange kg 0 0	Varous flavou Packages pack of 30 pack of 64 S0 packs	Price per unit 15.99 8.99 8.99	Units 2 3	\$ - \$ - \$ - \$ - \$ 170tal Price \$ - \$ 31.98 \$ 26.97 \$ 17.98 \$ - \$ 13.98 \$ 41.34 \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ -	S - S -
Snacks	Brownies Cake Pudding Mixes Cups for puddings? Crushed Oreos Item Fruit leather resture Valley granola bars resture Valley granola bars Autority Popcorn Popcorn Raisons Dired Fruit (Snacks ect) hard candides Raman noodles apples Bonnea chips for pudding Baking Pewder Connamon Conflee	Pre Mix Ingredients Pieces packets individual packs Mixed bulk 2 x 1 kg 1 t,5 kg 1 kg Bags	pieces Packs Tbs KG Packs Cups Apple Bags	Volume per serving 3 2 2 1 1	13 Servings (People) 13 13 13 13 13 13 13	7 7 4 3 3 1 1 2 2 1 1	Total Total 273 1823 1924 100 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	Unit Dieces Packs Tbs KG Bags Cups O Apple Bags Orange kg O Gmm	Packages pack of 30 pack of 64 50 packs	Price per unit 15.99 8.99 8.99	Units 2 3	\$ - \$ - \$ - \$ - \$ 170tal Price \$ - \$ 31.98 \$ 26.97 \$ 17.98 \$ - \$ 13.98 \$ 41.34 \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ -	S -
Snacks	Brownies Cake Pudding Mixes Cups for puddings? Crushed Oreos Item Fruit leather resture Valley granola bars resture Valley granola bars Papporn Raisons Dined Fruit (Snacks ect) hard candides Raman noodles Sapples Bunnas chips for pudding Baking Powder Cinnamon Conflee Confeder Confeder Confeder Hot Chocolate mixes Cooking Oil	Ingredients Pieces packets Pieces packets Mixed 1 kg Bags T kg Bags mango, apples, Apricots	pieces Packs Tbs KG Packs Cups Apple Bags	0.25 Volume per serving 3 2 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	13 Servings (People) 13 13 13 13 13 13 13 13 13 13 13	77 77 44 33 3 2 2 2 2 1 1 1 2 2 9 9 9 9 9 1 1 1 1 1 1	Total Total 273 183 190 2	Unit pieces Packs Tbs KG Bags Cups O packs O Apple Bags Orange kg O gm packs	Varous flavou Packages pack of 30 pack of 64 50 packs	Price per unit 15.99 8.99 8.99	Units 2 3	\$ - \$ - \$ - \$ - \$ - \$ 31.98 \$ 26.97 \$ 17.98 \$ - \$ 13.98 \$ 41.34 \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ -	S - S -
Snacks	Brownies Cake Pudding Mixes Coupt for puddings? Crushed Oreos Item Fruit leather Frui	Ingredients Pieces packets packets packets toulic Lux 1 kg 1.5 kg 1 kg Bags mango, apples, Apricots Small container	pieces Packs Tbs KG Packs Cups Apple Bags	0.25 Volume per serving 3 2 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	13 Servings (People) 13 13 13 13 13 13 13 13 13 13 13	77 77 44 33 3 2 2 2 2 1 1 1 2 2 9 9 9 9 9 1 1 1 1 1 1	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Unit Dieces Packs Tbs KG Bags Cups O Dacks O Apple Bags Orange kg O G G G G G G G G G G G G G G G G G G	Packages pack of 30 pack of 64 50 packs	Price per unit 15.99 8.99 8.99 6.99	Units 2 3 3 6 6	Total Price \$ 31.98 \$ 26.97 \$ 17.98 \$ - \$ 31.98 \$ 41.34 \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ -	\$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ -
Snacks Fruit	Brownies Cake Pudding Mixes Cups for puddings? Crushed Oreos Item Fruit leather Fruit	Ingredients Pieces packets packets packets toulic Lux 1 kg 1.5 kg 1 kg Bags mango, apples, Apricots Small container	pieces Packs Tbs KG Packs Cups Apple Bags	0.25 Volume per serving 3 2 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	13 Servings (People) 13 13 13 13 13 13 13 13 13 13 13	77 77 44 33 3 2 2 2 2 1 1 1 2 2 9 9 9 9 9 1 1 1 1 1 1	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Unit Unit pleces Packs Tbs KiG Bags O 0 0 Apple Bags Orange kg 0 0 gm packs 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Packages pack of 30 pack of 64 50 packs	Price per unit 15.99 8.99 8.99	Units 2 3 3 6 6	Total Price \$ - \$ 31.98 \$ 26.97 \$ 17.98 \$ - \$ 13.98 \$ 41.34 \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ -	S - S - S - S - S - S - S - S - S - S -
Snacks	Brownies Cake Pudding Mixes Cups for puddings? Crushed Oreos Item Fruit leather nature Valley granola bars Hot Chocolate Nuss Poppor Dined Fruit (Snacks ect) Hard candies Raman noodles apples Bannas chips for pudding Basking Powder Confamo Coffee Hot Chocolate mixes Cooking Oil Dirtik Crystalis Hard Margarine Hard Chacolate mixes Cooking Oil Dirtik Crystalis Hard Margarine Hard Margarine Hard Margarine Hard Margarine Kit Stauce Kit Sta	Ingredients Pieces packets packets packets toulic Lux 1 kg 1.5 kg 1 kg Bags mango, apples, Apricots Small container	pieces Packs Tbs KG Packs Cups Apple Bags	0.25 Volume per serving 3 2 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	13 Servings (People) 13 13 13 13 13 13 13 13 13 13 13	77 77 44 33 3 2 2 2 2 1 1 1 2 2 9 9 9 9 9 1 1 1 1 1 1	Total 273 183 180 2.6 2.6 2.6 2.7 2.7 2.7 2.7 2.7 2.7 2.7 2.7 2.7 2.7	Unit Dieces Packs Tbs KG Bags Cups O Dacks O Apple Bags Orange kg O G G G G G G G G G G G G G G G G G G	Varous flavou Packages pack of 30 pack of 64 50 packs 5 lbs Litres liquid 1 kg	Price per unit 15.99 8.99 8.99 6.99	Units 2 3 3 6 6	S - S - S - S - S - S - S - S - S - S -	\$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ - \$ -
Snacks Fruit	Brownies Cake Pudding Mixes Cups for puddings 7 Crushed Oreos Nom Fruit leather nature Valley grandla bars Hot Chocate Nuts Popporn Raisons Dried Fruit (Snacks ect) hard candles Raman nocdies Spried Fruit Oranges Bannaa chips for pudding Bannaa chips for pudding Bannaa chips for pudding Bannaa Chips for pudding Cinnamon Confee Hot Chocate mixes Cocking Ol Drix Crystalis Conding Ol Drix Crystalis Cocking Ol Drix Crystalis Locate Not Spried Fruit Oranges Bannaa chips for pudding Drix Crystalis Locate Mixes Cocking Ol Drix Crystalis Locate Not Spried Fruit Oranges Basking Powder Cinnamon Confee Drix Crystalis Locate Hot Chocate mixes Cocking Ol Drix Crystalis Locate Not Spried Fruit Not Spried Fruit Confee Hot Chocate mixes Cocking Ol Drix Crystalis Locate Kelscup Not Stauce Kelscup Kelscu	Ingredients Pieces packets packets packets toulic Lux 1 kg 1.5 kg 1 kg Bags mango, apples, Apricots Small container	pieces Packs Tbs KG Packs Cups Apple Bags	0.25 Volume per serving 3 2 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	13 Servings (People) 13 13 13 13 13 13 13 13 13 13 13	77 77 44 33 3 2 2 2 2 1 1 1 2 2 9 9 9 9 9 1 1 1 1 1 1	Total Total 273 188 100 2	Unit Deces Packs Packs Tos Bags Cups Orange Question Que	Packages pack of 30 pack of 64 50 packs	Price per unit 15.99 8.99 8.99 6.99	Units 2 3 3 6 6	S - S - S - S - S - S - S - S - S - S -	S -
