# 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		Cost
	4.0	pound(s)	BBQ Pulled Pork (PM)	Dinner BBQ Pulled Pork (PM) (4.0)	Artisan's Kitchen		63.89 oz (3.99 lb)	\$ 64.00
	16.0	whole	Stuffed Mexican Chicken Breasts	Dinner Stuffed Mexican Chicken (PM) (16.0)	Artisan's Kitchen			\$ 156.00
	21.0	package(s)	) Pita Bread	Dinner Quick Falafel and Quinoa 2nd Half (3.0), Lunch Mediterranean Tuna Salad (3.0), Lunch Chicken Salad Pitas 2nd Half (3.0), Lunch Chicken Caesar Pitas (3.0), Lunch Hummus Pitas (3.0), Lunch Hummus Pitas 2nd Half (3.0), Dinner Grilled Veggies and Quinoa (3.0)	Bread	Bread Box		\$ 51.24
	13.0	loaf	Bread	Lunch BLTA (2.6), Breakfast Egg Sammies 2nd Half (2.6), Lunch Cold Cut Sammies 2nd Half (2.6), Breakfast Egg Sammies (2.6), Lunch Caprese Salad Sandwich (2.6)	Bread	Bread Box		\$ 67.99
	22.4	bag(s)	Bagels	Breakfast Bagels with Hard Boiled Eggs (3.2), 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 (3.2), Breakfast Cold Cereal with Bagels (3.2)	l Bread	Bread Box		\$ 112.00
	7.0	package(s)	English Muffins	Breakfast Scrommlets and Breakfast Sausage (2.0), Breakfast Scrommlets and Bacon 2nd Half (2.0), Breakfast Cold Cereal with English Muffins (2.0), Breakfast Yogurt and Granola with English Muffins (1.0)	Bread	Bread Box		\$ 25.55
	8.0	loaf	Sourdough	Dinner Grilled Herb Chicken (2.0), Dinner Pasta Primavera with Chicken Sausage 2nd Ha (2.0), Dinner Chicken Pesto Pasta (2.0), Dinner Grilled Halibut with Wild Rice (2.0)	Bread	Bread Box		\$ 26.96
	3.0	package(s)	) Brat Buns	Dinner Brats 2nd Half (3.0)	Bread	Bread Box		\$ 14.97
	3.0	loaf	Texas Toast	Breakfast Blueberry French Toast with Sausage (3.0)	Bread	Bread Box		\$ 9.66
	4.0	package(s)	Hamburger Buns	Dinner Cheeseburgers (2.0), Dinner BBQ Pulled Pork (PM) (2.0)	Bread	Bread Box		\$ 13.48
	13.0	box(es)	Milk	Breakfast Kayaker Quinoa (1.0), Breakfast Cold Cereal with English Muffins (4.0), Breakfast Blueberry French Toast with Sausage (1.0), Breakfast Yogurt, Granola, Bacon and Boiled Eggs (2.0), Breakfast Cold Cereal with Bagels (4.0), Breakfast Yogurt and Granola with English Muffins (1.0)	Dollar Store	Day Box		\$ 16.25
	2.0	box(es)	Vegetable Broth	Dinner Quick Falafel and Quinoa 2nd Half (1.0), Dinner Grilled Veggies and Quinoa (1.0)	Fry's	Day Box		\$ 3.98
	4.0	box(es)	Falafel Mix	Dinner Quick Falafel and Quinoa 2nd Half (4.0)	Fry's	Day Box		\$ 17.16
	17.0	package(s)	) Cookies	Lunch BLTA (1.0), 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 Steak and Black Bean Wraps (1.0), Lunch Asian Chicken Salad (1.0), Lunch Mediterranean Tuna Salad (1.0), Lunch Chicken Salad Pitas 2nd Half (1.0), 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 Hummus Pitas (1.0), Lunch Caprese Salad Sandwich (1.0), Lunch Hummus Pitas 2nd Half (1.0)		Day Box		\$ 76.50
	2.0	can(s)	Canned Spinach	Breakfast Scrommlets and Breakfast Sausage (1.0), Breakfast Scrommlets and Bacon 2nd Half (1.0)	Fry's	Day Box		\$ 3.18
	1.0	bottle(s)	Herb and Garlic Marinade	Dinner Grilled Herb Chicken (1.0)	Fry's	Day Box		\$ 3.49
	4.0	jar(s)	Minced Garlic	Dinner Grilled Herb Chicken (1.0), Dinner Pasta Primavera with Chicken Sausage 2nd Ha (1.0), Dinner Steaks and Potatoes (1.0), Dinner Thai Cashew Chicken and Rice (1.0)	Fry's	Day Box		\$ 7.96
	1.0	bottle(s)	Salad Dressing	Appetizer Mixed Green Salad (1.0)	Fry's	Day Box		\$ 3.69
	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
	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
	1.0	jar(s)	Dill Pickle Spears	Lunch Cuban Wrap (1.0)	Fry's	Day Box		\$ 3.99
	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
	1.0	can(s)	Canned Asparagus	Dinner Pasta Primavera with Chicken Sausage 2nd Ha (1.0)	Fry's	Day Box		\$ 5.00
	1.0	bottle(s)	Asian Sesame Dressing	Lunch Asian Chicken Salad (1.0)	Fry's	Day Box		\$ 5.00
	1.0	can(s)	Mandarin Oranges	Lunch Asian Chicken Salad (1.0)	Fry's	Day Box		\$ 3.00
	3.0	jar(s)	Pepperoncinis	Lunch Asian Chicken Salad (1.0), Lunch Cold Cut Sammies 2nd Half (1.0), Appetizer Antipasto Salad (1.0)	Fry's	Day Box		\$ 8.07
	1.0	jar(s)	Kalamata Olives	Lunch Mediterranean Tuna Salad (1.0)	Fry's	Day Box		\$ 5.99
П	1.0	bottle(s)	Relish	Lunch Chicken Salad Pitas 2nd Half (1.0)	Fry's	Day Box		\$ 1.99



