

18 Day Light Summer Menu

Dietary Restrictions:

Trip Details:

Bulk Fruit:

Silver Box/Drinks:

*** Don't forget about your snack box and the fruit in your hatches!! ***

Total individuals: 16
 Total servings: 16.0

Shopping / Packing List

Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
<input type="checkbox"/>	4.0	pound(s) BBQ Pulled Pork (PM)	Dinner BBQ Pulled Pork (PM) (4.0)	Artisan's Kitchen	Meat Cooler	63.89 oz (3.99 lb)	\$ 64.00
<input type="checkbox"/>	16.0	whole Stuffed Mexican Chicken Breasts	Dinner Stuffed Mexican Chicken (PM) (16.0)	Artisan's Kitchen	Meat Cooler		\$ 156.00
<input type="checkbox"/>	22.4	bag(s) Bagels	Lunch Bagel Sandwiches (3.2), Lunch Lox on Bagels with Cream Cheese 2nd Half (3.2), Lunch Bagel Sandwiches 2nd Half (3.2), Breakfast Salmon Lox on Bagels 2nd Half (3.2), Breakfast Bagels with Hard Boiled Eggs (3.2), Breakfast Salmon Lox on Bagels (3.2), Breakfast Cold Cereal with Bagels (3.2)	Bread	Bread Box		\$ 112.00
<input type="checkbox"/>	3.0	package(s) Brat Buns	Dinner Brats 2nd Half (3.0)	Bread	Bread Box		\$ 14.97
<input type="checkbox"/>	10.0	loaf Sourdough	Dinner Pasta Primavera with Chicken Sausage 2nd Ha (2.0), Dinner Chicken Pesto Pasta (2.0), Dinner Grilled Herb Chicken (2.0), Dinner Grilled Halibut with Wild Rice (2.0), Dinner Tortellini w/ Chicken (2.0)	Bread	Bread Box		\$ 33.70
<input type="checkbox"/>	16.0	loaf Bread	Breakfast Egg Sammies 2nd Half (2.6), Lunch Peanut Butter and Jelly (3.0), Lunch Cold Cut Sammies 2nd Half (2.6), Breakfast Egg Sammies (2.6), Lunch Caprese Salad Sandwich (2.6), Lunch BLTA (2.6)	Bread	Bread Box		\$ 83.68
<input type="checkbox"/>	7.0	package(s) English Muffins	Breakfast Scrommlets and Bacon 2nd Half (2.0), Breakfast Scrommlets and Breakfast Sausage (2.0), Breakfast Cold Cereal with English Muffins (2.0), Breakfast Yogurt and Granola with English Muffins (1.0)	Bread	Bread Box		\$ 25.55
<input type="checkbox"/>	4.0	package(s) Hamburger Buns	Dinner Cheeseburgers (2.0), Dinner BBQ Pulled Pork (PM) (2.0)	Bread	Bread Box		\$ 13.48
<input type="checkbox"/>	18.0	package(s) Pita Bread	Lunch Chicken Caesar Pitas (3.0), Lunch Chicken Salad Pitas 2nd Half (3.0), Lunch Mediterranean Tuna Salad (3.0), Lunch Hummus Pitas (3.0), Lunch Hummus Pitas 2nd Half (3.0), Dinner Grilled Veggies and Quinoa (3.0)	Bread	Bread Box		\$ 43.92
<input type="checkbox"/>	3.0	loaf Texas Toast	Breakfast Blueberry French Toast with Sausage (3.0)	Bread	Bread Box		\$ 9.66
<input type="checkbox"/>	13.0	box(es) Milk	Breakfast Kayaker Quinoa (1.0), Breakfast Yogurt, Granola, Bacon and Boiled Eggs (2.0), Breakfast Cold Cereal with Bagels (4.0), Breakfast Cold Cereal with English Muffins (4.0), Breakfast Yogurt and Granola with English Muffins (1.0), Breakfast Blueberry French Toast with Sausage (1.0)	Dollar Store	Day Box		\$ 16.25
<input type="checkbox"/>	1.0	bottle(s) Salad Dressing	Appetizer Mixed Green Salad (1.0)	Fry's	Day Box		\$ 3.69
<input type="checkbox"/>	18.0	package(s) Cookies	Lunch Bagel Sandwiches (1.0), Lunch Lox on Bagels with Cream Cheese 2nd Half (1.0), Lunch Cuban Wrap (1.0), Lunch Bagel Sandwiches 2nd Half (1.0), Lunch Peanut Butter and Jelly (2.0), Lunch Cold Cut Sammies 2nd Half (1.0), Lunch Mexi Wraps (1.0), Lunch River Pasta Salad (1.0), Lunch Cheese and Crackers With Salami (1.0), Lunch Chicken Caesar Pitas (1.0), Lunch Chicken Salad Pitas 2nd Half (1.0), Lunch Mediterranean Tuna Salad (1.0), Lunch Hummus Pitas (1.0), Lunch Caprese Salad Sandwich (1.0), Lunch Steak and Black Bean Wraps (1.0), Lunch Hummus Pitas 2nd Half (1.0), Lunch BLTA (1.0)	Fry's	Day Box		\$ 81.00
<input type="checkbox"/>	2.0	can(s) Canned Water Chestnuts	Dinner Chicken Stir Fry (2.0)	Fry's	Day Box		\$ 2.98
<input type="checkbox"/>	2.0	can(s) Canned Baby Corn	Dinner Chicken Stir Fry (2.0)	Fry's	Day Box		\$ 4.98
<input type="checkbox"/>	2.0	can(s) Canned Bean Sprouts	Dinner Chicken Stir Fry (2.0)	Fry's	Day Box		\$ 3.98
<input type="checkbox"/>	2.0	bag(s) Jasmine Rice	Dinner Chicken Stir Fry (1.0), Side Dish Cilantro Lime Rice (1.0)	Fry's	Day Box		\$ 8.78
<input type="checkbox"/>	4.0	bottle(s) Tamari Soy Sauce	Dinner Chicken Stir Fry (2.0), Appetizer Edamame (1.0), Dinner Thai Cashew Chicken and Rice (1.0)	Fry's	Day Box		\$ 14.76
<input type="checkbox"/>	2.0	bottle(s) Stir-Fry Sauce	Dinner Chicken Stir Fry (2.0)	Fry's	Day Box		\$ 6.58
<input type="checkbox"/>	3.0	jar(s) Capers	Lunch Lox on Bagels with Cream Cheese 2nd Half (1.0), Breakfast Salmon Lox on Bagels 2nd Half (1.0), Breakfast Salmon Lox on Bagels (1.0)	Fry's	Day Box		\$ 13.47
<input type="checkbox"/>	4.0	bottle(s) Spicy Mustard	Dinner Brats 2nd Half (1.0), Lunch Cuban Wrap (1.0), Lunch Cheese and Crackers With Salami (1.0), Appetizer Smoked Gouda with Summer Sausage (1.0)	Fry's	Day Box		\$ 7.16
<input type="checkbox"/>	1.0	jar(s) Dill Pickle Spears	Lunch Cuban Wrap (1.0)	Fry's	Day Box		\$ 3.99
<input type="checkbox"/>	3.0	jar(s) Roasted Red Peppers	Dinner Pasta Primavera with Chicken Sausage 2nd Ha (2.0), Lunch River Pasta Salad (1.0)	Fry's	Day Box		\$ 7.17
<input type="checkbox"/>	1.0	can(s) Canned Asparagus	Dinner Pasta Primavera with Chicken Sausage 2nd Ha (1.0)	Fry's	Day Box		\$ 5.00
<input type="checkbox"/>	4.0	jar(s) Minced Garlic	Dinner Pasta Primavera with Chicken Sausage 2nd Ha (1.0), Dinner Grilled Herb Chicken (1.0), Dinner Steaks and Potatoes (1.0), Dinner Thai Cashew Chicken and Rice (1.0)	Fry's	Day Box		\$ 7.96
<input type="checkbox"/>	2.0	can(s) Canned Spinach	Breakfast Scrommlets and Bacon 2nd Half (1.0), Breakfast Scrommlets and Breakfast Sausage (1.0)	Fry's	Day Box		\$ 3.18
<input type="checkbox"/>	1.0	can(s) Enchilada Sauce	Breakfast Chilaquiles (1.0)	Fry's	Meat Cooler		\$ 3.49
<input type="checkbox"/>	3.0	jar(s) Pickles	Lunch Cold Cut Sammies 2nd Half (1.0), Dinner Cheeseburgers (1.0), Lunch Cheese and Crackers With Salami (1.0)	Fry's	Day Box		\$ 8.07

Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
2.0	jar(s)	Pepperoncinis Lunch Cold Cut Sammies 2nd Half (1.0), Appetizer Antipasto Salad (1.0)		Fry's	Day Box		\$ 5.38
2.0	package(s)	Onion Dip	Appetizer Chips and Dip (2.0)	Fry's	Dairy Cooler		\$ 3.18
4.0	package(s)	Taco Seasoning	Lunch Mexi Wraps (1.0), Dinner Bean and Cheese Burritos (2.0), Dinner Bean and Potato Tacos (1.0)	Fry's	Day Box		\$ 2.80
4.0	box(es)	Angel Hair Pasta	Dinner Chicken Pesto Pasta (4.0)	Fry's	Day Box		\$ 7.96
2.0	jar(s)	Sun Dried Tomatoes	Lunch River Pasta Salad (2.0)	Fry's	Day Box		\$ 10.98
3.0	can(s)	Canned Artichoke Hearts	Lunch River Pasta Salad (2.0), Appetizer Antipasto Salad (1.0)	Fry's	Day Box		\$ 11.97
12.0	can(s)	Refried Beans	Dinner Bean and Cheese Burritos (4.0), Breakfast Huevos Rancheros (4.0), Dinner Bean and Potato Tacos (4.0)	Fry's	Day Box		\$ 13.98
1.0	bottle(s)	Herb and Garlic Marinade	Dinner Grilled Herb Chicken (1.0)	Fry's	Day Box		\$ 3.49
1.0	bottle(s)	Caesar Dressing	Lunch Chicken Caesar Pitas (1.0)	Fry's	Day Box		\$ 3.99
1.0	bottle(s)	Relish	Lunch Chicken Salad Pitas 2nd Half (1.0)	Fry's	Day Box		\$ 1.99
1.0	jar(s)	Kalamata Olives	Lunch Mediterranean Tuna Salad (1.0)	Fry's	Day Box		\$ 5.99
3.0	bottle(s)	Sweet and Sour Sauce	Dinner Sweet and Sour Pork (3.0)	Fry's	Day Box		\$ 10.47
3.0	can(s)	Canned Pineapple	Dinner Sweet and Sour Pork (3.0)	Fry's	Day Box		\$ 7.47
1.0	box(es)	Instant White Rice	Dinner Sweet and Sour Pork (1.0)	Fry's	Day Box		\$ 4.99
4.0	jar(s)	Ranchero Salsa/Sauce	Breakfast Huevos Rancheros (4.0)	Fry's	Day Box		\$ 5.00
2.0	whole	Balsamic Glaze	Appetizer Tomato and Mozzarella Sliders (1.0), Lunch Caprese Salad Sandwich (1.0)	Fry's	Day Box		\$ 10.00
5.0	can(s)	Canned Blueberries	Breakfast Blueberry French Toast with Sausage (3.0), Dessert Blueberry and Peach Cobbler (DO) (2.0)	Fry's	Day Box		\$ 36.45
4.0	package(s)	Dried Tortellini	Dinner Tortellini w/ Chicken (4.0)	Fry's	Day Box		\$ 24.00
2.0	jar(s)	Diced Jalapeno	Appetizer Cowboy Candy (2.0)	Fry's	Day Box		\$ 4.58
3.0	package(s)	Shortcake	Dessert Strawberry Shortcake (3.0)	Fry's	Day Box		\$ 7.47
16.0	whole	Lil Debbie Cakes	Dessert Little Debbie Cakes (16.0)	Fry's	Day Box		\$ 44.64
4.0	box(es)	Fortune Cookies	Dessert Fortune Cookies (4.0)	Fry's	Day Box		\$ 9.16
1.0	box(es)	Vegetable Broth	Dinner Grilled Veggies and Quinoa (1.0)	Fry's	Day Box		\$ 1.99
3.0	bottle(s)	Thai Peanut Sauce	Dinner Thai Cashew Chicken and Rice (3.0)	Fry's	Day Box		\$ 11.37
4.0	box(es)	Yellow Cake Mix	Dessert Blueberry and Peach Cobbler (DO) (2.0), Dessert Apple Cobbler (DO) (2.0)	Fry's	Day Box		\$ 7.96
1.0	whole	Summer Sausage	Appetizer Smoked Gouda with Summer Sausage (1.0)	Fry's	Day Box		\$ 7.49
2.0	package(s)	Brownie Mix	Dessert Brownies (DO) (2.0)	Fry's	Day Box		\$ 6.00
1.0	package(s)	Yellow Cake Mix	Dessert Apple Crisp (DO) (1.0)	Fry's	Day Box		\$ 1.99
22.0	can(s)	Stax	Lunch Lox on Bagels with Cream Cheese 2nd Half (2.0), Lunch Peanut Butter and Jelly (2.0), Lunch Cold Cut Sammies 2nd Half (2.0), Lunch River Pasta Salad (2.0), Lunch Chicken Caesar Pitas (2.0), Lunch Chicken Salad Pitas 2nd Half (2.0), Lunch Mediterranean Tuna Salad (2.0), Lunch Hummus Pitas (2.0), Lunch Caprese Salad Sandwich (2.0), Lunch Hummus Pitas 2nd Half (2.0), Lunch BLTA (2.0)	Fry's	Day Box		\$ 55.00
1.0	bottle(s)	Sauerkraut	Dinner Brats 2nd Half (1.0)	Fry's	Day Box		\$ 2.69
5.0	jar(s)	Jelly	Lunch Peanut Butter and Jelly (1.0), Breakfast Bagels with Hard Boiled Eggs (1.0), Breakfast Cold Cereal with Bagels (1.0), Breakfast Cold Cereal with English Muffins (1.0), Breakfast Yogurt and Granola with English Muffins (1.0)	Fry's	Day Box		\$ 34.95
2.0	box(es)	Instant Brown Rice	Dinner Thai Cashew Chicken and Rice (2.0)	Fry's	Day Box		\$ 3.38
6.0	package(s)	Veggie Flavored Cream Cheese	Lunch Bagel Sandwiches (3.0), Lunch Bagel Sandwiches 2nd Half (3.0)	Fry's Dairy	Day Box		\$ 26.94
3.0	bag(s)	Cheese Cubes	Lunch River Pasta Salad (3.0)	Fry's Dairy	Dairy Cooler		\$ 18.00
23.0	whole	Avocados	Appetizer Mixed Green Salad (3.0), Breakfast Chilaquiles (4.0), Dinner Cheeseburgers (3.0), Dinner Bean and Cheese Burritos (3.0), Breakfast Egg Sammies (3.0), Dinner Steak Fajitas (3.0), Lunch BLTA (4.0)	Produce	Produce Cooler		\$ 34.50
50.0	whole	Tomatoes	Appetizer Mixed Green Salad (3.0), Lunch Bagel Sandwiches (3.0), Dinner Cheeseburgers (3.0), Dinner Bean and Cheese Burritos (3.0), Breakfast Salmon Lox on Bagels (3.0), Breakfast Egg Sammies (3.0), Lunch Mediterranean Tuna Salad (4.0), Lunch Hummus Pitas (4.0), Appetizer Tomato and Mozzarella Sliders (6.0), Lunch Caprese Salad Sandwich (6.0), Lunch Steak and Black Bean Wraps (4.0), Dinner Steak Fajitas (3.0), Lunch BLTA (5.0)	Produce	Produce Cooler		\$ 50.00

Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
2.5	pound(s)	Carrots	Appetizer Mixed Green Salad (0.5), Dinner Sweet and Sour Pork (2.0)	Produce	Produce Cooler	39.93 oz (2.5 lb)	\$ 3.72
5.0	head(s)	Romaine Lettuce	Lunch Bagel Sandwiches (1.0), Lunch Chicken Caesar Pitas (2.0), Appetizer Antipasto Salad (2.0)	Produce	Produce Cooler		\$ 13.50
31.0	whole	Red Bell Pepper	Lunch Bagel Sandwiches (4.0), Dinner Chicken Stir Fry (4.0), Breakfast Scrommlets and Breakfast Sausage (2.0), Breakfast Tacos (2.0), Lunch Hummus Pitas (3.0), Dinner Sweet and Sour Pork (3.0), Appetizer Antipasto Salad (2.0), Dinner Steak Fajitas (3.0), Dinner Steaks and Potatoes (2.0), Dinner Grilled Veggies and Quinoa (4.0), Breakfast Burritos (2.0)	Produce	Produce Cooler		\$ 35.96
11.0	whole	Cucumbers	Lunch Bagel Sandwiches (3.0), Lunch Mediterranean Tuna Salad (2.0), Lunch Hummus Pitas (3.0), Lunch Steak and Black Bean Wraps (3.0)	Produce	Produce		\$ 5.50
14.0	whole	Zucchini	Dinner Chicken Stir Fry (4.0), Dinner Sweet and Sour Pork (3.0), Dinner Grilled Veggies and Quinoa (5.0), Dinner Thai Cashew Chicken and Rice (2.0)	Produce	Produce Cooler		\$ 24.08
1.0	pound(s)	Snap Peas	Dinner Chicken Stir Fry (1.0)	Produce	Produce Cooler	15.97 oz	\$ 5.98
3.0	head(s)	Green Cabbage	Dinner Chicken Stir Fry (1.0), Lunch Bagel Sandwiches 2nd Half (1.0), Dinner Bean and Cheese Burritos (0.5), Dinner Bean and Potato Tacos (0.5)	Produce	Produce Crate		\$ 3.90
15.0	whole	Yellow Onion	Dinner Chicken Stir Fry (2.0), Dinner Pasta Primavera with Chicken Sausage 2nd Ha (1.0), Breakfast Scrommlets and Breakfast Sausage (1.0), Breakfast Tacos (1.0), Dinner Sweet and Sour Pork (2.0), Dinner Steak Fajitas (2.0), Dinner Steaks and Potatoes (2.0), Dinner Grilled Veggies and Quinoa (2.0), Dinner Thai Cashew Chicken and Rice (1.0), Breakfast Burritos (1.0)	Produce	Produce Crate		\$ 7.50
13.0	whole	Red Onion	Lunch Lox on Bagels with Cream Cheese 2nd Half (1.0), Breakfast Salmon Lox on Bagels 2nd Half (1.0), Lunch Cold Cut Sammies 2nd Half (1.0), Dinner Cheeseburgers (2.0), Dinner Bean and Cheese Burritos (1.0), Breakfast Salmon Lox on Bagels (1.0), Lunch Chicken Caesar Pitas (1.0), Lunch Chicken Salad Pitas 2nd Half (1.0), Lunch Mediterranean Tuna Salad (1.0), Dinner Grilled Veggies and Quinoa (2.0), Dinner Bean and Potato Tacos (1.0)	Produce	Produce Crate		\$ 13.00
32.5	dozen(s)	Eggs	Breakfast Egg Sammies 2nd Half (3.0), Breakfast Scrommlets and Bacon 2nd Half (3.0), Breakfast Chilaquiles (3.0), Breakfast Yogurt, Granola, Bacon and Boiled Eggs (3.0), Breakfast Bagels with Hard Boiled Eggs (3.0), Breakfast Scrommlets and Breakfast Sausage (3.0), Breakfast Tacos (3.0), Breakfast Egg Sammies (3.0), Breakfast Huevos Rancheros (3.0), Breakfast Blueberry French Toast with Sausage (2.0), Breakfast Burritos (3.0), Dessert Brownies (DO) (0.5)	Produce	Egg Can		\$ 97.50
8.0	bag(s)	Baby Carrots	Lunch Bagel Sandwiches 2nd Half (4.0), Lunch Hummus Pitas (2.0), Lunch Hummus Pitas 2nd Half (2.0)	Produce	Produce Cooler		\$ 14.32
4.0	head(s)	Iceberg Lettuce	Dinner Cheeseburgers (1.0), Lunch Steak and Black Bean Wraps (1.0), Lunch BLTA (2.0)	Produce	Produce Cooler		\$ 8.96
31.0	whole	Yellow Bell Pepper	Dinner Bean and Cheese Burritos (2.0), Breakfast Scrommlets and Breakfast Sausage (2.0), Breakfast Tacos (2.0), Lunch Mediterranean Tuna Salad (2.0), Lunch Hummus Pitas (3.0), Dinner Sweet and Sour Pork (3.0), Dinner Steak Fajitas (2.0), Dinner Steaks and Potatoes (2.0), Dinner Grilled Veggies and Quinoa (4.0), Breakfast Burritos (2.0)	Produce	Produce Cooler		\$ 46.50
34.0	whole	Potatoes	Breakfast Tacos (6.0), Dinner Steaks and Potatoes (16.0), Breakfast Burritos (6.0), Dinner Bean and Potato Tacos (6.0)	Produce	Produce Crate		\$ 20.40
4.0	pound(s)	Asparagus	Dinner Grilled Halibut with Wild Rice (4.0)	Produce	Produce Cooler	63.89 oz (3.99 lb)	\$ 16.00
8.0	whole	Yellow Squash	Dinner Sweet and Sour Pork (3.0), Dinner Grilled Veggies and Quinoa (5.0)	Produce	Produce Cooler		\$ 16.96
8.0	ounce(s)	Fresh Basil	Appetizer Tomato and Mozzarella Sliders (4.0), Lunch Caprese Salad Sandwich (4.0)	Produce	Produce Cooler	8.0 oz	\$ 6.01
2.0	package(s)	Cherry Tomatoes	Appetizer Antipasto Salad (2.0)	Produce	Produce Cooler		\$ 12.00
4.0	whole	Jalapenos	Side Dish Cilantro Lime Rice (4.0)	Produce	Produce Cooler		\$ 3.96
4.0	whole	Limes	Side Dish Cilantro Lime Rice (4.0)	Produce	Produce Crate		\$ 2.36
10.0	whole	Granny Smith Apples	Dessert Apple Cobbler (DO) (10.0)	Produce	Produce Crate		\$ 8.00
10.0	whole	Apples	Dessert Apple Crisp (DO) (10.0)	Produce	Produce Crate		\$ 10.00
11.0	pound(s)	Sliced Ham	Lunch Bagel Sandwiches (4.0), Lunch Cuban Wrap (3.0), Lunch Bagel Sandwiches 2nd Half (4.0)	Randal's	Meat Cooler	175.69 oz (10.98 lb)	\$ 66.00
12.0	pound(s)	Cubed Chicken	Dinner Chicken Stir Fry (4.0), Dinner Chicken Pesto Pasta (4.0), Dinner Thai Cashew Chicken and Rice (4.0)	Randal's	Meat Cooler	191.66 oz (11.98 lb)	\$ 107.88
20.0	whole	Brats	Dinner Brats 2nd Half (20.0)	Randal's	Meat Cooler		\$ 49.80
20.0	pound(s)	Bacon	Breakfast Egg Sammies 2nd Half (4.0), Breakfast Scrommlets and Bacon 2nd Half (4.0), Breakfast Egg Sammies (4.0), Breakfast Huevos Rancheros (4.0), Breakfast Burritos (4.0)	Randal's	Meat Cooler	319.44 oz (19.96 lb)	\$ 200.00
8.0	pound(s)	Chorizo	Breakfast Chilaquiles (4.0), Breakfast Tacos (4.0)	Randal's	Meat Cooler	127.77 oz (7.99 lb)	\$ 63.92
4.0	pound(s)	Sliced Deli Meat	Lunch Cold Cut Sammies 2nd Half (4.0)	Randal's	Meat Cooler	63.89 oz (3.99 lb)	\$ 27.00
18.0	whole	Hamburger Patties	Dinner Cheeseburgers (18.0)	Randal's	Meat Cooler		\$ 48.06
7.5	pound(s)	Sliced Salami	Lunch Cheese and Crackers With Salami (4.0), Appetizer Antipasto Salad (0.5), Lunch Caprese Salad Sandwich (3.0)	Randal's	Meat Cooler	119.79 oz (7.49 lb)	\$ 67.42
8.0	pound(s)	Breakfast Sausage	Breakfast Scrommlets and Breakfast Sausage (4.0), Breakfast Blueberry French Toast with Sausage (4.0)	Randal's	Meat Cooler	127.77 oz (7.99 lb)	\$ 63.92

Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
<input type="checkbox"/>	18.0	whole	Chicken Breasts	Dinner Grilled Herb Chicken (18.0)	Randal's	Meat Cooler	\$ 81.00
<input type="checkbox"/>	20.0	whole	Halibut Steaks	Dinner Grilled Halibut with Wild Rice (20.0)	Randal's	Meat Cooler	\$ 350.00
<input type="checkbox"/>	4.0	pound(s)	Cubed Pork	Dinner Sweet and Sour Pork (4.0)	Randal's	Meat Cooler	63.89 oz (3.99 lb) \$ 31.96
<input type="checkbox"/>	0.5	pound(s)	Capicola Ham	Appetizer Antipasto Salad (0.5)	Randal's	Meat Cooler	7.99 oz \$ 6.00
<input type="checkbox"/>	0.5	pound(s)	Pepperoni	Appetizer Antipasto Salad (0.5)	Randal's	Meat Cooler	7.99 oz \$ 7.50
<input type="checkbox"/>	2.0	pound(s)	Pre-cooked Steak Strips	Lunch Steak and Black Bean Wraps (2.0)	Randal's	Meat Cooler	31.94 oz (2.0 lb) \$ 32.00
<input type="checkbox"/>	3.0	pound(s)	Sliced Turkey	Lunch Hummus Pitas 2nd Half (3.0)	Randal's	Meat Cooler	47.92 oz (2.99 lb) \$ 44.97
<input type="checkbox"/>	4.0	pound(s)	Steak Fajita Meat	Dinner Steak Fajitas (4.0)	Randal's	Meat Cooler	63.89 oz (3.99 lb) \$ 63.96
<input type="checkbox"/>	4.0	pound(s)	Pre-cooked Chicken Strips	Dinner Tortellini w/ Chicken (4.0)	Randal's	Meat Cooler	63.89 oz (3.99 lb) \$ 17.96
<input type="checkbox"/>	16.0	whole	Steaks	Dinner Steaks and Potatoes (16.0)	Randal's	Meat Cooler	\$ 480.00
<input type="checkbox"/>	16.0	whole	Safeway Lunch Stop	Safeway Lunch (16.0)	Safeway		\$ 0.00
<input type="checkbox"/>	1.0	package(s)	Croutons	Appetizer Mixed Green Salad (1.0)	Sam's	Day Box	\$ 0.99
<input type="checkbox"/>	4.0	bag(s)	Chips	Lunch Bagel Sandwiches (1.0), Dinner Brats 2nd Half (1.0), Lunch Cuban Wrap (1.0), Lunch Bagel Sandwiches 2nd Half (1.0)	Sam's	Day Box	\$ 16.00
<input type="checkbox"/>	6.0	package(s)	Salmon Lox	Lunch Lox on Bagels with Cream Cheese 2nd Half (2.0), Breakfast Salmon Lox on Bagels 2nd Half (2.0), Breakfast Salmon Lox on Bagels (2.0)	Sam's	Meat Cooler	\$ 83.88
<input type="checkbox"/>	2.0	bag(s)	Pita Chips	Appetizer Hummus and Pita Chips (1.0), Appetizer Bruschetta (1.0)	Sam's	Day Box	\$ 16.98
<input type="checkbox"/>	5.0	can(s)	Canned Corn	Dinner Brats 2nd Half (4.0), Lunch Mexi Wraps (1.0)	Sam's	Day Box	\$ 4.36
<input type="checkbox"/>	12.0	can(s)	Baked Beans	Dinner Brats 2nd Half (4.0), Dinner Cheeseburgers (4.0), Dinner BBQ Pulled Pork (PM) (4.0)	Sam's	Day Box	\$ 16.83
<input type="checkbox"/>	3.0	package(s)	Pre-cooked Bacon	Lunch Cuban Wrap (1.0), Breakfast Yogurt, Granola, Bacon and Boiled Eggs (1.0), Lunch BLTA (1.0)	Sam's	Day Box	\$ 46.41
<input type="checkbox"/>	7.0	bag(s)	Penne Pasta	Dinner Pasta Primavera with Chicken Sausage 2nd Ha (4.0), Lunch River Pasta Salad (3.0)	Sam's	Day Box	\$ 13.93
<input type="checkbox"/>	8.0	can(s)	Canned Green Beans	Dinner Pasta Primavera with Chicken Sausage 2nd Ha (3.0), Dinner Tortellini w/ Chicken (5.0)	Sam's	Day Box	\$ 6.78
<input type="checkbox"/>	8.0	can(s)	Diced Tomatoes	Dinner Pasta Primavera with Chicken Sausage 2nd Ha (2.0), Lunch Mexi Wraps (1.0), Lunch Chicken Salad Pitas 2nd Half (2.0), Dinner Bean and Potato Tacos (3.0)	Sam's	Day Box	\$ 5.99
<input type="checkbox"/>	15.0	can(s)	Diced Green Chiles	Breakfast Egg Sammies 2nd Half (2.0), Lunch Mexi Wraps (1.0), Dinner Bean and Cheese Burritos (2.0), Breakfast Egg Sammies (2.0), Breakfast Huevos Rancheros (2.0), Lunch Steak and Black Bean Wraps (2.0), Dinner Steak Fajitas (2.0), Dinner Bean and Potato Tacos (2.0)	Sam's	Day Box	\$ 15.00
<input type="checkbox"/>	8.0	can(s)	Canned Mushrooms	Breakfast Scrommlets and Bacon 2nd Half (2.0), Breakfast Scrommlets and Breakfast Sausage (2.0), Dinner Steaks and Potatoes (4.0)	Sam's	Day Box	\$ 8.85
<input type="checkbox"/>	1.0	package(s)	Dried Fruit	Breakfast Kayaker Quinoa (1.0)	Sam's	Day Box	\$ 4.00
<input type="checkbox"/>	1.0	package(s)	Almonds	Breakfast Kayaker Quinoa (1.0)	Sam's	Day Box	\$ 2.99
<input type="checkbox"/>	2.0	package(s)	Quinoa	Breakfast Kayaker Quinoa (1.0), Dinner Grilled Veggies and Quinoa (1.0)	Sam's	Day Box	\$ 4.00
<input type="checkbox"/>	5.0	can(s)	Pinto Beans	Breakfast Chilaquiles (2.0), Lunch Mexi Wraps (3.0)	Sam's	Day Box	\$ 4.98
<input type="checkbox"/>	12.0	jar(s)	Salsa	Breakfast Chilaquiles (1.0), Lunch Mexi Wraps (1.0), Appetizer Tortilla Chips, Salsa, and Guacamole (3.0), Dinner Bean and Cheese Burritos (1.0), Breakfast Tacos (1.0), Lunch Steak and Black Bean Wraps (1.0), Dinner Steak Fajitas (1.0), Dinner Stuffed Mexican Chicken (PM) (1.0), Breakfast Burritos (1.0), Dinner Bean and Potato Tacos (1.0)	Sam's	Day Box	\$ 63.48
<input type="checkbox"/>	2.0	bag(s)	Granola	Breakfast Yogurt, Granola, Bacon and Boiled Eggs (1.0), Breakfast Yogurt and Granola with English Muffins (1.0)	Sam's	Day Box	\$ 12.96
<input type="checkbox"/>	12.0	can(s)	Black Beans	Lunch Mexi Wraps (2.0), Dinner Bean and Cheese Burritos (3.0), Lunch Steak and Black Bean Wraps (4.0), Breakfast Burritos (3.0)	Sam's	Day Box	\$ 0.75
<input type="checkbox"/>	7.0	can(s)	Black Olives	Lunch Mexi Wraps (1.0), Lunch River Pasta Salad (1.0), Dinner Bean and Cheese Burritos (2.0), Lunch Chicken Caesar Pitas (2.0), Dinner Bean and Potato Tacos (1.0)	Sam's	Day Box	\$ 14.00
<input type="checkbox"/>	11.0	can(s)	Canned Chicken	Lunch River Pasta Salad (2.0), Lunch Chicken Caesar Pitas (4.0), Lunch Chicken Salad Pitas 2nd Half (5.0)	Sam's	Day Box	\$ 22.00
<input type="checkbox"/>	3.0	bag(s)	Tortilla Chips	Appetizer Tortilla Chips, Salsa, and Guacamole (3.0)	Sam's	Day Box	\$ 13.44
<input type="checkbox"/>	1.0	bottle(s)	BBQ Sauce	Dinner BBQ Pulled Pork (PM) (1.0)	Sam's	Day Box	\$ 3.49
<input type="checkbox"/>	3.0	bag(s)	Cold Cereal	Breakfast Cold Cereal with Bagels (1.0), Breakfast Cold Cereal with English Muffins (2.0)	Sam's	Day Box	\$ 11.97

Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
1.0	bottle(s)	Vinaigrette	Lunch Mediterranean Tuna Salad (1.0)	Sam's	Day Box		\$ 3.69
1.0	bag(s)	Trail Mix	Lunch Hummus Pitas (1.0)	Sam's	Day Box		\$ 12.98
2.0	bag(s)	Beef Jerky	Lunch Hummus Pitas (1.0), Lunch Hummus Pitas 2nd Half (1.0)	Sam's	Day Box		\$ 32.00
1.0	can(s)	Whole Black Olives	Appetizer Antipasto Salad (1.0)	Sam's	Day Box		\$ 1.70
1.0	bottle(s)	Italian Dressing	Appetizer Antipasto Salad (1.0)	Sam's	Day Box		\$ 3.69
2.0	bottle(s)	Cinnamon	Breakfast Blueberry French Toast with Sausage (1.0), Dessert Apple Crisp (DO) (1.0)	Sam's	Spice Box		\$ 2.00
2.0	jar(s)	Marinara Sauce	Dinner Tortellini w/ Chicken (2.0)	Sam's	Day Box		\$ 5.32
1.0	bottle(s)	Steak Sauce	Dinner Steaks and Potatoes (1.0)	Sam's	Day Box		\$ 5.79
1.0	bottle(s)	Chives	Dinner Steaks and Potatoes (1.0)	Sam's	Spice Box		\$ 1.00
1.0	bag(s)	Pretzels	Appetizer Cowboy Candy (1.0)	Sam's	Day Box		\$ 6.99
1.0	bag(s)	Frozen Strawberries	Dessert Strawberry Shortcake (1.0)	Sam's	Meat Cooler		\$ 4.13
1.0	bottle(s)	Dried Cilantro	Side Dish Cilantro Lime Rice (1.0)	Sam's	Spice Box		\$ 0.50
0.5	pound(s)	Cashews	Dinner Thai Cashew Chicken and Rice (0.5)	Sam's	Day Box	7.99 oz	\$ 3.74
1.0	package(s)	Mixed Nuts	Appetizer Mixed Nuts (1.0)	Sam's	Day Box		\$ 11.98
5.0	jar(s)	Peanut Butter	Lunch Peanut Butter and Jelly (1.0), Breakfast Bagels with Hard Boiled Eggs (1.0), Breakfast Cold Cereal with Bagels (1.0), Breakfast Cold Cereal with English Muffins (1.0), Breakfast Yogurt and Granola with English Muffins (1.0)	Sam's	Day Box		\$ 20.30
1.0	bag(s)	Potato Chips	Appetizer Chips and Dip (1.0)	Sam's	Day Box		\$ 5.99
1.0	bottle(s)	Maple Syrup	Breakfast Blueberry French Toast with Sausage (1.0)	Sam's	Day Box		\$ 12.98
3.0	can(s)	Canned Sliced Peaches	Dessert Blueberry and Peach Cobbler (DO) (3.0)	Sam's	Day Box		\$ 4.50
2.0	bag(s)	Mixed Greens	Appetizer Mixed Green Salad (2.0)	Sam's Dairy	Produce Cooler		\$ 3.88
14.0	package(s)	Cream Cheese	Lunch Lox on Bagels with Cream Cheese 2nd Half (2.0), Breakfast Salmon Lox on Bagels 2nd Half (2.0), Breakfast Bagels with Hard Boiled Eggs (2.0), Breakfast Salmon Lox on Bagels (2.0), Breakfast Cold Cereal with Bagels (2.0), Appetizer Pesto Cream Cheese (2.0), Appetizer Cowboy Candy (2.0)	Sam's Dairy	Dairy Cooler		\$ 41.86
5.0	tub(s)	Hummus	Appetizer Hummus and Pita Chips (1.0), Lunch Hummus Pitas (1.0), Lunch Hummus Pitas 2nd Half (2.0), Dinner Grilled Veggies and Quinoa (1.0)	Sam's Dairy	Dairy Cooler		\$ 22.40
2.0	pound(s)	Sliced Swiss Cheese	Lunch Cuban Wrap (2.0)	Sam's Dairy	Dairy Cooler	31.94 oz (2.0 lb)	\$ 7.86
5.25	package(s)	Flour Tortillas	Lunch Cuban Wrap (0.75), Lunch Mexi Wraps (0.75), Dinner Bean and Cheese Burritos (0.75), Lunch Steak and Black Bean Wraps (0.75), Dinner Steak Fajitas (0.75), Breakfast Burritos (0.75), Dinner Bean and Potato Tacos (0.75)	Sam's Dairy	Bread Box		\$ 31.40
106.0	ounce(s)	Butter	Dinner Pasta Primavera with Chicken Sausage 2nd Ha (8.0), Breakfast Scrommlets and Bacon 2nd Half (4.0), Breakfast Chilaquiles (8.0), Dinner Chicken Pesto Pasta (8.0), Dinner BBQ Pulled Pork (PM) (8.0), Breakfast Scrommlets and Breakfast Sausage (4.0), Dinner Grilled Herb Chicken (8.0), Dinner Grilled Halibut with Wild Rice (16.0), Breakfast Cold Cereal with English Muffins (8.0), Dinner Tortellini w/ Chicken (4.0), Dinner Steaks and Potatoes (8.0), Dessert Blueberry and Peach Cobbler (DO) (8.0), Dessert Apple Cobbler (DO) (8.0), Dessert Apple Crisp (DO) (6.0)	Sam's Dairy	Dairy Cooler	106.0 oz (6.62 lb)	\$ 23.19
3.0	whole	Parmesan Cheese Block	Dinner Pasta Primavera with Chicken Sausage 2nd Ha (1.0), Lunch Chicken Caesar Pitas (1.0), Dinner Tortellini w/ Chicken (0.5), Dinner Grilled Veggies and Quinoa (0.5)	Sam's Dairy	Dairy Cooler		\$ 19.74
13.0	pound(s)	Sliced Cheese	Breakfast Egg Sammies 2nd Half (2.0), Lunch Cold Cut Sammies 2nd Half (2.0), Dinner Cheeseburgers (2.0), Breakfast Egg Sammies (2.0), Lunch Chicken Salad Pitas 2nd Half (1.0), Lunch Hummus Pitas (2.0), Lunch Hummus Pitas 2nd Half (2.0)	Sam's Dairy	Dairy Cooler	207.63 oz (12.98 lb)	\$ 51.16
16.0	pound(s)	Shredded Cheese	Breakfast Scrommlets and Bacon 2nd Half (1.0), Breakfast Chilaquiles (1.0), Lunch Mexi Wraps (1.0), Dinner Bean and Cheese Burritos (2.0), Breakfast Scrommlets and Breakfast Sausage (1.0), Breakfast Tacos (1.0), Breakfast Huevos Rancheros (2.0), Lunch Steak and Black Bean Wraps (1.0), Dinner Steak Fajitas (2.0), Dinner Stuffed Mexican Chicken (PM) (1.0), Breakfast Burritos (1.0), Dinner Bean and Potato Tacos (2.0)	Sam's Dairy	Dairy Cooler	255.55 oz (15.97 lb)	\$ 47.84
5.0	package(s)	Corn Tortillas	Breakfast Chilaquiles (2.0), Breakfast Tacos (1.0), Breakfast Huevos Rancheros (1.0), Dinner Stuffed Mexican Chicken (PM) (1.0)	Sam's Dairy	Bread Box		\$ 12.50
7.0	package(s)	Guacamole	Lunch Cold Cut Sammies 2nd Half (1.0), Lunch Mexi Wraps (1.0), Appetizer Tortilla Chips, Salsa, and Guacamole (3.0), Lunch Chicken Salad Pitas 2nd Half (1.0), Lunch Steak and Black Bean Wraps (1.0)	Sam's Dairy	Produce Cooler		\$ 15.33
9.0	tub(s)	Sour Cream	Appetizer Chips and Dip (2.0), Lunch Mexi Wraps (1.0), Dinner Bean and Cheese Burritos (1.0), Lunch Steak and Black Bean Wraps (1.0), Dinner Steak Fajitas (1.0), Dinner Steaks and Potatoes (1.0), Breakfast Burritos (1.0), Dinner Bean and Potato Tacos (1.0)	Sam's Dairy	Dairy Cooler		\$ 21.06
4.0	tub(s)	Yogurt	Breakfast Yogurt, Granola, Bacon and Boiled Eggs (2.0), Breakfast Yogurt and Granola with English Muffins (2.0)	Sam's Dairy	Dairy Cooler		\$ 17.12
3.0	jar(s)	Pesto	Dinner Chicken Pesto Pasta (1.0), Lunch Caprese Salad Sandwich (1.0), Appetizer Pesto Cream Cheese (1.0)	Sam's Dairy	Produce Cooler		\$ 23.94
4.0	whole	Cheese Block	Lunch Cheese and Crackers With Salami (2.0), Appetizer Cheese and Crackers (2.0)	Sam's Dairy	Dairy Cooler		\$ 80.00
2.0	package(s)	Feta Cheese	Lunch Mediterranean Tuna Salad (1.0), Dinner Grilled Veggies and Quinoa (1.0)	Sam's Dairy	Day Box		\$ 14.56
1.0	tub(s)	Spinach Dip	Appetizer Spinach Dip (1.0)	Sam's Dairy	Dairy Cooler		\$ 6.98

Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
<input type="checkbox"/>	6.0	package(s) Fresh Mozzarella	Appetizer Tomato and Mozzarella Sliders (2.0), Appetizer Antipasto Salad (1.0), Lunch Caprese Salad Sandwich (3.0)	Sam's Dairy	Dairy Cooler		\$ 24.84
<input type="checkbox"/>	2.0	whole Block Gouda Cheese	Appetizer Smoked Gouda and Crackers (1.0), Appetizer Smoked Gouda with Summer Sausage (1.0)	Sam's Dairy	Dairy Cooler		\$ 41.88
<input type="checkbox"/>	1.0	can(s) Whipped Cream	Dessert Strawberry Shortcake (1.0)	Sam's Dairy	Dairy Cooler		\$ 2.83
<input type="checkbox"/>	16.0	whole Chicken Sausages	Dinner Pasta Primavera with Chicken Sausage 2nd Ha (16.0)	Sam's Frozen	Meat Cooler		\$ 28.00
<input type="checkbox"/>	1.0	package(s) Frozen Cheesecake Bites	Dessert Frozen Cheesecake Bites (1.0)	Sam's Frozen	Meat Cooler		\$ 17.48
<input type="checkbox"/>	16.0	pound(s) Coffee	Breakfast Egg Sammies 2nd Half (1.0), Breakfast Salmon Lox on Bagels 2nd Half (1.0), Breakfast Scrommlets and Bacon 2nd Half (1.0), Breakfast Kayaker Quinoa (1.0), Breakfast Chilaquiles (1.0), Breakfast Bagels with Hard Boiled Eggs (1.0), Breakfast Scrommlets and Breakfast Sausage (1.0), Breakfast Salmon Lox on Bagels (1.0), Breakfast Cold Cereal with Bagels (1.0), Breakfast Tacos (1.0), Breakfast Egg Sammies (1.0), Breakfast ColdToucanet Cereal with English Muffins (1.0), Breakfast Huevos Rancheros (1.0), Breakfast Yogurt and Granola with English Muffins (1.0), Breakfast Blueberry French Toast with Sausage (1.0), Breakfast Burritos (1.0)	Day Box		255.55 oz (15.97 lb)	\$ 192.00
<input type="checkbox"/>	2.0	bottle(s) Ketchup	Dinner Brats 2nd Half (1.0), Dinner Cheeseburgers (1.0)	U.S. Foods	Day Box		\$ 3.00
<input type="checkbox"/>	1.0	package(s) Frozen Peppers and Onions	Breakfast Scrommlets and Bacon 2nd Half (1.0)	U.S. Foods	Meat Cooler		\$ 10.00
<input type="checkbox"/>	1.0	package(s) Brown Sugar	Breakfast Kayaker Quinoa (1.0)	U.S. Foods	Day Box		\$ 1.00
<input type="checkbox"/>	3.0	bottle(s) Honey	Breakfast Kayaker Quinoa (1.0), Breakfast Yogurt, Granola, Bacon and Boiled Eggs (1.0), Appetizer Cowboy Candy (1.0)	U.S. Foods	Day Box		\$ 18.00
<input type="checkbox"/>	3.0	bottle(s) Mayonnaise	Lunch Cold Cut Sammies 2nd Half (1.0), Lunch Chicken Salad Pitas 2nd Half (1.0), Lunch BLTA (1.0)	U.S. Foods	Day Box		\$ 14.07
<input type="checkbox"/>	1.0	bottle(s) Mustard	Lunch Cold Cut Sammies 2nd Half (1.0)	U.S. Foods	Day Box		\$ 2.19
<input type="checkbox"/>	3.0	bag(s) Frozen Green Beans	Dinner Cheeseburgers (1.0), Dinner Grilled Herb Chicken (1.0), Dinner Stuffed Mexican Chicken (PM) (1.0)	U.S. Foods	Meat Cooler		\$ 24.00
<input type="checkbox"/>	4.0	bag(s) Frozen Edamame	Appetizer Edamame (4.0)	U.S. Foods	Meat Cooler		\$ 10.64
<input type="checkbox"/>	4.0	box(es) Spanish Rice	Dinner Bean and Cheese Burritos (1.0), Breakfast Huevos Rancheros (1.0), Dinner Stuffed Mexican Chicken (PM) (1.0), Dinner Bean and Potato Tacos (1.0)	U.S. Foods	Day Box		\$ 32.00
<input type="checkbox"/>	28.0	package(s) Crackers	Lunch Cheese and Crackers With Salami (8.0), Appetizer Spinach Dip (4.0), Appetizer Cheese and Crackers (4.0), Appetizer Pesto Cream Cheese (4.0), Appetizer Smoked Gouda and Crackers (4.0), Appetizer Smoked Gouda with Summer Sausage (4.0)	U.S. Foods	Day Box		\$ 42.00
<input type="checkbox"/>	1.0	package(s) Frozen Sweet Potatoes	Dinner BBQ Pulled Pork (PM) (1.0)	U.S. Foods	Meat Cooler		\$ 11.00
<input type="checkbox"/>	2.0	box(es) Long Grain and Wild Rice	Dinner Grilled Herb Chicken (1.0), Dinner Grilled Halibut with Wild Rice (1.0)	U.S. Foods	Day Box		\$ 21.32
<input type="checkbox"/>	1.0	package(s) Tuna	Lunch Mediterranean Tuna Salad (1.0)	U.S. Foods	Day Box		\$ 10.98
<input type="checkbox"/>	1.0	package(s) Frozen Stir Fry Veggies	Dinner Thai Cashew Chicken and Rice (1.0)	U.S. Foods	Meat Cooler		\$ 11.00
<input type="checkbox"/>	2.0	jar(s) Bruschetta	Appetizer Bruschetta (2.0)	Whole Foods	Day Box		\$ 8.00
<input type="checkbox"/>	1.0	whole Any Leftover Food!	Breakfast Leftovers (1.0)				\$ 0.00
<input type="checkbox"/>	1.0	whole Lunch on the road!	Lunch En Route to Flagstaff (1.0)				\$ 0.00
<input type="checkbox"/>	1.0	whole Food	Rig Night (BYO or Moe Meal-additional charge) (1.0)				\$ 0.00

Total cost \$ 0

Calendar Planning

Day	Appetizer	Dinner	Breakfast	Lunch
Day 0	Safeway Lunch (16)	Rig Night (BYO or Moe Meal- additional charge) (16)	Breakfast Salmon Lox on Bagels (16)	Lunch BLTA (16)
Day 1	Appetizer Mixed Green Salad (16)	Dinner Stuffed Mexican Chicken (PM) (16) Dessert Frozen Cheesecake Bites (16)	Breakfast Egg Sammies (16)	Lunch Hummus Pitas (16)
Day 2	Appetizer Spinach Dip (16)	Dinner Sweet and Sour Pork (16)	Breakfast Huevos Rancheros (16)	Lunch Peanut Butter and Jelly (16)
Day 3	Appetizer Tomato and Mozzarella Sliders (16)	Dinner Grilled Halibut with Wild Rice (16) Dessert Brownies (DO) (16)	Breakfast Cold Cereal with Bagels (16)	Lunch Chicken Caesar Pitas (16)
Day 4	Appetizer Antipasto Salad (16)	Dinner Thai Cashew Chicken and Rice (16)	Breakfast Burritos (16)	Lunch Caprese Salad Sandwich (16)
Day 5	Appetizer Smoked Gouda with Summer Sausage (16)	Dinner Grilled Veggies and Quinoa (16) Dessert Apple Crisp (DO) (16)	Breakfast Yogurt and Granola with English Muffins (16)	Lunch Steak and Black Bean Wraps (16)
Day 6	Appetizer Cheese and Crackers (16)	Dinner Steaks and Potatoes (16) Dessert Apple Cobbler (DO) (16)	Breakfast Tacos (16)	Lunch Mediterranean Tuna Salad (16)
Day 7	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner Bean and Potato Tacos (16)	Breakfast Bagels with Hard Boiled Eggs (16)	Lunch Bagel Sandwiches (16)
Day 8	Appetizer Cowboy Candy (16)	Dinner Grilled Herb Chicken (16) Dessert Strawberry Shortcake (16)	Breakfast Scrommlets and Breakfast Sausage (16)	Lunch Lox on Bagels with Cream Cheese 2nd Half (16)
Day 9	Appetizer Hummus and Pita Chips (16)	Dinner Brats 2nd Half (16)	Breakfast Cold Cereal with English Muffins (16)	Lunch Cuban Wrap (16)
Day 10	Appetizer Bruschetta (16)	Dinner Pasta Primavera with Chicken Sausage 2nd Ha (16)	Breakfast Egg Sammies 2nd Half (16)	Lunch Chicken Salad Pitas 2nd Half (16)
Day 11	Appetizer Pesto Cream Cheese (16)	Dinner Tortellini w/ Chicken (16) Dessert Fortune Cookies (16)	Breakfast Blueberry French Toast with Sausage (16)	Lunch Bagel Sandwiches 2nd Half (16)
Day 12	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner Steak Fajitas (16) Side Dish Cilantro Lime Rice (16)	Breakfast Salmon Lox on Bagels 2nd Half (16)	Lunch Hummus Pitas 2nd Half (16)
Day 13	Appetizer Smoked Gouda and Crackers (16)	Dinner Chicken Stir Fry (16)	Breakfast Chilaquiles (16)	Lunch Cold Cut Sammies 2nd Half (16)
Day 14	Appetizer Chips and Dip (16)	Dinner Cheeseburgers (16) Dessert Blueberry and Peach Cobbler (DO) (16)	Breakfast Yogurt, Granola, Bacon and Boiled Eggs (16)	Lunch Mexi Wraps (16)
Day 15	Appetizer Edamame (16)	Dinner Chicken Pesto Pasta (16) Dessert Little Debbie Cakes (16)	Breakfast Scrommlets and Bacon 2nd Half (16)	Lunch River Pasta Salad (16)
Day 16	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner Bean and Cheese Burritos (16)	Breakfast Kayaker Quinoa (16)	Lunch Cheese and Crackers With Salami (16)
Day 17	Appetizer Mixed Nuts (16)	Dinner BBQ Pulled Pork (PM) (16) Dessert Fortune Cookies (16)	Breakfast Leftovers (16)	Lunch En Route to Flagstaff (16)

Recipes details

Safeway Lunch

Appetizer Day #0

Individuals served: 16

Qty	Unit	Ingredient	Packing notes
16.0	whole	Safeway Lunch Stop	

Rig Night (BYO or Moe Meal-additional charge)

Dinner Day #0

Individuals served: 16

Qty	Unit	Ingredient	Packing notes
1.0	whole	Food	

Breakfast Salmon Lox on Bagels

Breakfast Day #0

Individuals served: 16

Dietary restrictions / allergens: **Fish, Wheat/Gluten, Dairy**

Toast bagels with butter or oil if desired. Slice tomatoes and onion. Serve with bagels with lox, capers and cream cheese. Yum!
Fun Fact: Capers can reduce cancer risk and promote eye, bone, brain, and digestive health.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Salmon Lox	Meat Cooler	1.0	jar(s)	Capers	Day Box
2.0	package(s)	Cream Cheese	Dairy Cooler	1.0	pound(s)	Coffee	Day Box
3.0	whole	Tomatoes	Produce Cooler	1.0	whole	Red Onion	Produce Crate
3.2	bag(s)	Bagels	Bread Box				

Lunch BLTA

Lunch Day #0

Individuals served: 16

Dietary restrictions / allergens: **Pork, Wheat/Gluten**

Bacon is pre-cooked, crisp up if desired. Slice veggies and make sandwiches before leaving camp or stop somewhere pretty and assemble there. Serve with chips and cookies!