Snacks Fruit	Brownies Cake Pudding Mixes Cups for puddings? Crushed Oreos Fruit leather Fruit leat	Ingredients Pieces packets packets packets todyidual packs rodyidual packs todyidual packs mango, apples, Apricots Small container 1./2 liters? Bag Botte Botte Botte	pieces Packs Tbs KG Packs Cups Apple Bags Orange	0.25 Volume per serving 3 2 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	13 Servings (People) 13 13 13 13 13 13 13 13 13 13 13	77 77 44 33 3 2 2 2 2 1 1 1 2 2 9 9 9 9 9 1 1 1	1 1 1 1 Total 277 Total 278 1 88 1 88 1 8 1 8 1 8 1 8 1 8 1 8 1 8	Unit Discussion of the control of t	Varous flavou Packages pack of 30 pack of 64 50 packs 5 lbs Litres liquid 1 kg	Price per unit 15.99 8.99 8.99 6.99 6.99	Units 2 3 3 6 6	\$	S -
Snacks	Brownies Cake Pudding Mixes Cups for puddings? Crushed Oreos Item Fruit leather Fruit leather Instruct Valley granola bars Hot Chocolate Nuts Function Function Instruct Inst	Pre Mix Ingredients Pieces packets packets buik 2 x 1 kg 1.5 kg 1 kg Bags mango, apples, Apricots Small container 1/2 liters?	Pieces Packs Packs Tbs KG Packs Cups Apple Bags Orange	0.25 Volume per serving 3 2 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	13 13 13 13 14 15 15 15 15 15 15 15	Days 77 44 33 32 22 21 22 22 22 22 22 22 22 22 22 22 22	Total 277-01-1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Unit Discrete Packs of the pac	Varous flavou Packages pack of 30 pack of 64 50 packs 5 lbs Litres liquid 1 kg	Price per unit 15.99 8.99 8.99 6.99 6.99	Units 2 3 3 6 6	\$ - \(\) \(S -
Snacks Fruit Basics	Brownies Case Paudring Mixes Cups for puddings 7 Crushed Oreos Nem Fruit leather Fut leather Fatte Valley grandle bars Hot Chocate Nuts Popporn Raisons Dried Fruit Stracks ect) hard candels Raman nocdies Raman nocdies Bannaa chips for pudding Bannaa chips for pudding Bannaa chips for pudding Cinnamon Confee Hot Chocate mixes Cocking Ol Drix Crystalis Hot Crystalis Hot Crystalis Hot Chocate mixes Cocking Ol Drix Crystalis Hot Chocate mixes Cocking Ol Drix Crystalis Hot Stracks Squeze Marshraillows Montreal spice Jam Smuck Squeze Suger	Pre Mix Ingredients Pieces packets individual packs Mixed builk 2 x 1 kg 1 kg Bags 1 kg Bags mango, apples, Apricots Small container 1/2 liters?	Pieces Packs Packs Tbs KG Packs Cups Apple Bags Orange	0.25 Volume per serving 3 2 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	13 13 13 13 14 15 15 15 15 15 15 15	Days 77 44 33 32 22 21 22 22 22 22 22 22 22 22 22 22 22	Total 277-01-1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Unit Direct	Varous flavou Packages pack of 30 pack of 64 50 packs 5 lbs Litres liquid 1 kg	Price per unit 15.99 8.99 8.99 6.99 6.99	Units 2 3 3 6 6	\$ - \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	S -
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What	How much	Time	Temp	Tested
11-Jun-08 Chicken 12-Jun-08 Frozen Corn 12-Jun-08 Frozen Veg 13-Jun-08 Tomato Sauce 20-Jul-08 Back bacon	8 Breasts 2 packs 1 pack Good for 14 349 q 16 slices	7.00 Hours 4.00 Hours 4.00 Hours 12.00 Hours Hours	Med Low Low Low Med	Should cut small 1 hour to rehydrate make sure the fat is blotted off with paper towels. Far does not dry - can go range.
20-Jul-08 Lean Ground Beef 23-Jul-08 Chili 22-Jul Chicken Tinned Apple sauce	1.7 kg large pot 8 Breasts	6.00 Hours 9.00 Hours 7.00 Hours 20 Hours	Med low med low	make sure the fat is blotted off with paper towels. Far does not dry - can go range make sure the fat is blotted off with paper towels. Far does not dry - can go range make sure the fat is blotted off with paper towels.