	Qty	Unit	Item	Meal(s)	Store	Notes US	Cost
	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
П	2.0	can(s)	Canned Water Chestnuts	Dinner Chicken Stir Fry (2.0)	Fry's	Day Box	\$ 2.98
	2.0	can(s)	Canned Baby Corn	Dinner Chicken Stir Fry (2.0)	Fry's	Day Box	\$ 4.98
	2.0	can(s)	Canned Bean Sprouts	Dinner Chicken Stir Fry (2.0)	Fry's	Day Box	\$ 3.98
	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
	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
	2.0	bottle(s)	Stir-Fry Sauce	Dinner Chicken Stir Fry (2.0)	Fry's	Day Box	\$ 6.58
	1.0	can(s)	Enchilada Sauce	Breakfast Chilaquiles (1.0)	Fry's	Meat Cooler	\$ 3.49
	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
	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)		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)	Caesar Dressing	Lunch Chicken Caesar Pitas (1.0)	Fry's	Day Box	\$ 3.99
	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
	2.0	jar(s)	Diced Jalapeno	Appetizer Cowboy Candy (2.0)	Fry's	Day Box	\$ 4.58
	16.0	whole	Lil Debbie Cakes	Dessert Little Debbie Cakes (16.0)	Fry's	Day Box	\$ 44.64
	2.0	package(s)	Brownie Mix	Dessert Brownies (DO) (2.0)	Fry's	Day Box	\$ 6.00
	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
	3.0	package(s)	Shortcake	Dessert Strawberry Shortcake (3.0)	Fry's	Day Box	\$ 7.47
	4.0	box(es)	Fortune Cookies	Dessert Fortune Cookies (4.0)	Fry's	Day Box	\$ 9.16
	1.0	whole	Summer Sausage	Appetizer Smoked Gouda with Summer Sausage (1.0)	Fry's	Day Box	\$ 7.49
	3.0	bottle(s)	Thai Peanut Sauce	Dinner Thai Cashew Chicken and Rice (3.0)	Fry's	Day Box	\$ 11.37
	1.0	package(s)	Yellow Cake Mix	Dessert Apple Crisp (DO) (1.0)	Fry's	Day Box	\$ 1.99
	24.0	can(s)	Stax	Lunch BLTA (2.0), Lunch Bagel Sandwiches (2.0), Lunch Lox on Bagels with Cream Cheese 2nd Half (2.0), Lunch Bagel Sandwiches 2nd Half (2.0), Lunch Mediterranean Tuna Salad (2.0), Lunch Chicken Salad Pitas 2nd Half (2.0), Lunch Cold Cut Sammies 2nd Half (2.0), Lunch River Pasta Sala (2.0), Lunch Chicken Caesar Pitas (2.0), Lunch Hummus Pitas (2.0), Lunch Caprese Salad Sandwich (2.0), Lunch Hummus Pitas 2nd Half (2.0)		Day Box	\$ 60.00
П	4.0	jar(s)	Jelly	Breakfast Bagels with Hard Boiled Eggs (1.0), Breakfast Cold Cereal with English Muffins (1.0), Breakfast Cold Cereal with Bagels (1.0), Breakfast Yogurt and Granola with English Muffins (1.0)	Fry's	Day Box	\$ 27.96
	1.0	bottle(s)	Sauerkraut	Dinner Brats 2nd Half (1.0)	Fry's	Day Box	\$ 2.69
	2.0	box(es)	Instant Brown Rice	Dinner Thai Cashew Chicken and Rice (2.0)	Fry's	Day Box	\$ 3.38
	2.0	tub(s)	Tzatziki	Dinner Quick Falafel and Quinoa 2nd Half (2.0)	Fry's Dairy	Dairy Cooler	\$ 9.98
	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