Hint: Put veggies in separate ziplock to avoid a soggy sammy.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	head(s)	Iceberg Lettuce	Produce Cooler	2.6	loaf	Bread	Bread Box
5.0	whole	Tomatoes	Produce Cooler	1.0	package(s)	Cookies	Day Box
4.0	whole	Avocados	Produce Cooler	1.0	package(s)	Pre-cooked Bacon	Day Box
2.0	can(s)	Stax	Day Box	1.0	bottle(s)	Mayonnaise	Day Box

Appetizer Mixed Green Salad

Appetizer Day #1

Individuals served: 16

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Slice and dice avocados, tomatoes, and carrots. Top mixed greens with veggies and croutons. Serve with dressing on side. Enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
3.0	whole	Avocados	Produce Cooler	2.0	bag(s)	Mixed Greens	Produce Cooler
3.0	whole	Tomatoes	Produce Cooler	1.0	package(s)	Croutons	Day Box
0.5	pound(s)	Carrots	Produce Cooler	1.0	bottle(s)	Salad Dressing	Day Box

Dinner Stuffed Mexican Chicken (PM)

Dinner Day #1

Individuals served: 16

Dietary restrictions / allergens: **Dairy , Chicken**

Alternative pre-made meals will be supplied for those with dietary restrictions. Check the cooler!!
See "boil in a bag" directions in trip binder. Make rice according to directions on package. Heat green beans on the stove and add desired spices. Warm tortillas on griddle or on dutch oven lid. Serve with salsa and shredded cheese!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
16.0	whole	Stuffed Mexican Chicken Breasts	Meat Cooler	1.0	package(s)	Corn Tortillas	Bread Box
1.0	bag(s)	Frozen Green Beans	Meat Cooler	1.0	jar(s)	Salsa	Day Box
1.0	pound(s)	Shredded Cheese	Dairy Cooler	1.0	box(es)	Spanish Rice	Day Box

Dessert Frozen Cheesecake Bites

Dinner Day #1

Individuals served: 16

Dietary restrictions / allergens: **Tree Nuts, Dairy**

Open and enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Frozen Cheesecake Bites	Meat Cooler

Breakfast Egg Sammies

Breakfast Day #1

Individuals served: 16

Dietary restrictions / allergens: **Pork, Wheat/Gluten, Dairy**

Heat bacon on stovetop or Dutch oven. Make eggs as desired (sunny-side up, fried, scrambled). Slice avocado and tomatoes. Toast bread with butter or oil on griddle, and assemble sandwiches with egg, cheese, avocado, tomato and bacon as desired!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Bacon	Meat Cooler	2.6	loaf	Bread	Bread Box
2.0	pound(s)	Sliced Cheese	Dairy Cooler	3.0	dozen(s)	Eggs	Egg Can
3.0	whole	Avocados	Produce Cooler	2.0	can(s)	Diced Green Chiles	Day Box
3.0	whole	Tomatoes	Produce Cooler	1.0	pound(s)	Coffee	Day Box

Lunch Hummus Pitas

Lunch Day #1

Individuals served: 16

Dietary restrictions / allergens: **Dairy , Wheat/Gluten**

Chop or slice tomatoes, peppers and cucumbers. Stop somewhere pretty and enjoy lunch!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	pound(s)	Sliced Cheese	Dairy Cooler	2.0	bag(s)	Baby Carrots	Produce Cooler
1.0	tub(s)	Hummus	Dairy Cooler	3.0	package(s)	Pita Bread	Bread Box
4.0	whole	Tomatoes	Produce Cooler	1.0	bag(s)	Trail Mix	Day Box
3.0	whole	Yellow Bell Pepper	Produce Cooler	1.0	package(s)	Cookies	Day Box
3.0	whole	Red Bell Pepper	Produce Cooler	2.0	can(s)	Stax	Day Box
3.0	whole	Cucumbers	Produce Cooler	1.0	bag(s)	Beef Jerky	Day Box

Appetizer Spinach Dip

Appetizer Day #2

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Serve dip with crackers and enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	tub(s)	Spinach Dip	Dairy Cooler
4.0	package(s)	Crackers	Day Box

Dinner Sweet and Sour Pork

Dinner Day #2

Individuals served: 16

Dietary restrictions / allergens: **Pork**

Following directions on rice box. Next, chop all veggies. Cook pork in oil until browned and cooked through. In a separate pan, cook onions, peppers, and carrots for 5-10 minutes or until tender. Then add zucchini and squash and cook until desired texture. Add pork, sweet and sour sauce and pineapple to veggies and heat until bubbling. When rice is finished cooking fluff with spoon or fork. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Cubed Pork	Meat Cooler	2.0	pound(s)	Carrots	Produce Cooler
3.0	whole	Zucchini	Produce Cooler	3.0	bottle(s)	Sweet and Sour Sauce	Day Box
3.0	whole	Yellow Squash	Produce Cooler	3.0	can(s)	Canned Pineapple	Day Box
3.0	whole	Red Bell Pepper	Produce Cooler	1.0	box(es)	Instant White Rice	Day Box
3.0	whole	Yellow Bell Pepper	Produce Cooler	2.0	whole	Yellow Onion	Produce Crate

Breakfast Huevos Rancheros

Breakfast Day #2

Individuals served: 16

Dietary restrictions / allergens: **Dairy , Pork, Eggs**

Start bacon on skillet or dutch oven. Then prepare rice according to directions on box. Fry or scramble eggs, top with cheese to melt if desired. Add chilies to rice or eggs, or serve on the side.. Warm beans slowly, adding water to prevent scorching. Serve with salsa and warm tortillas.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Bacon	Meat Cooler	4.0	can(s)	Refried Beans	Day Box
2.0	pound(s)	Shredded Cheese	Dairy Cooler	2.0	can(s)	Diced Green Chiles	Day Box
1.0	package(s)	Corn Tortillas	Bread Box	1.0	box(es)	Spanish Rice	Day Box
3.0	dozen(s)	Eggs	Egg Can	1.0	pound(s)	Coffee	Day Box
4.0	jar(s)	Ranchero Salsa/Sauce	Day Box				

Lunch Peanut Butter and Jelly

Lunch Day #2

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Peanuts, Tree Nuts**

Slap your sammy together and get on a rollin'! Add your choice of fruit if you'd like!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
3.0	loaf	Bread	Bread Box	2.0	can(s)	Stax	Day Box
1.0	jar(s)	Peanut Butter	Day Box	2.0	package(s)	Cookies	Day Box
1.0	jar(s)	Jelly	Day Box				

Appetizer Tomato and Mozzarella Sliders

Appetizer Day #3

Individuals served: 16

Dietary restrictions / allergens: **Dairy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Slice tomatoes and mozzarella. Stack tomato, mozzarella and fresh basil then drizzle balsamic glaze on top. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Fresh Mozzarella	Dairy Cooler	4.0	ounce(s)	Fresh Basil	Produce Cooler
6.0	whole	Tomatoes	Produce Cooler	1.0	whole	Balsamic Glaze	Day Box

Dinner Grilled Halibut with Wild Rice

Dinner Day #3

Individuals served: 16

Dietary restrictions / allergens: **Fish**

Start coals! Grill Halibut on oiled grill or in foil packets and season to taste. Grill, saute, or steam asparagus, and cook rice according to directions on package. On griddle melt butter and add garlic and spices, place bread on top of butter and brown. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
20.0	whole	Halibut Steaks	Meat Cooler	2.0	loaf	Sourdough	Bread Box
16.0	ounce(s)	Butter	Dairy Cooler	1.0	box(es)	Long Grain and Wild Rice	Day Box
4.0	pound(s)	Asparagus	Produce Cooler				

Dessert Brownies (DO)

Dinner Day #3

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

Bake brownies according to directions on directions on box, and refer to the D.O. cooking section in the Menu Book.

Qty	Unit	Ingredient	Packing notes
0.5	dozen(s)	Eggs	Egg Can
2.0	package(s)	Brownie Mix	Day Box

Breakfast Cold Cereal with Bagels

Breakfast Day #3

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy, Peanuts**

Toast bagels with butter on griddle. Make assembly line of bagels, pb&j, cream cheese and cereal bar. Milk or cereal first? You decide!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Cream Cheese	Dairy Cooler	1.0	jar(s)	Peanut Butter	Day Box
3.2	bag(s)	Bagels	Bread Box	1.0	jar(s)	Jelly	Day Box
1.0	bag(s)	Cold Cereal	Day Box	1.0	pound(s)	Coffee	Day Box
4.0	box(es)	Milk	Day Box				

Lunch Chicken Caesar Pitas

Lunch Day #3

Individuals served: 16

Dietary restrictions / allergens: **Chicken, Wheat/Gluten**

Before leaving camp (optional): open and drain and shred chicken, grate cheese, chop onion. Mix olives, cheese, chicken, onion, and add salad dressing. Place in ziplock bag in lunch cooler, then stop somewhere pretty, chop lettuce and serve on pita bread! If you have a non-chicken eater, serve canned chicken separately or make 2 different salads.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	whole	Parmesan Cheese Block	Dairy Cooler	2.0	can(s)	Black Olives	Day Box
2.0	head(s)	Romaine Lettuce	Produce Cooler	2.0	can(s)	Stax	Day Box
3.0	package(s)	Pita Bread	Bread Box	1.0	package(s)	Cookies	Day Box
1.0	bottle(s)	Caesar Dressing	Day Box	1.0	whole	Red Onion	Produce Crate
4.0	can(s)	Canned Chicken	Day Box				

Appetizer Antipasto Salad

Appetizer Day #4

Individuals served: 16

Dietary restrictions / allergens: **Dairy , Pork**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day

Chop up meat and veggies into bite sized chunks. Next drain olives and artichoke heart, chop if desired. Combine all ingredients to large bowl and stir in dressing. Can be served on top of lettuce or mix all together in bowl and serve!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
0.5	pound(s)	Sliced Salami	Meat Cooler	2.0	whole	Red Bell Pepper	Produce Cooler
0.5	pound(s)	Capicola Ham	Meat Cooler	2.0	whole	Yellow Bell Pepper	Produce Cooler
0.5	pound(s)	Pepperoni	Meat Cooler	1.0	jar(s)	Pepperoncini	Day Box
1.0	package(s)	Fresh Mozzarella	Dairy Cooler	1.0	can(s)	Canned Artichoke Hearts	Day Box
2.0	head(s)	Romaine Lettuce	Produce Cooler	1.0	can(s)	Whole Black Olives	Day Box
2.0	package(s)	Cherry Tomatoes	Produce Cooler	1.0	bottle(s)	Italian Dressing	Day Box

Dinner Thai Cashew Chicken and Rice

Dinner Day #4

Individuals served: 16

Dietary restrictions / allergens: **Chicken**

Cook rice according to directions on package. Cook chicken in oil, with onion, sliced zucchini and garlic until browned and cooked through. Add peanut sauce, stir fry veggies, and cashews. Cook until well incorporated and veggies are heated through. Fluff rice with fork once finished cooking. Serve with tamari and enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Cubed Chicken	Meat Cooler	1.0	jar(s)	Minced Garlic	Day Box
1.0	package(s)	Frozen Stir Fry Veggies	Meat Cooler	0.5	pound(s)	Cashews	Day Box
2.0	whole	Zucchini	Produce Cooler	2.0	box(es)	Instant Brown Rice	Day Box
3.0	bottle(s)	Thai Peanut Sauce	Day Box	1.0	whole	Yellow Onion	Produce Crate
1.0	bottle(s)	Tamari Soy Sauce	Day Box				

Breakfast Burritos

Breakfast Day #4

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy , Pork**

Chop bell peppers, onion and potatoes separately. Start bacon in Dutch oven. Heat oil in pan for frying potatoes, add potatoes to hot pan, season before and after frying. Once potatoes are almost done, start on scrambled eggs. Heat up skillet with oil, add peppers and onion in a skillet (salt and pepper as desired) add scrambled eggs to skillet and stir. Drain, rinse and heat black beans. Assemble burritos! Good morning!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Bacon	Meat Cooler	3.0	dozen(s)	Eggs	Egg Can
1.0	tub(s)	Sour Cream	Dairy Cooler	1.0	jar(s)	Salsa	Day Box
1.0	pound(s)	Shredded Cheese	Dairy Cooler	3.0	can(s)	Black Beans	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	1.0	pound(s)	Coffee	Day Box
2.0	whole	Red Bell Pepper	Produce Cooler	1.0	whole	Yellow Onion	Produce Crate
0.75	package(s)	Flour Tortillas	Bread Box	6.0	whole	Potatoes	Produce Crate

Lunch Caprese Salad Sandwich

Lunch Day #4

Individuals served: 16

Dietary restrictions / allergens: **Dairy , Wheat/Gluten, Pork**

Slice tomatoes and assemble sandwich with salami, pesto, mozzarella, tomato, balsamic glaze and basil. Serve with chips and cookies! Fan Favorite!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
3.0	pound(s)	Sliced Salami	Meat Cooler	2.6	loaf	Bread	Bread Box
1.0	jar(s)	Pesto	Dairy Cooler	2.0	can(s)	Stax	Day Box
3.0	package(s)	Fresh Mozzarella	Dairy Cooler	1.0	package(s)	Cookies	Day Box
6.0	whole	Tomatoes	Produce Cooler	1.0	whole	Balsamic Glaze	Day Box
4.0	ounce(s)	Fresh Basil	Produce Cooler				

Appetizer Smoked Gouda with Summer Sausage

Appetizer Day #5

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Slice gouda and summer sausage. Serve with spicy mustard and crackers. Enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	whole	Block Gouda Cheese	Dairy Cooler	4.0	package(s)	Crackers	Day Box
1.0	whole	Summer Sausage	Day Box	1.0	bottle(s)	Spicy Mustard	Day Box

Dinner Grilled Veggies and Quinoa

Dinner Day #5

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

Slice onion and bell peppers, squash, zucchini, saute in pan or on griddle with oil. For quinoa: bring 10 cups water and bouillon (5 cups for 8 person trip) to a boil in a medium pot. Stir in package of quinoa. Cover and simmer over low heat 15-20 minutes, or until tender and liquid is absorbed. Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork. Warm pitas on pan or griddle. Make quinoa bowl with veggies, hummus, cheese and warmed pitas! Enjoy

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	tub(s)	Hummus	Dairy Cooler	4.0	whole	Yellow Bell Pepper	Produce Cooler
1.0	package(s)	Feta Cheese	Dairy Cooler	3.0	package(s)	Pita Bread	Bread Box
0.5	whole	Parmesan Cheese Block	Dairy Cooler	1.0	package(s)	Quinoa	Day Box
5.0	whole	Zucchini	Produce Cooler	1.0	box(es)	Vegetable Broth	Day Box
5.0	whole	Yellow Squash	Produce Cooler	2.0	whole	Red Onion	Produce Crate
4.0	whole	Red Bell Pepper	Produce Cooler	2.0	whole	Yellow Onion	Produce Crate

Dessert Apple Crisp (DO)