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Bacon corn and macaroni

1 cup macaroni

1/2 teaspoon salt

3/4 cup white sauce (medium)

1/8 teaspoon pepper

1/2 canned corn

3 slices bacon

Preparation:

Cook the macaroni until tender in plenty of boiling water, salted. Drain. Add to white sauce seasoning, corn and cooked macaroni. Pour in baking dish and over top lay the bacon cut in squares. Bake 15 minutes or until bacon is crisp.

Chicken pot Pie (Serves 12)

lbs	Dried Chicken Breasts
Cups	Dried Mixed vegies
•	Chicken cubes (mixed in 3 cups water)
Cups	Powdered Milk (mixed with 2 cups water)
Cups	Flour
Cups	dried onions
•	Rosemary
Tbs	Oil
tsp	Salt
tsp	pepper
Cups	Bannock Mix
Packs	Instant mashed potatoes
	Cups Cups Cups Cups Tbs tsp tsp Cups

Mix dried ingredients

Package Veggies separately in small zip loc bags

Package bannock dry ingrediaents

- 1 In a pan, combine chicken, and veggies, use a small amount of water and simmer until softish (5-10 minutes) Set aside
- In a pan cook onions until soft, stir in flour, Salt and pepper. Mix milk powder, mix chicken broth, add slowly to mixture. Simmer until thick.
- 3 Dump it all together and cook until thick and gooey.
- While it is cooking, prepare bannock by mixing oil into dry mix with a fork. Add water in little bits trying to avoid it going soupy. Let rise for
- 5 Mix mashed potatoes as instructed on package.

Divide the bannock into three balls and spread one on the bottom of the pan. A bit of oil on your hands will help is sticking to your fingers

Pour 1/3 of the chicken stuff on top.

Add 1/3 of the mashed potatoes on top of the chicken mixture.

Cook in "oven" for about 10 minutes until bannock is toasty brown.

Rehydrated Chile

0.5 Cups Dried onions

3 Cloves Garlic

3 Lbs Dried lean ground beef (make sure the fat is well drained - fat does not dry)

One Bag of Dried tomato lethaer (made from a large sauspan of sauce)

Cups Tomatoe paste

Dried tomato flakes

Packaged chile seasoning

2 tbs Molassas

Cups Pinto Beans (soak for a day)
Cups Red beans (soak for a day)

Oil

Parmasen Cheese

Soak beans all daySoak ground beef 1 hour

Soak tomaote sauce in a bit of water.In a pan , cook onions nad garkic until soft.

5 Add tomatoe stuff

6 Add Beans and simmer 15-20 minutes.

Serve with Bannock and cheese on top.

Wraps

3 Packs Wraps

2.5 lbs Dried beef (re-hydrtaed one hour)

Taco mix

1 Tin Black olives 0.5 Cup Dried Onions

Dried Cheese mix Parmasen cheese

4 :	Calaa (in plantia)
1 jar	Salsa (in plastic)
1 Packs	Coriander
	Block cheese
	Refried beans
	Dried eggs
3	Red peppers

Premix Corn Chowder		2 Packs	Dried Corn
		3 Cubes	Chicken Cube
		1 cup	Dried Bacon (separate
		0.5 cup	Dried Onion (Separate
		1 cup	Milk Powdfer
		2 tsp	salt
		0.5 tsp	Pepper
		6 tbs	Egg Powder
		8 tbs	Flour
	Add		
			water



Bannana Chip Pudding

- 1 package vanillia flavored instant pudding
- 1/2 cup dried banana chips
- 1/2 cup dried milk powder

Mix ingrediants well. Store in a plastic freezer bag. To serve, stir in water according to directions on pudding package. Beat with a fork. Divide into 4 dishes. Let set for 10 minutes.

Apple Pie on a Stick

- 1 Jonathan or Rome apple for each person
- 1 cup granulated sugar
- 1 tablespoon cinnamon

Push a stick or dowel through the apple top until the apple is secure on the stick. Place the apple 2 or 3 inches above the hot coals and turn the apple while roasting it.