	Qty	Unit	Item	Meal(s)	Store	Notes US	6 Cost
	3.0	bag(s)	Cheese Cubes	Lunch River Pasta Salad (3.0)	Fry's Dairy	Diary Cooler	\$ 18.00
П	17.0	whole	Yellow Onion	Dinner Quick Falafel and Quinoa 2nd Half (2.0), Breakfast Tacos (1.0), Breakfast Scrommlets and Breakfast Sausage (1.0), Dinner Pasta Primavera with Chicken Sausage 2nd Ha (1.0), Dinner Steak Fajitas (2.0), Dinner Chicken Stir Fry (2.0), Dinner Sweet and Sour Pork (2.0), Dinner Steaks and Potatoes (2.0), Breakfast Burritos Bacon (1.0), Dinner Grilled Veggies and Quinoa (2.0), Dinner Thai Cashew Chicken and Rice (1.0)		Produce Crate	\$ 8.50
	31.0	whole	Yellow Bell Pepper	Breakfast Tacos (2.0), Breakfast Scrommlets and Breakfast Sausage (2.0), Lunch Mediterranean Tuna Salad (2.0), Dinner Steak Fajitas (3.0), Dinner Bean and Cheese Burritos (2.0), Lunch Hummus Pitas (3.0), Dinner Sweet and Sour Pork (3.0), Appetizer Antipasto Salad (2.0), Lunch Hummus Pitas 2nd Half (4.0), Dinner Steaks and Potatoes (2.0), Breakfast Burritos Bacon (2.0), Dinner Grilled Veggies and Quinoa (4.0)	Produce	Produce Cooler	\$ 46.50
	31.0	whole	Red Bell Pepper	Breakfast Tacos (2.0), Breakfast Scrommlets and Breakfast Sausage (2.0), Lunch Bagel Sandwiches (4.0), Dinner Steak Fajitas (3.0), Dinner Chicken Stir Fry (4.0), Lunch Hummus Pitas (3.0), Dinner Sweet and Sour Pork (3.0), Appetizer Antipasto Salad (2.0), Dinner Steaks and Potatoes (2.0), Breakfast Burritos Bacon (2.0), Dinner Grilled Veggies and Quinoa (4.0)	Produce	Produce Cooler	\$ 35.96
	32.5	dozen(s)	Eggs	Breakfast Tacos (3.0), Breakfast Bagels with Hard Boiled Eggs (3.0), Breakfast Scrommlets and Breakfast Sausage (3.0), Breakfast Egg Sammies 2nd Half (3.0), Breakfast Scrommlets and Bacon 2nd Half (3.0), Breakfast Blueberry French Toast with Sausage (2.0), Breakfast Chilaquiles (3.0), Breakfast Yogurt, Granola, Bacon and Boiled Eggs (3.0), Breakfast Egg Sammies (3.0), Breakfast Huevos Rancheros (3.0), Dessert Brownies (DO) (0.5), Breakfast Burritos Bacon (3.0)	Produce	Egg Can	\$ 97.50
	34.0	whole	Potatoes	Breakfast Tacos (6.0), Dinner Steaks and Potatoes (16.0), Breakfast Burritos Bacon (6.0), Dinner Bean and Potato Tacos (6.0)	Produce	Produce Crate	\$ 20.40
	4.0	head(s)	Iceberg Lettuce	Lunch BLTA (2.0), Lunch Steak and Black Bean Wraps (1.0), Dinner Cheeseburgers (1.0)	Produce	Produce Cooler	\$ 8.96
	53.0	whole	Tomatoes	Lunch BLTA (5.0), Appetizer Mixed Green Salad (3.0), Lunch Bagel Sandwiches (3.0), Lunch Steak and Black Bean Wraps (4.0), Lunch Asian Chicken Salad (3.0), Lunch Mediterranean Tuna Salad (4.0), Dinner Steak Fajitas (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 Hummus Pitas (4.0), Appetizer Tomato and Mozzarella Sliders (6.0), Lunch Caprese Salad Sandwich (6.0)	Produce	Produce Cooler	\$ 53.00