Dinner Day #5

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

Use coals from dinner, or add more if needed. Slice apples and coat in cinnamon. Mix crisp mix with sliced butter until mix is chunky with butter. Add apples to dutch oven, and cover with crisp mix. Add lid to dutch oven and arrange above and below D.O. Bake until done, this can be anywhere from 10 to 45 minutes depending on how hot your coals are.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
6.0	ounce(s)	Butter	Dairy Cooler	1.0	bottle(s)	Cinnamon	Spice Box
1.0	package(s)	Yellow Cake Mix	Day Box	10.0	whole	Apples	Produce Crate

Breakfast Yogurt and Granola with English Muffins

Breakfast Day #5

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy, Peanuts**

Make assembly line for a quick and easy breakfast! Toast english muffins with butter or oil on griddle. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	tub(s)	Yogurt	Dairy Cooler	1.0	jar(s)	Peanut Butter	Day Box
1.0	package(s)	English Muffins	Bread Box	1.0	jar(s)	Jelly	Day Box
1.0	bag(s)	Granola	Day Box	1.0	pound(s)	Coffee	Day Box
1.0	box(es)	Milk	Day Box				

Lunch Steak and Black Bean Wraps

Lunch Day #5

Individuals served: 16

Dietary restrictions / allergens: **Beef, Dairy, Wheat/Gluten**

Night before: Make sure your pre cooked steak strips are thawed Before leaving camp prepare lunch! Chop cucumbers and tomatoes. Mix beans, chilies, olives, chopped veggies, spices as desired (salt, pepper, cumin, chili powder). Add thawed steak strips and veggies and place in a zip lock, store in cooler. Stop somewhere pretty for lunch and chop lettuce and serve with tortillas, salsa, sour cream, cheese and guacamole. Enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	pound(s)	Pre-cooked Steak Strips	Meat Cooler	3.0	whole	Cucumbers	Produce Cooler
1.0	tub(s)	Sour Cream	Dairy Cooler	0.75	package(s)	Flour Tortillas	Bread Box
1.0	package(s)	Guacamole	Dairy Cooler	4.0	can(s)	Black Beans	Day Box
1.0	pound(s)	Shredded Cheese	Dairy Cooler	2.0	can(s)	Diced Green Chiles	Day Box
1.0	head(s)	Iceberg Lettuce	Produce Cooler	1.0	jar(s)	Salsa	Day Box
4.0	whole	Tomatoes	Produce Cooler	1.0	package(s)	Cookies	Day Box

Appetizer Cheese and Crackers

Appetizer Day #6

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Slice cheese and serve with crackers! Enjoy!

Qty	Unit	Ingredient	Packing notes
2.0	whole	Cheese Block	Dairy Cooler
4.0	package(s)	Crackers	Day Box

Dinner Steaks and Potatoes

Dinner Day #6

Individuals served: 16

Dietary restrictions / allergens: **Beef , Dairy**

Start coals! Sprinkle steaks with salt & pepper and any other spices desired. Potatoes, baked or mashed? Mashed potatoes: cube potatoes, boil until fork tender, drain, add butter, milk, salt and pepper and mash. Baked potato: pierce potato with fork on all sides, coat in oil and wrap in foil, place on coal (30-60min). Next, saute drained mushroom and sliced bell peppers in butter or small amount of oil. Serve with steak sauce and sour cream. Optional: everyone can season and cook their own steak to personal liking!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
16.0	whole	Steaks	Meat Cooler	4.0	can(s)	Canned Mushrooms	Day Box
8.0	ounce(s)	Butter	Dairy Cooler	1.0	bottle(s)	Steak Sauce	Day Box
1.0	tub(s)	Sour Cream	Dairy Cooler	1.0	bottle(s)	Chives	Spice Box
2.0	whole	Red Bell Pepper	Produce Cooler	2.0	whole	Yellow Onion	Produce Crate
2.0	whole	Yellow Bell Pepper	Produce Cooler	16.0	whole	Potatoes	Produce Crate
1.0	jar(s)	Minced Garlic	Day Box				

Dessert Apple Cobbler (DO)

Dinner Day #6

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

Start your coals! Slice apples and place in dutch oven in even layer, top with cinnamon from the spice kit if desired. Spread dry cake mix on top of fruit in an even layer. Add cinnamon on top of cake mix layer to taste. Cut butter into slices and arrange on top of dry cake mix. Put lid on dutch oven and arrange coals above and below. Rotate coals while cooking to avoid hot spots on cake. Bake until done (this can be anywhere from 10 to 45 minutes depending on how hot your coals are). Enjoy!

Qty	Unit	Ingredient	Packing notes
8.0	ounce(s)	Butter	Dairy Cooler
2.0	box(es)	Yellow Cake Mix	Day Box
10.0	whole	Granny Smith Apples	Produce Crate

Breakfast Tacos

Breakfast Day #6

Individuals served: 16

Dietary restrictions / allergens: **Pork, Dairy , Eggs**

Chop potatoes, onion and bell peppers separately. Boil potatoes until fork tender. While potatoes are cooking, whisk eggs. Remove and fry potatoes with butter, chopped onion and bell peppers in Dutch oven. Add chorizo to potato mixture. Once heated though fold in egg mixture. Season with salt and pepper. Heat tortillas on dutch oven lid or on griddle. Make taco assembly line with salsa and cheese! Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Chorizo	Meat Cooler	3.0	dozen(s)	Eggs	Egg Can
1.0	pound(s)	Shredded Cheese	Dairy Cooler	1.0	jar(s)	Salsa	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	1.0	pound(s)	Coffee	Day Box
2.0	whole	Red Bell Pepper	Produce Cooler	6.0	whole	Potatoes	Produce Crate
1.0	package(s)	Corn Tortillas	Bread Box	1.0	whole	Yellow Onion	Produce Crate

Lunch Mediterranean Tuna Salad

Lunch Day #6

Individuals served: 16

Dietary restrictions / allergens: **Fish, Wheat/Gluten**

Before you leave camp (optional): Chop all veggies, mix with tuna. Add dressing to taste. Mix in olives and feta. Put in a ziplock bag and place in lunch cooler. Stop somewhere pretty and serve in pita bread!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Feta Cheese	Dairy Cooler	1.0	jar(s)	Kalamata Olives	Day Box
4.0	whole	Tomatoes	Produce Cooler	1.0	bottle(s)	Vinaigrette	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	2.0	can(s)	Stax	Day Box
2.0	whole	Cucumbers	Produce Cooler	1.0	package(s)	Cookies	Day Box
3.0	package(s)	Pita Bread	Bread Box	1.0	whole	Red Onion	Produce Crate
1.0	package(s)	Tuna	Day Box				

Appetizer Tortilla Chips, Salsa, and Guacamole

Appetizer Day #7

Individuals served: 16

*Note: Please check food notes for any possible adjustments or dietary modifications for the day. Open, serve, and enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Guacamole	Dairy Cooler
1.0	bag(s)	Tortilla Chips	Day Box
1.0	jar(s)	Salsa	Day Box

Dinner Bean and Potato Tacos

Dinner Day #7

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy**

Make Spanish rice according to directions adding diced tomatoes as it cooks. Cube potatoes to bite sized pieces, fry with oil and taco seasoning to taste. Chop onion and cabbage. Heat refried beans, adding a little water to prevent scorching. Warm up tortillas on griddle or Dutch oven lid. Serve with veggies, salsa, olives, sour cream, chilies and cheese! Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	pound(s)	Shredded Cheese	Dairy Cooler	1.0	can(s)	Black Olives	Day Box
1.0	tub(s)	Sour Cream	Dairy Cooler	1.0	jar(s)	Salsa	Day Box
0.75	package(s)	Flour Tortillas	Bread Box	1.0	package(s)	Taco Seasoning	Day Box
4.0	can(s)	Refried Beans	Day Box	6.0	whole	Potatoes	Produce Crate
1.0	box(es)	Spanish Rice	Day Box	1.0	whole	Red Onion	Produce Crate
2.0	can(s)	Diced Green Chiles	Day Box	0.5	head(s)	Green Cabbage	Produce Crate
3.0	can(s)	Diced Tomatoes	Day Box				

Breakfast Bagels with Hard Boiled Eggs

Breakfast Day #7

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy, Peanuts**

Add cold water to pot, carefully place eggs to pot and add water until 1 inch above eggs. Bring pot to a boil. Once boiling, add lid to pot and turn OFF burner. Let eggs simmer for about 8-12 minutes depending on desired doneness *Note: cooking times vary based on elevation. Remove and let cool before peeling. Boil eggs the night before for a quick and easy morning! Toast bagels on griddle if desired and assemble with cream cheese and pb&j.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Cream Cheese	Dairy Cooler	1.0	jar(s)	Peanut Butter	Day Box
3.2	bag(s)	Bagels	Bread Box	1.0	jar(s)	Jelly	Day Box
3.0	dozen(s)	Eggs	Egg Can	1.0	pound(s)	Coffee	Day Box

Lunch Bagel Sandwiches

Lunch Day #7

Individuals served: 16

Dietary restrictions / allergens: **Pork, Wheat/Gluten, Dairy**

Slice Veggies and make your bagel sandwich with cream cheese! Serve with chips and cookies. Happy boating!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Ham	Meat Cooler	3.0	whole	Tomatoes	Produce Cooler
3.0	package(s)	Veggie Flavored Cream Cheese	Dairy Cooler	3.2	bag(s)	Bagels	Bread Box
1.0	head(s)	Romaine Lettuce	Produce Cooler	1.0	bag(s)	Chips	Day Box
4.0	whole	Red Bell Pepper	Produce Cooler	1.0	package(s)	Cookies	Day Box
3.0	whole	Cucumbers	Produce Cooler				

Appetizer Cowboy Candy

Appetizer Day #8

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.

Mix one can of jalapeños with block of cream cheese and 2-3 tablespoons of honey in bowl. Top with second can of jalapeños (to taste) and drizzle lightly with honey. Serve with pretzel chips.

Hint: if you have leftover precooked bacon, chop up and add to dip to make a deconstructed jalapeño popper!
Savory, sweet, heat.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Cream Cheese	Dairy Cooler	2.0	jar(s)	Diced Jalapeno	Day Box
1.0	bottle(s)	Honey	Day Box	1.0	bag(s)	Pretzels	Day Box

Dinner Grilled Herb Chicken

Dinner Day #8

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Soy, Chicken**

Start coals! Marinade chicken in bowl or ziplock while coals heat up. Get rice cooking before chicken hits the grill (Follow directions on package). Saute Green Beans on stove.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
18.0	whole	Chicken Breasts	Meat Cooler	1.0	bottle(s)	Herb and Garlic Marinade	Day Box
1.0	bag(s)	Frozen Green Beans	Meat Cooler	1.0	box(es)	Long Grain and Wild Rice	Day Box
8.0	ounce(s)	Butter	Dairy Cooler	1.0	jar(s)	Minced Garlic	Day Box
2.0	loaf	Sourdough	Bread Box				

Dessert Strawberry Shortcake

Dinner Day #8

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

Slice up cake and serve with strawberries and whipped cream!
Hint: heat up strawberries for a 5-star dessert! Yum!

Qty	Unit	Ingredient	Packing notes
1.0	bag(s)	Frozen Strawberries	Meat Cooler
1.0	can(s)	Whipped Cream	Dairy Cooler
3.0	package(s)	Shortcake	Day Box

Breakfast Scrommlets and Breakfast Sausage

Breakfast Day #8

Individuals served: 16

Dietary restrictions / allergens: **Pork, Dairy, Wheat/Gluten, Eggs**

Start sausage in skillet. Drain all canned ingredients, chop onion and bell peppers, add ingredients to dutch oven with a touch of oil to saute (4-6 min). Crack and beat the eggs, season with salt and pepper. Add eggs and cheese to dutch oven and fold in ingredients. Cook until eggs are finished. While scrommlet is cooking, toast english muffins on griddle with butter. Optional: chop up sausage and add to scrommlet! Good morning!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Breakfast Sausage	Meat Cooler	3.0	dozen(s)	Eggs	Egg Can
4.0	ounce(s)	Butter	Dairy Cooler	1.0	can(s)	Canned Spinach	Day Box
1.0	pound(s)	Shredded Cheese	Dairy Cooler	1.0	pound(s)	Coffee	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	2.0	can(s)	Canned Mushrooms	Day Box
2.0	whole	Red Bell Pepper	Produce Cooler	1.0	whole	Yellow Onion	Produce Crate
2.0	package(s)	English Muffins	Bread Box				

Lunch Lox on Bagels with Cream Cheese 2nd Half

Lunch Day #8

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Fish, Dairy**

Before leaving camp, make sure your lox packages are thawed! stop somewhere pretty for lunch and enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Salmon Lox	Meat Cooler	2.0	can(s)	Stax	Day Box
2.0	package(s)	Cream Cheese	Dairy Cooler	1.0	package(s)	Cookies	Day Box
3.2	bag(s)	Bagels	Bread Box	1.0	whole	Red Onion	Produce Crate
1.0	jar(s)	Capers	Day Box				

Appetizer Hummus and Pita Chips

Appetizer Day #9

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Enjoy pita chips and hummus!

