

Breakfast			Lunch			Dinner			snack		
	numb	weight	number	weight		numb	weight		numb	weight	
Day 1								not counted in backpack weight			
	x							food from grocery store			
										0	
										0	
										0	
										0	
										0	
										0	
Day 2										12	
	not counted in backpack weight	16.5			18			17			
	granola	1 12 12	Salami	1 6 6	chicken with rice	2 7.5 15	chocolate or other bar	3 1 3			
	dried milk	1 2 2	cheese	1 6 6	lightsoup	1 2 2	gorp	3 3 9			
	instant coffee	1 0.5 0.5	crackers	1 6 6						0	
	hot chocolate	2 1 2								0	
										0	
Day 3										12	
		17.5			15			19.6			
	2 backpackers pantry Huevos rancheros	2 7 14	peanut butter	1 6 6	Beef Stew family Dinner	1 9.6 9.6	chocolate or other bar	3 1 3			
	oil	1 1 1	crackers	1 6 6	heavy soup	1 6 6	gorp	3 3 9			
	coffee	1 0.5 0.5	jerkey	1 3 3	dessert	1 4 4				0	
	hot chocolate	2 1 2								0	
										0	
Day 4										12	
		21.5			18			19.4			
	Pancakes (2 1/2 c mix)	1 12 12	Salami	1 6 6	beef stroganoff	2 5.7 11.4	chocolate or other bar	3 1 3			
	dried fruit	1 3 3	cheese	1 6 6	light soup	1 2 2	gorp	3 3 9			
	oil	1 2 2	crackers	1 6 6	dessert	1 6 6				0	
	syrup mix	1 2 2								0	
	hot chocolate	2 1 2								0	
	instant coffee	1 0.5 0.5								0	
										0	
Day 5										12	
		16.5			15			18.8			
	granola	1 12 12	peanut butter	1 6 6	chicken a la king & noodles	2 6.4 12.8	chocolate or other bar	3 1 3			
	dried milk	1 2 2	crackers	1 6 6	light soup	1 2 2	gorp	3 3 9			
	coffee	1 0.5 0.5	jerkey	1 3 3	dessert	1 4 4				0	
	hot chocolate	2 1 2								0	
										0	
Day 6										12	
		15.5			18			24			
	oatmeal (2 1/2c)	1 6 6	Salami	1 6 6	chicken pot pie	2 6 12	chocolate or other bar	3 1 3			
	brown sugar	1 3 3	cheese	1 6 6	heavy soup	1 6 6	gorp	3 3 9			
	cinnamon	1 0 0	crackers	1 6 6	dessert	1 6 6				0	
	raisins	1 4 4								0	
	coffee	1 0.5 0.5								0	
	hot chocolate	2 1 2								0	
										0	
Day 7										12	
		12.9			15			21			
	richmoor/natural high cheese omelette	3 2.8 8.4	peanut butter	1 6 6	chicken with rice	2 7.5 15	chocolate or other bar	3 1 3			
	oil	1 2 2	crackers	1 6 6	light soup	1 2 2	gorp	3 3 9			
	coffee	1 0.5 0.5	jerkey	1 3 3	dessert	1 4 4				0	
	hot chocolate	2 1 2								0	
										0	
Day 8										12	
		16.5			18			20.8			
	granola	1 12 12	Salami	1 6 6	chicken a la king & noodles	2 6.4 12.8	chocolate or other bar	3 1 3			
	dried milk	1 2 2	cheese	1 6 6	light soup	1 2 2	gorp	3 3 9			
	coffee	1 0.5 0.5	crackers	1 6 6	dessert	1 6 6				0	
	hot chocolate	2 1 2								0	
										0	
Day 9										12	
		15.5			15			17			
	oatmeal	1 6 6	peanut butter	1 6 6	Chili Mac	2 5.5 11	chocolate or other bar	3 1 3			
	brown sugar	1 3 3	crackers	1 6 6	heavy soup	1 2 2	gorp	3 3 9			
	cinnamon	1 0 0	jerkey	1 3 3	dessert	1 4 4				0	
	raisins	1 4 4								0	
	coffee	1 0.5 0.5								0	
	hot chocolate	2 1 2								0	
										0	
Day 10										12	
		21.5			18			20.1			
	Pancakes	1 12 12	Salami	1 6 6	cheddar broccoli soup mix	1 11.2 11.2	chocolate or other bar	3 1 3			