	23.0	whole	Avocados	Lunch BLTA (4.0), Appetizer Mixed Green Salad (3.0), Dinner Steak Fajitas (3.0), Breakfast Chilaquiles (4.0), Dinner Cheeseburgers (3.0), Dinner Bean and Cheese Burritos (3.0), Breakfast Egg Sammies (3.0)	Produce	Produce Cooler	\$ 34.50
	2.5	pound(s)	Carrots	Appetizer Mixed Green Salad (0.5), Dinner Sweet and Sour Pork (2.0)	Produce	Produce 39.9 Cooler oz (2 lb)	3 2.5 \$ 3.72
	6.0	head(s)	Romaine Lettuce	Lunch Bagel Sandwiches (1.0), Lunch Asian Chicken Salad (1.0), Lunch Chicken Caesar Pitas (2.0), Appetizer Antipasto Salad (2.0)	Produce	Produce Cooler	\$ 16.20
	11.0	whole	Cucumbers	Lunch Bagel Sandwiches (3.0), Lunch Steak and Black Bean Wraps (3.0), Lunch Mediterranean Tuna Salad (2.0), Lunch Hummus Pitas (3.0)	Produce	Produce	\$ 5.50
	14.0	whole	Red Onion	Lunch Lox on Bagels with Cream Cheese 2nd Half (1.0), Breakfast Salmon Lox on Bagels 2nd Half (1.0), Lunch Asian Chicken Salad (1.0), Lunch Mediterranean Tuna Salad (1.0), Lunch Chicken Salad Pitas 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), Dinner Grilled Veggies and Quinoa (2.0), Dinner Bean and Potato Tacos (1.0)	Produce	Produce Crate	\$ 14.00
	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
	3.0	head(s)	Green Cabbage	Lunch Bagel Sandwiches 2nd Half (1.0), Dinner Chicken Stir Fry (1.0), Dinner Bean and Cheese Burritos (0.5), Dinner Bean and Potato Tacos (0.5)	Produce	Produce Crate	\$ 3.90
	1.0	bunch(es)	Celery	Lunch Asian Chicken Salad (1.0)	Produce	Produce Cooler	\$ 2.00
	0.5	pound(s)	Red Grapes	Lunch Asian Chicken Salad (0.5)	Produce	Day 7.99 Box oz	\$ 3.00
	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 15.9 Cooler oz	<sup>7</sup> \$ 5.98
	4.0	pound(s)	Asparagus	Dinner Grilled Halibut with Wild Rice (4.0)	Produce	Froduce oz Cooler (3.99 lb)	\$
	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 c	z \$ 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
П	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
	8.0	pound(s)	Chorizo	Breakfast Tacos (4.0), Breakfast Chilaquiles (4.0)	Randal's	Meat oz Cooler (7.99 lb)	\$
	8.0	pound(s)	Breakfast Sausage	Breakfast Scrommlets and Breakfast Sausage (4.0), Breakfast Blueberry French Toast with Sausage (4.0)	Randal's	Meat oz Cooler (7.99 lb)	\$
	18.0	whole	Chicken Breasts	Dinner Grilled Herb Chicken (18.0)	Randal's	Meat Cooler	\$ 81.00
	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 oz Cooler (10.9 lb)	69 \$ 98 66.00
	20.0	whole	Brats	Dinner Brats 2nd Half (20.0)	Randal's	Meat Cooler	\$ 49.80



	Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
	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 Bacon (4.0)	Randal's	Meat Cooler	319.44 oz (19.96 lb)	\$ 200.00
	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
	4.0	pound(s)	Steak Fajita Meat	Dinner Steak Fajitas (4.0)	Randal's	Meat Cooler	63.89 oz (3.99 lb)	\$ 63.96
П	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		\$ 107.88
	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
	20.0	whole	Halibut Steaks	Dinner Grilled Halibut with Wild Rice (20.0)	Randal's	Meat Cooler		\$ 350.00
	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
	0.5	pound(s)	Capicola Ham	n Appetizer Antipasto Salad (0.5)	Randal's	Meat Cooler	7.99 oz	\$ 6.00
	0.5	pound(s)	Pepperoni	Appetizer Antipasto Salad (0.5)	Randal's	Meat Cooler	7.99 oz	\$ 7.50
	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
	16.0	whole	Steaks	Dinner Steaks and Potatoes (16.0)	Randal's	Meat Cooler		\$ 480.00
	16.0	whole	Safeway Lunch Stop	Safeway Lunch (Grocery Stop Before Leaving Town) (16.0)	Safeway			\$ 0.00
	12.0	jar(s)	Salsa	Breakfast Tacos (1.0), Appetizer Tortilla Chips, Salsa, and Guacamole (3.0), Lunch Steak and Black Bean Wraps (1.0), Dinner Steak Fajitas (1.0), Breakfast Chilaquiles (1.0), Lunch Mexi Wraps (1.0), Dinner Bean and Cheese Burritos (1.0), Dinner Stuffed Mexican Chicken (PM) (1.0), Breakfast Burritos Bacon (1.0), Dinner Bean and Potato Tacos (1.0)	Sam's	Day Box		\$ 63.48
	3.0	package(s	Pre-cooked Bacon	Lunch BLTA (1.0), Lunch Cuban Wrap (1.0), Breakfast Yogurt, Granola, Bacon and Boiled Eggs (1.0)	Sam's	Day Box		\$ 46.41
	8.0	can(s)	Canned Mushrooms	Breakfast Scrommlets and Breakfast Sausage (2.0), Breakfast Scrommlets and Bacon 2nd Half (2.0), Dinner Steaks and Potatoes (4.0)	Sam's	Day Box		\$ 8.85
	1.0	package(s	Croutons	Appetizer Mixed Green Salad (1.0)	Sam's	Day Box		\$ 0.99
	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
	2.0	bag(s)	Pita Chips	Appetizer Hummus and Pita Chips (1.0), Appetizer Bruschetta (1.0)	Sam's	Day Box		\$ 16.98
	5.0	can(s)	Canned Corn	Dinner Brats 2nd Half (4.0), Lunch Mexi Wraps (1.0)	Sam's	Day Box		\$ 4.36
	2.0	bag(s)	Chips	Dinner Brats 2nd Half (1.0), Lunch Cuban Wrap (1.0)	Sam's	Day Box		\$ 8.00
	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
	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
	3.0	can(s)	Canned Green Beans	Dinner Pasta Primavera with Chicken Sausage 2nd Ha (3.0)	Sam's	Day Box		\$ 2.54
	8.0	can(s)	Diced Tomatoes	Dinner Pasta Primavera with Chicken Sausage 2nd Ha (2.0), Lunch Chicken Salad Pitas 2nd Half (2.0), Lunch Mexi Wraps (1.0), Dinner Bean and Potato Tacos (3.0)	Sam's	Day Box		\$ 5.99
	15.0	can(s)	Diced Green Chiles	Breakfast Egg Sammies 2nd Half (2.0), Lunch Steak and Black Bean Wraps (2.0), Dinner Steak Fajitas (2.0), Lunch Mexi Wraps (1.0), Dinner Bean and Cheese Burritos (2.0), Breakfast Egg Sammies (2.0), Breakfast Huevos Rancheros (2.0), Dinner Bean and Potato Tacos (2.0)	Sam's	Day Box		\$ 15.00
	1.0	package(s	Dried Fruit	Breakfast Kayaker Quinoa (1.0)	Sam's	Day Box		\$ 4.00
	2.0	package(s	Almonds	Breakfast Kayaker Quinoa (1.0), Lunch Asian Chicken Salad (1.0)	Sam's	Day Box		\$ 5.98
	2.0	package(s	) Quinoa	Breakfast Kayaker Quinoa (1.0), Dinner Grilled Veggies and Quinoa (1.0)	Sam's	Day Box		\$ 4.00
	4.0	bag(s)	Tortilla Chips	Appetizer Tortilla Chips, Salsa, and Guacamole (3.0), Breakfast Chilaquiles (1.0)	Sam's	Day Box		\$ 17.92
	12.0	can(s)	Black Beans	Lunch Steak and Black Bean Wraps (4.0), Lunch Mexi Wraps (2.0), Dinner Bean and Cheese Burritos (3.0), Breakfast Burritos Bacon (3.0)	Sam's	Day Box		\$ 0.75
	15.0	can(s)	Canned Chicken	Lunch Asian Chicken Salad (4.0), Lunch Chicken Salad Pitas 2nd Half (5.0), Lunch River Pasta Salad (2.0), Lunch Chicken Caesar Pitas (4.0)	Sam's	Day Box		\$ 30.00