As the apple cooks, the skin browns and the juice drips out. When the skin is loose, remove the apple from the fire (but leave it on the stick). Peel the hot skin off very carefully.

Combine sugar and cinnamon. Roll the apple in the sugar-cinnamon mixture, then return it to roast over the coals, letting the mixture heat to form a glaze around the apple. Remove from coals and let it cool

Jello No Bake Cheesecake

Instant Brownwie mix

Instant Cake Mix

Bannock Recipe Makes 8 bannock Ingredients: • 4 cups flour 4 teaspoons baking powder Add 2 tbsMilk Power

Add 2 ballik Power

1 teaspoon salt

2 tablespoons oil

3 timespoons oil

4 tablespoons oil

1. Mix ingredients and add water until you have a doughy consistency. Knead approximately 10 minutes.

2. You can add crinamon

Phantom Fault Farina

(Banana-Blueberry Cream of Wheat with Almonds) Approximate Calories: 445

Ingredients for a single serving:
1/4 cup (43 grams) Bob's Red Mill' brand creamy wheat hot cereal (wheat farina)
1/4 cup (20 grams) dehydrated babanas alices
1/8 cup (16 grams) dehydrated blueberries
1/8 cup (16 grams) dehydrated blueberries
1/8 cup (17 grams) prowelered milk
2 cup (17 grams) prowelered milk
2 teaspoons (grams) forwar sugar
1/4 teaspoon ground crimamon
2 dealbels ground nutnerg

1 pinch salt

1 cup water

Bring 1 cup water to a boil, add all ingredients and remove from heat when water begins boiling again. 1 cup water yields a thick mixture, increase the water by about 20% if you like yours on the thin side. Cover and let stand for several minutes while the farina thickens. The dry ingredients listed above for a single serving weigh approximately 120 grams in a lightweight sandwich bag and can be prepared in a single 1 pint (2 cup) capacity pot.

Add egg powder and milk power in zip lock bag bag At camp, add bacon bits or sausage, left over soaup spead thin in bag Add water, cook in boiling water 2-3 minutes

Pancakes

Pancakes
Ingredients
1.1/2 cups all-purpose flour
2 tablespoons sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1.1/4-1.1/2 cups milk
2 eggs Flour Sugar baking Power backing Soda Salt 6 Cups 8 tbs 8 tsp 2 tsp 2 tsp 1 Cups Pre mix for 13 people Powdered Milk 2 eggs
1 teaspoon vanilla (optional)
2 tablespoons vegetable oil
Directions 10 Tbs Powdered eggs (separate bag) Add 4 tbs 1 cup

1. 1 In a bowl, mix together all the dry ingredients.

Z
 Make a well in the centre and pour in the milk.

Start with 1 1/4 cups milk, adding up to another 1/4 cup if necessary, as you mix it with the flour.

4. 4
Add the two eggs, vanilla if using and oil, whisking until mixed but still a bit lumpy.

Add the two eggs, varinia in using and on, whisking until mixed out suit a bit tumpy.

5.5

Heat a frying pan (if it is not non-stick, you will need to melt a bit of butter or oil in it) and when hot, pour in some pancake mix.

to 0. How much depends on how experienced you are at flipping pancakes and how big you want them. We do about 1/4 cup a time for small, easy-to-flip pancakes but you could make this as much as 1/2 cup of pancake mix.

7.7 if you are adding fruit, I like to sprinkle it on top of the pancake now.
8.8
When the pancake starts to bubble on top and is golden brown on the cooked side, turn it and continue cooking until both sides are golden brown.

whell the personne sizes it would not be set to a control of the personne size is a ways a bit of a test so adjust the batter by adding more flour if you need to make it thicker or more milk if you want a thinner pancake. In either case, just add a few spoonfuls at a time until you get it right.

10. 10
Repeat the cooking process with the remaining batter. You may need to adjust the heat as pan tends to get hotter as you keep making pancakes.

Keep the cooked pancakes covered with a tea towel, to keep them warm while you finish cooking the rest.