Qty	Unit	Ingredient	Packing notes
1.0	tub(s)	Hummus	Dairy Cooler
1.0	bag(s)	Pita Chips	Day Box

Dinner Brats 2nd Half

Dinner Day #9

Individuals served: 16

Dietary restrictions / allergens: **Pork, Wheat/Gluten**

Boil brats for 5 minutes before throwing on grill to keep casing intact (Boil in beer if desired!). Add brats to grill and cook until done, rotate to make avoid hot spots. While brats are cooking, heat up corn (seasoning as desired) and baked beans. Serve with condiments, side dishes and chips! Enjoy!
*Toast buns on grill if desired

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
20.0	whole	Brats	Meat Cooler	1.0	bag(s)	Chips	Day Box
3.0	package(s)	Brat Buns	Bread Box	1.0	bottle(s)	Spicy Mustard	Day Box
4.0	can(s)	Canned Corn	Day Box	1.0	bottle(s)	Sauerkraut	Day Box
1.0	bottle(s)	Ketchup	Day Box	4.0	can(s)	Baked Beans	Day Box

Breakfast Cold Cereal with English Muffins

Breakfast Day #9

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy, Peanuts**

Heat griddle with butter and toast English muffins. Serve cereal with milk, and peanut butter and jelly with English muffins. Easy! Good morning!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
8.0	ounce(s)	Butter	Dairy Cooler	1.0	jar(s)	Jelly	Day Box
2.0	package(s)	English Muffins	Bread Box	1.0	pound(s)	Coffee	Day Box
2.0	bag(s)	Cold Cereal	Day Box	1.0	jar(s)	Peanut Butter	Day Box
4.0	box(es)	Milk	Day Box				

Lunch Cuban Wrap

Lunch Day #9

Individuals served: 16

Dietary restrictions / allergens: **Pork, Wheat/Gluten, Dairy**

Assemble your tortilla with ham, cheese, bacon, pickle and mustard. Roll up like a burrito and put in ziplock before leaving camp or assemble while stopped on a beach! Serve with chips and cookies!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
3.0	pound(s)	Sliced Ham	Meat Cooler	1.0	bottle(s)	Spicy Mustard	Day Box
2.0	pound(s)	Sliced Swiss Cheese	Dairy Cooler	1.0	jar(s)	Dill Pickle Spears	Day Box
0.75	package(s)	Flour Tortillas	Bread Box	1.0	bag(s)	Chips	Day Box
1.0	package(s)	Pre-cooked Bacon	Day Box	1.0	package(s)	Cookies	Day Box

Appetizer Bruschetta

Appetizer Day #10

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Serve as is or warm up on stove top for 1-2 minutes on low, stirring consistently. Dip with pita chips and enjoy!

Qty	Unit	Ingredient	Packing notes
2.0	jar(s)	Bruschetta	Day Box
1.0	bag(s)	Pita Chips	Day Box

Dinner Pasta Primavera with Chicken Sausage 2nd Ha

Dinner Day #10

Individuals served: 16

Dietary restrictions / allergens: **Chicken , Wheat/Gluten**

Cook pasta according to directions on box. Chop onion and roasted red peppers, drain canned veggies. Slice chicken sausage into bite sized pieces. In Dutch oven saute onion and roasted red peppers, once softened add chicken and Italian seasonings to taste (add more oil if necessary). Once browned, add garlic (1/2 jar), tomatoes, green beans, and asparagus. On griddle melt butter and add rest of garlic and spices, place bread on top of butter and brown. Toss pasta with veggies and top with grated parmesan!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
16.0	whole	Chicken Sausages	Meat Cooler	3.0	can(s)	Canned Green Beans	Day Box
8.0	ounce(s)	Butter	Dairy Cooler	1.0	can(s)	Canned Asparagus	Day Box
1.0	whole	Parmesan Cheese Block	Dairy Cooler	2.0	can(s)	Diced Tomatoes	Day Box
2.0	loaf	Sourdough	Bread Box	1.0	jar(s)	Minced Garlic	Day Box
4.0	bag(s)	Penne Pasta	Day Box	1.0	whole	Yellow Onion	Produce Crate
2.0	jar(s)	Roasted Red Peppers	Day Box				

Breakfast Egg Sammies 2nd Half

Breakfast Day #10

Individuals served: 16

Dietary restrictions / allergens: **Pork, Wheat/Gluten, Dairy**

Heat bacon on stovetop or Dutch oven. Make eggs as desired (sunny-side up, fried, scrambled). Toast bread with butter or oil on griddle, and assemble sandwiches with egg, cheese, green chilies and bacon as desired!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Bacon	Meat Cooler	3.0	dozen(s)	Eggs	Egg Can
2.0	pound(s)	Sliced Cheese	Dairy Cooler	2.0	can(s)	Diced Green Chiles	Day Box
2.6	loaf	Bread	Bread Box	1.0	pound(s)	Coffee	Day Box

Lunch Chicken Salad Pitas 2nd Half

Lunch Day #10

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy , Chicken**

Before leaving camp, open and drain chicken. Mix with mayo, relish and chopped onion to taste. Put in a ziplock bag until lunchtime. Stop somewhere pretty for lunch serve with can of diced tomatoes, cheese and guacamole. Make your pita and enjoy with chips and cookies!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	pound(s)	Sliced Cheese	Dairy Cooler	1.0	bottle(s)	Mayonnaise	Day Box
1.0	package(s)	Guacamole	Dairy Cooler	1.0	bottle(s)	Relish	Day Box
3.0	package(s)	Pita Bread	Bread Box	1.0	package(s)	Cookies	Day Box
5.0	can(s)	Canned Chicken	Day Box	2.0	can(s)	Stax	Day Box
2.0	can(s)	Diced Tomatoes	Day Box	1.0	whole	Red Onion	Produce Crate

Appetizer Pesto Cream Cheese

Appetizer Day #11

Individuals served: 16

Dietary restrictions / allergens: Dairy

*Note: Please check food notes for any possible adjustments or dietary modifications for the day. Place cream cheese into a bowl and top with pesto, mix if desired. Enjoy with crackers!

Qty	Unit	Ingredient	Packing notes
1.0	jar(s)	Pesto	Dairy Cooler
2.0	package(s)	Cream Cheese	Dairy Cooler
4.0	package(s)	Crackers	Day Box

Dinner Tortellini w/ Chicken

Dinner Day #11

Individuals served: 16

Dietary restrictions / allergens: Wheat/Gluten, Dairy, Chicken

Cook tortellini according to package. Warm sauce until heated through. Add pre-cooked chicken to sauce to reheat or reheat in pan with small amount of oil to prevent sticking. Heat up green beans with small amount of water or oil to prevent scorching, season to taste. For easy garlic bread, melt butter and garlic and spread on bread, place on griddle pan until golden brown. Serve pasta with parmesan. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Pre-cooked Chicken Strips	Meat Cooler	4.0	package(s)	Dried Tortellini	Day Box
4.0	ounce(s)	Butter	Dairy Cooler	2.0	jar(s)	Marinara Sauce	Day Box
0.5	whole	Parmesan Cheese Block	Dairy Cooler	5.0	can(s)	Canned Green Beans	Day Box
2.0	loaf	Sourdough	Bread Box				

Dessert Fortune Cookies

Dinner Day #11

Individuals served: 16

Dietary restrictions / allergens: Wheat/Gluten

This fortune determines the rest of your trip! Let the river gods speak!

Qty	Unit	Ingredient	Packing notes
2.0	box(es)	Fortune Cookies	Day Box

Breakfast Blueberry French Toast with Sausage

Breakfast Day #11

Individuals served: 16

Dietary restrictions / allergens: Pork, Wheat/Gluten, Dairy

Mix eggs with milk and cinnamon together in a large bowl. Heat the griddle and add butter. Dip each slice of bread into egg batter and lay on griddle, cook on both sides until golden brown. Warm blueberries if desired. While making french toast, brown sausage on stove top. Serve with maple syrup. Good morning!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Breakfast Sausage	Meat Cooler	1.0	box(es)	Milk	Day Box
3.0	loaf	Texas Toast	Bread Box	3.0	can(s)	Canned Blueberries	Day Box
2.0	dozen(s)	Eggs	Egg Can	1.0	pound(s)	Coffee	Day Box
1.0	bottle(s)	Maple Syrup	Day Box	1.0	bottle(s)	Cinnamon	Spice Box

Lunch Bagel Sandwiches 2nd Half

Lunch Day #11

Individuals served: 16

Dietary restrictions / allergens: Wheat/Gluten, Dairy, Pork

Slice cabbage and assemble as desired. Baby carrots for snackin'.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Ham	Meat Cooler	1.0	bag(s)	Chips	Day Box
3.0	package(s)	Veggie Flavored Cream Cheese	Dairy Cooler	1.0	package(s)	Cookies	Day Box
4.0	bag(s)	Baby Carrots	Produce Cooler	1.0	head(s)	Green Cabbage	Produce Crate
3.2	bag(s)	Bagels	Bread Box				

Appetizer Tortilla Chips, Salsa, and Guacamole

Appetizer Day #12

Individuals served: **16**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day. Open, serve, and enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Guacamole	Dairy Cooler
1.0	bag(s)	Tortilla Chips	Day Box
1.0	jar(s)	Salsa	Day Box

Dinner Steak Fajitas

Dinner Day #12

Individuals served: **16**

Dietary restrictions / allergens: **Beef , Wheat/Gluten, Dairy**

Cook steak with oil. Slice onions and bell peppers. Saute onions and peppers with steak or separate griddle. Warm tortillas on skillet or Dutch oven lid. Serve with tomato, avocado, green chiles, salsa, sour cream, and cheese. !OLE!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Steak Fajita Meat	Meat Cooler
2.0	pound(s)	Shredded Cheese	Dairy Cooler
1.0	tub(s)	Sour Cream	Dairy Cooler
3.0	whole	Tomatoes	Produce Cooler
3.0	whole	Yellow Bell Pepper	Produce Cooler
3.0	whole	Avocados	Produce Cooler

Qty	Unit	Ingredient	Packing notes
3.0	whole	Red Bell Pepper	Produce Cooler
0.75	package(s)	Flour Tortillas	Bread Box
1.0	jar(s)	Salsa	Day Box
2.0	can(s)	Diced Green Chiles	Day Box
2.0	whole	Yellow Onion	Produce Crate

Side Dish Cilantro Lime Rice

Dinner Day #12

Individuals served: **16**

Cook rice according to instructions. Chop stem ends of jalapenos off, chop peppers in half lengthwise, and remove seeds and interior ribs. Once rice is cooked, add cilantro and jalapenos to taste. Squeeze limes on top.

Qty	Unit	Ingredient	Packing notes
4.0	whole	Jalapenos	Produce Cooler
1.0	bag(s)	Jasmine Rice	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	bottle(s)	Dried Cilantro	Spice Box
4.0	whole	Limes	Produce Crate

Breakfast Salmon Lox on Bagels 2nd Half

Breakfast Day #12

Individuals served: **16**

Dietary restrictions / allergens: **Fish, Wheat/Gluten, Dairy**

Toast bagels with butter or oil if desired. Serve with bagels with lox, capers, sliced onion and cream cheese. Yum!

Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Salmon Lox	Meat Cooler
2.0	package(s)	Cream Cheese	Dairy Cooler
1.0	whole	Red Onion	Produce Crate

Qty	Unit	Ingredient	Packing notes
3.2	bag(s)	Bagels	Bread Box
1.0	jar(s)	Capers	Day Box
1.0	pound(s)	Coffee	Day Box

Lunch Hummus Pitas 2nd Half

Lunch Day #12

Individuals served: **16**

Dietary restrictions / allergens: **Dairy , Wheat/Gluten, Chicken**

Chop or slice tomatoes, peppers and cucumbers. Stop somewhere pretty and enjoy lunch!

Qty	Unit	Ingredient	Packing notes
3.0	pound(s)	Sliced Turkey	Meat Cooler
2.0	pound(s)	Sliced Cheese	Dairy Cooler
2.0	tub(s)	Hummus	Dairy Cooler
4.0	whole	Yellow Bell Pepper	Produce Cooler
2.0	bag(s)	Baby Carrots	Produce Cooler

Qty	Unit	Ingredient	Packing notes
3.0	package(s)	Pita Bread	Bread Box
2.0	can(s)	Stax	Day Box
1.0	package(s)	Cookies	Day Box
1.0	bag(s)	Beef Jerky	Day Box

Appetizer Smoked Gouda and Crackers

Appetizer Day #13

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Slice block of gouda. Serve with crackers and enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	whole	Block Gouda Cheese	Dairy Cooler
4.0	package(s)	Crackers	Day Box

Dinner Chicken Stir Fry

Dinner Day #13

Individuals served: 16

Dietary restrictions / allergens: **Chicken**

Cook rice according to directions on package. Chop all veggies into bite sized pieces, and drained canned items. Cook chicken in Dutch oven with oil until brown, add spices desired. In Dutch oven or large pot, heat oil and add onions and carrots (cook 5 minutes), then add all other veggies and drained items. Add squash, zucchini, and cabbage last. Combine chicken with veggies and add stir fry sauce and soy sauce to taste, cook until combined and tender. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Cubed Chicken	Meat Cooler	2.0	can(s)	Canned Bean Sprouts	Day Box
4.0	whole	Zucchini	Produce Cooler	1.0	bag(s)	Jasmine Rice	Day Box
4.0	whole	Red Bell Pepper	Produce Cooler	2.0	bottle(s)	Tamari Soy Sauce	Day Box
1.0	pound(s)	Snap Peas	Produce Cooler	2.0	bottle(s)	Stir-Fry Sauce	Day Box
2.0	can(s)	Canned Water Chestnuts	Day Box	1.0	head(s)	Green Cabbage	Produce Crate
2.0	can(s)	Canned Baby Corn	Day Box	2.0	whole	Yellow Onion	Produce Crate

Breakfast Chilaquiles

Breakfast Day #13

Individuals served: 16

Dietary restrictions / allergens: **Pork, Dairy, Eggs**

Start chorizo in a skillet. Next, cut tortillas in tortilla chip shape. In skillet fry tortilla pieces in cooking oil until chip consistency, rest chips on paper towel to soak oil. Pour enchilada sauce and pinto beans in dutch oven. Add tortilla chips and fold to coat. Add eggs and fold once more. Once eggs have cooked through remove from heat. Top with chorizo, salsa, avocado and cheese. Good morning!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Chorizo	Meat Cooler	3.0	dozen(s)	Eggs	Egg Can
1.0	pound(s)	Shredded Cheese	Dairy Cooler	2.0	can(s)	Pinto Beans	Day Box
8.0	ounce(s)	Butter	Dairy Cooler	1.0	can(s)	Enchilada Sauce	Day Box
4.0	whole	Avocados	Produce Cooler	1.0	jar(s)	Salsa	Day Box
2.0	package(s)	Corn Tortillas	Bread Box	1.0	pound(s)	Coffee	Day Box

Lunch Cold Cut Sammies 2nd Half

Lunch Day #13

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy, Chicken**

Thaw lunch meat before you leave camp in the morning if needed. If you'd like you can pre make lunches, set up supplies and zip locks at breakfast, or set up somewhere pretty at lunch time. Slice tomatoes, onions, and assemble sammies as desired with condiments and guacamole. Serve with chips and cookies!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Deli Meat	Meat Cooler	1.0	jar(s)	Pickles	Day Box
2.0	pound(s)	Sliced Cheese	Dairy Cooler	1.0	jar(s)	Pepperoncinis	Day Box
1.0	package(s)	Guacamole	Dairy Cooler	1.0	package(s)	Cookies	Day Box
2.6	loaf	Bread	Bread Box	2.0	can(s)	Stax	Day Box
1.0	bottle(s)	Mayonnaise	Day Box	1.0	whole	Red Onion	Produce Crate
1.0	bottle(s)	Mustard	Day Box				

Appetizer Chips and Dip

Appetizer Day #14

Individuals served: 16

Dietary restrictions / allergens: **Dairy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day. Mix onion dip mix and sour cream in bowl. Serve with potato chips and enjoy!