Qty	Unit	ltem	Meal(s)	Store	Notes	US	Cost
1.0	bottle(s)	Vinaigrette	Lunch Mediterranean Tuna Salad (1.0)	Sam's	Day Box		\$ 3.69
3.0	bag(s)	Cold Cereal	Breakfast Cold Cereal with English Muffins (2.0), Breakfast Cold Cereal with Bagels (1.0)	Sam's	Day Box		\$ 11.97
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
5.0	can(s)	Pinto Beans	Breakfast Chilaquiles (2.0), Lunch Mexi Wraps (3.0)	Sam's	Day Box		\$ 4.98
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
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
1.0	bottle(s)	BBQ Sauce	Dinner BBQ Pulled Pork (PM) (1.0)	Sam's	Day Box		\$ 3.49
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
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	bottle(s)	Dried Cilantro	Side Dish Cilantro Lime Rice (1.0)	Sam's	Spice Box		\$ 0.50
1.0	bag(s)	Frozen Strawberries	Dessert Strawberry Shortcake (1.0)	Sam's	Meat Cooler		\$ 4.13
0.5	pound(s)	Cashews	Dinner Thai Cashew Chicken and Rice (0.5)	Sam's		7.99 oz	\$ 3.74
4.0	jar(s)	Peanut Butter	Breakfast Bagels with Hard Boiled Eggs (1.0), Breakfast Cold Cereal with English Muffins (1.0), Breakfast Cold Cereal with Bagels (1.0), Breakfast Yogurt and Granola with English Muffins (1.0)	Sam's	Day Box		\$ 16.24
1.0	package(s	) Mixed Nuts	Appetizer Mixed Nuts (1.0)	Sam's	Day Box		\$ 11.98
1.0	bottle(s)	Maple Syrup	Breakfast Blueberry French Toast with Sausage (1.0)	Sam's	Day Box		\$ 12.98
1.0	bag(s)	Potato Chips	Appetizer Chips and Dip (1.0)	Sam's	Day Box		\$ 5.99
3.0	can(s)	Canned Sliced Peaches	Dessert Blueberry and Peach Cobbler (DO) (3.0)	Sam's	Day Box		\$ 4.50
3.0	package(s	) Feta Cheese	Dinner Quick Falafel and Quinoa 2nd Half (1.0), Lunch Mediterranean Tuna Salad (1.0), Dinner Grilled Veggies and Quinoa (1.0)	Sam's Dairy	Day Box		\$ 21.84
16.0	pound(s)	Shredded Cheese	Breakfast Tacos (1.0), Breakfast Scrommlets and Breakfast Sausage (1.0), Breakfast Scrommlets and Bacon 2nd Half (1.0), Lunch Steak and Black Bean Wraps (1.0), Dinner Steak Fajitas (2.0), Breakfast Chilaquiles (1.0), Lunch Mexi Wraps (1.0), Dinner Bean and Cheese Burritos (2.0), Breakfast Huevos Rancheros (2.0), Dinner Stuffed Mexican Chicken (PM) (1.0), Breakfast Burritos Bacon (1.0), Dinner Bean and Potato Tacos (2.0)	t <sup>Sam's</sup> Dairy	Dairy Cooler	255.55 oz (15.97 lb)	\$
3.0	package(s	) Corn Tortillas	Breakfast Tacos (1.0), Breakfast Huevos Rancheros (1.0), Dinner Stuffed Mexican Chicken (PM) (1.0)	Sam's Dairy	Bread Box		\$ 7.50
14.0	package(s	Cream Cheese	Breakfast Bagels with Hard Boiled Eggs (2.0), 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), 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
102.0	ounce(s)	Butter	Breakfast Scrommlets and Breakfast Sausage (4.0), Dinner Grilled Herb Chicken (8.0), Dinner Pasta Primavera with Chicken Sausage 2nd Ha (8.0), Breakfast Scrommlets and Bacon 2nd Half (4.0), Breakfast Cold Cereal with English Muffins (8.0), Breakfast Chilaquiles (8.0), Dinner Chicken Pesto Pasta (8.0), Dinner BBQ Pulled Pork (PM) (8.0), Dinner Grilled Halibut with Wild Rice (16.0), 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	102.0 oz (6.38 lb)	\$ 22.31
2.0	bag(s)	Mixed Greens	Appetizer Mixed Green Salad (2.0)	Sam's Dairy	Produce Cooler		\$ 3.88
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	Cooler	31.94 oz (2.0 lb)	\$ 7.86
6.25	package(s	) Flour Tortillas	Lunch Cuban Wrap (0.75), Lunch Steak and Black Bean Wraps (0.75), Lunch Asian Chicken Salad (1.0), Dinner Steak Fajitas (0.75), Lunch Mexi Wraps (0.75), Dinner Bean and Cheese Burritos (0.75), Breakfast Burritos Bacon (0.75), Dinner Bean and Potato Tacos (0.75)	Sam's Dairy	Bread Box		\$ 37.38
2.5	whole	Parmesan Cheese Block	Dinner Pasta Primavera with Chicken Sausage 2nd Ha (1.0), Lunch Chicken Caesar Pitas (1.0), Dinner Grilled Veggies and Quinoa (0.5)	Sam's Dairy	Dairy Cooler		\$ 16.45
13.0	pound(s)	Sliced Cheese	Breakfast Egg Sammies 2nd Half (2.0), Lunch Chicken Salad Pitas 2nd Half (1.0), Lunch Cold Cut Sammies 2nd Half (2.0), Dinner Cheeseburgers (2.0), Breakfast Egg Sammies (2.0), Lunch Hummus Pitas (2.0), Lunch Hummus Pitas 2nd Half (2.0)	Sam's Dairy	Dairy Cooler	207.63 oz (12.98 lb)	\$
7.0	package(s	) Guacamole	Appetizer Tortilla Chips, Salsa, and Guacamole (3.0), Lunch Steak and Black Bean Wraps (1.0), Lunch Chicken Salad Pitas 2nd Half (1.0), Lunch Cold Cut Sammies 2nd Half (1.0), Lunch Mexi Wraps (1.0)	Sam's Dairy	Produce Cooler		\$ 15.33
9.0	tub(s)	Sour Cream	Lunch Steak and Black Bean Wraps (1.0), Dinner Steak Fajitas (1.0), Appetizer Chips and Dip (2.0), Lunch Mexi Wraps (1.0), Dinner Bean and Cheese Burritos (1.0), Dinner Steaks and Potatoes (1.0), Breakfast Burritos Bacon (1.0), Dinner Bean and Potato Tacos (1.0)	Sam's Dairy	Dairy Cooler		\$ 21.06



	Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
	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
	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
П	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
	1.0	tub(s)	Spinach Dip	Appetizer Spinach Dip (1.0)	Sam's Dairy	Dairy Cooler		\$ 6.98
	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
	1.0	can(s)	Whipped Cream	Dessert Strawberry Shortcake (1.0)	Sam's Dairy	Dairy Cooler		\$ 2.83
	16.0	whole	Chicken Sausages	Dinner Pasta Primavera with Chicken Sausage 2nd Ha (16.0)	Sam's Frozen	Meat Cooler		\$ 28.00
	1.0	package(s)	Frozen Cheesecake Bites	Dessert Frozen Cheesecake Bites (1.0)	Sam's Frozen	Meat Cooler		\$ 17.48
	16.0	pound(s)	Coffee	Breakfast Tacos (1.0), Breakfast Bagels with Hard Boiled Eggs (1.0), Breakfast Scrommlets and Breakfast Sausage (1.0), 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 Cold Cereal with English Muffins (1.0), Breakfast Blueberry French Toast with Sausage (1.0), Breakfast Chilaquiles (1.0), Breakfast Salmon Lox on Bagels (1.0), Breakfast Cold Cereal with Bagels (1.0), Breakfast Egg Sammies (1.0), Breakfast Huevos Rancheros (1.0), Breakfast Yogurt and Granola with English Muffins (1.0), Breakfast Burritos Bacon (1.0)	Toucane	_	255.55 oz (15.97 lb)	\$ 192.00
	3.0	pound(s)	Frozen Cauliflower	Dinner Quick Falafel and Quinoa 2nd Half (3.0)	U.S. Foods	Meat Cooler	47.92 oz (2.99 lb)	\$ 6.75
	4.0	pound(s)	Frozen Quinoa Blend	Dinner Quick Falafel and Quinoa 2nd Half (4.0)	U.S. Foods	Meat	63.89 oz (3.99 lb)	\$ 12.00
	3.0	bottle(s)	Mayonnaise	Lunch BLTA (1.0), Lunch Chicken Salad Pitas 2nd Half (1.0), Lunch Cold Cut Sammies 2nd Half (1.0)	U.S. Foods	Day Box		\$ 14.07
	3.0	bag(s)	Frozen Green Beans	Dinner Grilled Herb Chicken (1.0), Dinner Cheeseburgers (1.0), Dinner Stuffed Mexican Chicken (PM) (1.0)	U.S. Foods	Meat Cooler		\$ 24.00
	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
	2.0	bottle(s)	Ketchup	Dinner Brats 2nd Half (1.0), Dinner Cheeseburgers (1.0)	U.S. Foods	Day Box		\$ 3.00
	1.0	package(s)	Frozen Peppers and Onions	Breakfast Scrommlets and Bacon 2nd Half (1.0)	U.S. Foods	Meat Cooler		\$ 10.00
	1.0	package(s)	Brown Sugar	Breakfast Kayaker Quinoa (1.0)	U.S. Foods	Day Box		\$ 1.00
П	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
П	1.0	package(s)	)Tuna	Lunch Mediterranean Tuna Salad (1.0)	U.S. Foods	Day Box		\$ 10.98
П	28.0	package(s)	Crackers	Appetizer Smoked Gouda and Crackers (4.0), 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 with Summer Sausage (4.0)	U.S. Foods	Day Box		\$ 42.00
П	1.0	bottle(s)	Mustard	Lunch Cold Cut Sammies 2nd Half (1.0)	U.S. Foods	Day Box		\$ 2.19
	4.0	bag(s)	Frozen Edamame	Appetizer Edamame (4.0)	U.S. Foods	Meat Cooler		\$ 10.64
	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
	1.0	package(s)	Frozen Sweet Potatoes	Dinner BBQ Pulled Pork (PM) (1.0)	U.S. Foods	Meat Cooler		\$ 11.00
	1.0	package(s)	Frozen Stir Fry Veggies	Dinner Thai Cashew Chicken and Rice (1.0)	U.S. Foods	Meat Cooler		\$ 11.00
	2.0	jar(s)	Bruschetta	Appetizer Bruschetta (2.0)	Whole Foods	Day Box		\$ 8.00
	1.0	whole	Any Leftover Food!	Breakfast Leftovers (1.0)				\$ 0.00
	1.0	whole	Lunch on the road!	Lunch En Route to Flagstaff (1.0)				\$ 0.00
	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 (Grocery Stop Before Leaving Town) (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 Chicken Caesar Pitas (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 Caprese Salad Sandwich (16)
Day 4	Appetizer Antipasto Salad (16)	Dinner Thai Cashew Chicken and Rice (16)	Breakfast Burritos Bacon (16)	Lunch Steak and Black Bean Wraps (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 Asian Chicken Salad (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 Quick Falafel and Quinoa 2nd Half (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 (Grocery Stop Before Leaving Town)

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	2.0	can(s)	Stax	Day 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
2.6	loaf	Bread	Bread Box	1.0	bottle(s)	Mayonnaise	Day Box



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

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 note:
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 Chicken Caesar Pitas**

Lunch Day #2

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 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	1
0.5	dozen(s)	Eggs	Egg Can	
2.0	package(s)	Brownie Mix	Day Box	1

# **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 Caprese Salad Sandwich**

Lunch Day #3

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				

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)	Pepperoncinis	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	1			

### **Breakfast Burritos Bacon**

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 Steak and Black Bean Wraps**

Lunch Day #4

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 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 Coole
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

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 Asian Chicken Salad**

Lunch Day #5

Individuals served: 16

Individuals served: 16

Dietary restrictions / allergens: Wheat/Gluten, Chicken

Wash, drain, chop, mix, enjoy!

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Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	head(s)	Romaine Lettuce	Produce Cooler	4.0	can(s)	Canned Chicken	Dry Box
1.0	bunch(es)	Celery	Produce Cooler	1.0	bottle(s)	Asian Sesame Dressing	Dry Box
3.0	whole	Tomatoes	Produce Cooler	1.0	can(s)	Mandarin Oranges	Dry Box
0.5	pound(s)	Red Grapes	Produce Cooler	1.0	jar(s)	Pepperoncinis	Dry Box
1.0	whole	Red Onion	Produce Cooler	1.0	package(s)	Almonds	Dry Box
1.0	package(s)	Flour Tortillas	Bread Box	1.0	package(s)	Cookies	Dry 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:  $\textbf{Pork},\,\textbf{Dairy}$  , 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

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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 note
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 Crat
1.0	box(es)	Spanish Rice	Day Box	1.0	whole	Red Onion	Produce Crat
2.0	can(s)	Diced Green Chiles	Day Box	0.5	head(s)	Green Cabbage	Produce Crat
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	package(s)	Cookies	Day Box
4.0	whole	Red Bell Pepper	Produce Cooler	2.0	can(s)	Stax	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

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

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	iar(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

Individuals served: 16

Lunch Day #10

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		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 Quick Falafel and Quinoa 2nd Half

Dinner Day #11

Individuals served: 16

Dietary restrictions / allergens: Chicken

Follow the instructions on the falafel package. Quinoa is pre-cooked! Just reheat with a little broth. Sautee onion and frozen veggies. Heat pitas if desired. Make a quinoa bowl with falafel and veggies, and top with feta and tzatziki! Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
3.0	pound(s)	Frozen Cauliflower	Meat Cooler	3.0	package(s)	Pita Bread	Bread Box
4.0	pound(s)	Frozen Quinoa Blend	Meat Cooler	2.0	whole	Yellow Onion	Produce Crate
1.0	package(s)	Feta Cheese	Dairy Cooler	1.0	box(es)	Vegetable Broth	Day Box
2.0	tub(s)	Tzatziki	Dairy Cooler	4.0	box(es)	Falafel Mix	Day 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

 ${\sf Dietary\ restrictions\ /\ allergens:\ Wheat/Gluten,\ Dairy\ ,\ Pork}$ 

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	package(s)	Cookies	Day Box
3.0	package(s)	Veggie Flavored Cream Cheese	Dairy Cooler	2.0	can(s)	Stax	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!

Day Box

 Qty
 Unit
 Ingredient
 Packing notes

 1.0
 package(s)
 Guacamole
 Dairy Cooler

 1.0
 bag(s)
 Tortilla Chips
 Day Box

Salsa

1.0

iar(s)

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	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Steak Fajita Meat	Meat Cooler	3.0	whole	Red Bell Pepper	Produce Cooler
2.0	pound(s)	Shredded Cheese	Dairy Cooler	0.75	package(s)	Flour Tortillas	Bread Box
1.0	tub(s)	Sour Cream	Dairy Cooler	1.0	jar(s)	Salsa	Day Box
3.0	whole	Tomatoes	Produce Cooler	2.0	can(s)	Diced Green Chiles	Day Box
3.0	whole	Yellow Bell Pepper	Produce Cooler	2.0	whole	Yellow Onion	Produce Crate
3.0	whole	Avocados	Produce Cooler				

### 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	Qty	Unit	Ingredient	Packing notes
4.0	whole	Jalapenos	Produce Cooler	1.0	bottle(s)	Dried Cilantro	Spice Box
1.0	bag(s)	Jasmine Rice	Day Box	4.0	whole	Limes	Produce Crate

### Breakfast Salmon Lox on Bagels 2nd Half

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

Breakfast Day #12

Individuals served: 16

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

# **Lunch Hummus Pitas 2nd Half**

Lunch Day #12

Individuals served: 16

 $\label{lem:decomposition} \mbox{Dietary restrictions / allergens: } \mbox{\bf Dairy , Wheat/Gluten, Chicken}$ 

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

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

# **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 on medium heat. Pour enchilada sauce and pinto beans into a Dutch oven on the stove—heat on medium-low. Cook eggs as desired. Set aside. Once fully cooked, drain the grease from the chorizo and mix it with the beans and sauce. Heat until you reach your preferred serving temperature. Serve chips topped 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	1.0	bag(s)	Tortilla Chips	Day Box
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
3.0	dozen(s)	Eggs	Egg Can	1.0	pound(s)	Coffee	Day Box

# **Lunch Cold Cut Sammies 2nd Half**

Individuals served: 16

Lunch Day #13

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	1			



Appetizer Chips and Dip Appetizer Day #14

Individuals served: 16

Dietary restrictions / allergens: Dairy

 ${}^\star \text{Note} : \text{Please check food notes for any possible adjustments or dietary modifications for the day.}$ 

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	1			

# **Dessert Blueberry and Peach Cobbler (DO)**

Dinner Day #14

Dietary restrictions / allergens: Dairy , Wheat/Gluten

Individuals served: 16

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 note
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	Dav 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	iar(s)	Salsa	Day Box	1			

# **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	0 whole Lunch on the road!		