Qty	Unit	Ingredient	Packing notes
2.0	tub(s)	Sour Cream	Dairy Cooler
2.0	package(s)	Onion Dip	Day Box
1.0	bag(s)	Potato Chips	Day Box

Dinner Cheeseburgers

Dinner Day #14

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy, Beef**

Start your coals! Season burger patties as desired. Add burgers to grill and cook until done, rotate to avoid hot spots. Top with cheese to melt. While burgers are cooking, heat up green beans (seasoning as desired) and baked beans. Slice tomatoes, red onion, avocado and lettuce. Serve with condiments, side dishes and chips! Enjoy!

*Note: Can also make burgers on skillet or griddle.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
18.0	whole	Hamburger Patties	Meat Cooler	2.0	package(s)	Hamburger Buns	Bread Box
1.0	bag(s)	Frozen Green Beans	Meat Cooler	1.0	jar(s)	Pickles	Day Box
2.0	pound(s)	Sliced Cheese	Dairy Cooler	1.0	bottle(s)	Ketchup	Day Box
1.0	head(s)	Iceberg Lettuce	Produce Cooler	4.0	can(s)	Baked Beans	Day Box
3.0	whole	Tomatoes	Produce Cooler	2.0	whole	Red Onion	Produce Crate
3.0	whole	Avocados	Produce Cooler				

Dessert Blueberry and Peach Cobbler (DO)

Dinner Day #14

Individuals served: 16

Dietary restrictions / allergens: **Dairy, Wheat/Gluten**

Empty pie filling into dutch oven. Spread dry cake mix on top of fruit in an even layer. Add cinnamon on top of cake mix layer to taste. Cut butter into slices and arrange on top of dry cake mix. Put lid on dutch oven and arrange coals above and below. Rotate coals while cooking to avoid hot spots on cake. Bake until done (this can be anywhere from 10 to 45 minutes depending on how hot your coals are). Enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
8.0	ounce(s)	Butter	Dairy Cooler	3.0	can(s)	Canned Sliced Peaches	Day Box
2.0	can(s)	Canned Blueberries	Day Box	2.0	box(es)	Yellow Cake Mix	Day Box

Breakfast Yogurt, Granola, Bacon and Boiled Eggs

Breakfast Day #14

Individuals served: 16

Dietary restrictions / allergens: **Pork, Dairy**

Add cold water to pot, carefully place eggs to pot and add more water until 1 inch above eggs. Bring pot to a boil. Once boiling, add lid to pot and turn OFF burner. Let eggs simmer for about 8-12 minutes depending on desired doneness *Note: cooking times vary based on elevation. Bacon is precooked, just reheat! Make assembly line with granola and yogurt. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	tub(s)	Yogurt	Dairy Cooler	1.0	bottle(s)	Honey	Day Box
3.0	dozen(s)	Eggs	Egg Can	1.0	package(s)	Pre-cooked Bacon	Day Box
2.0	box(es)	Milk	Day Box	1.0	bag(s)	Granola	Day Box

Lunch Mexi Wraps

Lunch Day #14

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Dairy**

Before leaving camp: chop cucumber and tomatoes, and mix with all beans, chilies, olives, and spices as desired (we recommend salt, pepper, cumin, cilantro and chili powder)! Place in a ziplock, and store in lunch cooler. Stop somewhere pretty for lunch and chop lettuce and serve with salsa, sour cream, and guacamole.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	tub(s)	Sour Cream	Dairy Cooler	1.0	can(s)	Diced Green Chiles	Day Box
1.0	package(s)	Guacamole	Dairy Cooler	1.0	can(s)	Diced Tomatoes	Day Box
1.0	pound(s)	Shredded Cheese	Dairy Cooler	1.0	can(s)	Canned Corn	Day Box
0.75	package(s)	Flour Tortillas	Bread Box	1.0	jar(s)	Salsa	Day Box
2.0	can(s)	Black Beans	Day Box	1.0	package(s)	Taco Seasoning	Day Box
3.0	can(s)	Pinto Beans	Day Box	1.0	package(s)	Cookies	Day Box
1.0	can(s)	Black Olives	Day Box				

Appetizer Edamame

Appetizer Day #15

Individuals served: 16

Dietary restrictions / allergens: Soy

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Serve cold or heat in boiling water until tender, coat with salt to taste. Serve with tamari soy sauce on side.

Qty	Unit	Ingredient	Packing notes
4.0	bag(s)	Frozen Edamame	Meat Cooler
1.0	bottle(s)	Tamari Soy Sauce	Day Box

Dinner Chicken Pesto Pasta

Dinner Day #15

Individuals served: 16

Dietary restrictions / allergens: Chicken , Wheat/Gluten, Tree Nuts

Start boiling pot of water. In a dutch oven cook chicken with oil, once almost cook through add minced garlic to taste. When chicken is almost cooked through add pasta to boiling water. Add pesto to chicken and warm through. Cook pasta according to directions on package. Drain pasta and add to chicken and pesto dutch oven, mixing carefully to coat.

On griddle melt butter and add garlic and spices, place bread on top of butter and brown. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Cubed Chicken	Meat Cooler	2.0	loaf	Sourdough	Bread Box
1.0	jar(s)	Pesto	Dairy Cooler	4.0	box(es)	Angel Hair Pasta	Day Box
8.0	ounce(s)	Butter	Dairy Cooler				

Dessert Little Debbie Cakes

Dinner Day #15

Individuals served: 16

Dietary restrictions / allergens: Wheat/Gluten

Qty	Unit	Ingredient	Packing notes
16.0	whole	Lil Debbie Cakes	Day Box

Breakfast Scrommlets and Bacon 2nd Half

Breakfast Day #15

Individuals served: 16

Dietary restrictions / allergens: Pork, Dairy , Wheat/Gluten

Start bacon in skillet. Drain all canned ingredients. Add peppers/onions and canned vegetables to dutch oven with a touch of oil to saute (4-6 min). Crack and beat the eggs, season with salt and pepper. Add eggs and shredded cheese to dutch oven and fold in ingredients. Cook until eggs are finished. While scrommlet is cooking, toast english muffins on griddle with butter. Optional: chop up bacon and add to scrommlet! Good morning!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Bacon	Meat Cooler	3.0	dozen(s)	Eggs	Egg Can
1.0	package(s)	Frozen Peppers and Onions	Meat Cooler	1.0	can(s)	Canned Spinach	Day Box
4.0	ounce(s)	Butter	Dairy Cooler	2.0	can(s)	Canned Mushrooms	Day Box
1.0	pound(s)	Shredded Cheese	Dairy Cooler	1.0	pound(s)	Coffee	Day Box
2.0	package(s)	English Muffins	Bread Box				

Lunch River Pasta Salad

Lunch Day #15

Individuals served: 16

Dietary restrictions / allergens: Dairy , Wheat/Gluten

Before leaving camp: cook pasta according to directions on box. Drain water and immediately add undrained sun dried tomatoes. Add drained olives, artichoke hearts, and roasted red peppers. Add cheese and spices to taste (salt, pepper, and Italian seasonings). Place in a ziplock bag, in a cooler until lunch time. Make sure bowls and utensils are accessible for lunch stop! Find somewhere pretty and enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
3.0	bag(s)	Cheese Cubes	Dairy Cooler	2.0	can(s)	Canned Artichoke Hearts	Day Box
3.0	bag(s)	Penne Pasta	Day Box	1.0	jar(s)	Roasted Red Peppers	Day Box
2.0	can(s)	Canned Chicken	Day Box	1.0	package(s)	Cookies	Day Box
2.0	jar(s)	Sun Dried Tomatoes	Day Box	2.0	can(s)	Stax	Day Box
1.0	can(s)	Black Olives	Day Box				

Appetizer Tortilla Chips, Salsa, and Guacamole

Appetizer Day #16

Individuals served: 16

*Note: Please check food notes for any possible adjustments or dietary modifications for the day. Open, serve, and enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Guacamole	Dairy Cooler
1.0	bag(s)	Tortilla Chips	Day Box
1.0	jar(s)	Salsa	Day Box

Dinner Bean and Cheese Burritos

Dinner Day #16

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

Heat refried beans with taco seasoning on stove, add some water to prevent scorching. Add black beans to refried beans if desired or heat separately. Make rice according to directions on box, adding diced tomatoes. Chop and slice all veggies to add to your burrito! Heat tortillas. Set up a make your-own-burrito buffet line with veggies, sour cream, salsa, green chilies, olives and cheese!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	pound(s)	Shredded Cheese	Dairy Cooler	2.0	package(s)	Taco Seasoning	Day Box
1.0	tub(s)	Sour Cream	Dairy Cooler	3.0	can(s)	Black Beans	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	1.0	box(es)	Spanish Rice	Day Box
3.0	whole	Tomatoes	Produce Cooler	2.0	can(s)	Diced Green Chiles	Day Box
3.0	whole	Avocados	Produce Cooler	2.0	can(s)	Black Olives	Day Box
0.75	package(s)	Flour Tortillas	Bread Box	1.0	whole	Red Onion	Produce Crate
4.0	can(s)	Refried Beans	Day Box	0.5	head(s)	Green Cabbage	Produce Crate
1.0	jar(s)	Salsa	Day Box				

Breakfast Kayaker Quinoa

Breakfast Day #16

Individuals served: 16

Dietary restrictions / allergens: **Dairy**

Measure and Rinse quinoa (2 cups of water per cup of quinoa). Heat 2-3 tbsp. of olive oil in a small saucepan over medium-high heat until shimmering. Add quinoa and cook, stirring constantly, to let the quinoa toast (2 min.). Stir in twice as much water than quinoa used and a pinch of salt. Bring to a rolling boil. Turn the heat down to the lowest setting. Cover and cook for 15 minutes. Remove the pot from heat and let stand for 5 more minutes, covered. Don't peek! Serve with toppings. Hint: Fold in dried fruit before serving to rehydrate fruit!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	box(es)	Milk	Day Box	1.0	bottle(s)	Honey	Day Box
1.0	package(s)	Dried Fruit	Day Box	1.0	pound(s)	Coffee	Day Box
1.0	package(s)	Almonds	Day Box	1.0	package(s)	Quinoa	Day Box
1.0	package(s)	Brown Sugar	Day Box				

Lunch Cheese and Crackers With Salami

Lunch Day #16

Individuals served: 16

Dietary restrictions / allergens: **Pork, Wheat/Gluten, Dairy**

River charcuterie! Bust out a cutting board, slice cheese and make charcuterie board with crackers, salami, mustard and pickles. So simple but so good! C'est fameux!

Hint: Bonus points if you enjoy it with a 12 oz aluminum vessel of frosty deliciousness!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Salami	Meat Cooler	1.0	bottle(s)	Spicy Mustard	Day Box
2.0	whole	Cheese Block	Dairy Cooler	1.0	jar(s)	Pickles	Day Box
8.0	package(s)	Crackers	Day Box	1.0	package(s)	Cookies	Day Box

Appetizer Mixed Nuts

Appetizer Day #17

Individuals served: 16

Dietary restrictions / allergens: **Tree Nuts**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Pop open and enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Mixed Nuts	Day Box

Dinner BBQ Pulled Pork (PM)

Dinner Day #17

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten, Pork**

Alternative pre-made meals will be supplied for those with dietary restrictions. Check the cooler!!

Place boil-in-a-bag bags into boiling water until heated through. See "Boil in a Bag" instructions in trip binder. Sweet potatoes simply need to be heated with butter in a pan or dutch oven. Heat beans in a pan. Toast buns on griddle with butter if desired. Serve with BBQ sauce and enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	BBQ Pulled Pork (PM)	Meat Cooler	2.0	package(s)	Hamburger Buns	Bread Box
1.0	package(s)	Frozen Sweet Potatoes	Meat Cooler	1.0	bottle(s)	BBQ Sauce	Day Box
8.0	ounce(s)	Butter	Dairy Cooler	4.0	can(s)	Baked Beans	Day Box

Dessert Fortune Cookies

Dinner Day #17

Individuals served: 16

Dietary restrictions / allergens: **Wheat/Gluten**

This fortune determines the rest of your trip! Let the river gods speak!

Qty	Unit	Ingredient	Packing notes
2.0	box(es)	Fortune Cookies	Day Box

Breakfast Leftovers

Breakfast Day #17

Individuals served: 16

Finish anything!!

Qty	Unit	Ingredient	Packing notes
1.0	whole	Any Leftover Food!	Everywhere

Lunch En Route to Flagstaff

Lunch Day #17

Individuals served: 16

Qty	Unit	Ingredient	Packing notes
1.0	whole	Lunch on the road!	