

21 Gen Cold Break (Do Not Use)

Total individuals: 16
 Total servings: 16.0

Shopping / Packing List

Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
<input type="checkbox"/>	16.0 whole	Stuffed Italian Chicken (PM)	Dinner Stuffed Italian Chicken (PM) (16.0)	Artisan's Kitchen	Meat Cooler	\$	156.00
<input type="checkbox"/>	16.0 whole	Artichoke Lasagna	Dinner Artichoke Lasagna (PM) (16.0)	Artisan's Kitchen	Meat Cooler	\$	160.00
<input type="checkbox"/>	25.6 bag(s)	Bagels	Lunch Lox on Bagels with Cream Cheese (3.2), Lunch Veggie Bagel Sandwiches (3.2), Breakfast Salmon Lox on Bagels (9.6), Breakfast Bagels with Hard Boiled Eggs (6.4), Breakfast Bagels with Cream Cheese and Yogurt (3.2)	Bread	Bread Box	\$	128.00
<input type="checkbox"/>	12.0 package(s)	Pita Bread	Lunch Veggie Pitas (6.0), Lunch Hummus Pitas (3.0), Lunch Mediterranean Tuna Salad (3.0)	Bread	Bread Box	\$	29.28
<input type="checkbox"/>	18.6 loaf	Bread	Lunch Peanut Butter and Jelly (3.0), Lunch Cold Cut Sammies 2nd Half (5.2), Lunch BLTA (2.6), Lunch Cold Cut Sammies (5.2), Lunch Caprese Salad Sandwich (2.6)	Bread	Bread Box	\$	97.28
<input type="checkbox"/>	3.0 package(s)	Brat Buns	Dinner Brats (3.0)	Bread	Bread Box	\$	14.97
<input type="checkbox"/>	12.0 loaf	Sourdough	Dinner Tortellini w/ Chicken (2.0), Dinner Chicken Pesto Pasta (2.0), Dinner Fettuccine Alfredo with Chicken (2.0), Dinner Artichoke Lasagna (PM) (2.0), Dinner Spaghetti and Meatballs (2.0), Dinner Pasta Primavera with Chicken Sausage (2.0)	Bread	Bread Box	\$	40.44
<input type="checkbox"/>	8.0 package(s)	English Muffins	Breakfast Cold Cereal with HB Eggs and Muffins (4.0), Breakfast Yogurt and Granola with English Muffins (2.0), Breakfast Cold Cereal with English Muffins (2.0)	Bread	Bread Box	\$	29.20
<input type="checkbox"/>	2.0 package(s)	Hamburger Buns	Dinner Salmon Burgers (2.0)	Bread	Bread Box	\$	6.74
<input type="checkbox"/>	3.0 loaf	Texas Toast	Dinner Grilled Ham, Cheese, & Tomato Soup (3.0)	Bread	Bread Box	\$	9.66
<input type="checkbox"/>	36.0 box(es)	Milk	Breakfast Yogurt and Granola, with Cold Cereal (4.0), Breakfast Yogurt and Granola, with Oatmeal (8.0), Breakfast Cold Cereal with HB Eggs and Muffins (8.0), Breakfast Cream of Wheat (6.0), Breakfast Yogurt and Granola with English Muffins (2.0), Breakfast Cold Cereal with Hard Boiled Eggs (4.0), Breakfast Cold Cereal with English Muffins (4.0)	Dollar Store	Day Box	\$	45.00
<input type="checkbox"/>	5.0 jar(s)	Capers	Lunch Lox on Bagels with Cream Cheese (1.0), Breakfast Salmon Lox on Bagels (3.0), Dinner Salmon Burgers (1.0)	Fry's	Day Box	\$	22.45
<input type="checkbox"/>	21.0 package(s)	Cookies	Lunch Lox on Bagels with Cream Cheese (1.0), Lunch Veggie Pitas (2.0), Lunch River Pasta Salad (1.0), Lunch Cheese and Crackers With Salami (1.0), Lunch Hummus Pitas (1.0), Lunch Peanut Butter and Jelly (2.0), Lunch Mediterranean Tuna Salad (1.0), Lunch Veggie Bagel Sandwiches (1.0), Lunch Cold Cut Sammies 2nd Half (2.0), Lunch Black Bean and Corn Quinoa Salad (1.0), Lunch BLTA (1.0), Lunch Cold Cut Sammies (2.0), Lunch Caprese Salad Sandwich (1.0), Lunch Taco Salad (2.0), Lunch Chicken Caesar Wraps (1.0), Lunch Mexi Wraps (1.0)	Fry's	Day Box	\$	94.50
<input type="checkbox"/>	2.0 whole	Balsamic Glaze	Appetizer Tomato and Mozzarella Sliders (1.0), Lunch Caprese Salad Sandwich (1.0)	Fry's	Day Box	\$	10.00
<input type="checkbox"/>	3.0 bottle(s)	Tamari Soy Sauce	Appetizer Edamame (2.0), Dinner Pork Stir Fry (1.0)	Fry's	Day Box	\$	11.07
<input type="checkbox"/>	3.0 bottle(s)	Ranch Dressing	Lunch Veggie Pitas (2.0), Appetizer Veggies and Dip (1.0)	Fry's	Day Box	\$	11.07
<input type="checkbox"/>	2.0 jar(s)	Sun Dried Tomatoes	Lunch River Pasta Salad (2.0)	Fry's	Day Box	\$	10.98
<input type="checkbox"/>	3.0 can(s)	Canned Artichoke Hearts	Lunch River Pasta Salad (2.0), Appetizer Antipasto Salad (1.0)	Fry's	Day Box	\$	11.97
<input type="checkbox"/>	3.0 jar(s)	Roasted Red Peppers	Lunch River Pasta Salad (1.0), Dinner Fettuccine Alfredo with Chicken (2.0)	Fry's	Day Box	\$	7.17
<input type="checkbox"/>	4.0 box(es)	Squash Soup	Appetizer Squash Soup (4.0)	Fry's	Day Box	\$	17.96
<input type="checkbox"/>	2.0 bottle(s)	Spicy Mustard	Lunch Cheese and Crackers With Salami (1.0), Dinner Brats (1.0)	Fry's	Day Box	\$	3.58
<input type="checkbox"/>	5.0 jar(s)	Pickles	Lunch Cheese and Crackers With Salami (1.0), Lunch Cold Cut Sammies 2nd Half (2.0), Lunch Cold Cut Sammies (2.0)	Fry's	Day Box	\$	13.45
<input type="checkbox"/>	5.0 jar(s)	Pepperoncinis	Appetizer Antipasto Salad (1.0), Lunch Cold Cut Sammies 2nd Half (2.0), Lunch Cold Cut Sammies (2.0)	Fry's	Day Box	\$	13.45
<input type="checkbox"/>	2.0 jar(s)	Minced Garlic	Dinner Steaks and Potatoes (1.0), Dinner Beef Chili (1.0)	Fry's	Day Box	\$	3.98
<input type="checkbox"/>	1.0 bottle(s)	Salad Dressing	Appetizer Mixed Green Salad (1.0)	Fry's	Day Box	\$	3.69
<input type="checkbox"/>	1.0 jar(s)	Kalamata Olives	Lunch Mediterranean Tuna Salad (1.0)	Fry's	Day Box	\$	5.99
<input type="checkbox"/>	1.0 box(es)	Couscous	Dinner Stuffed Italian Chicken (PM) (1.0)	Fry's	Day Box	\$	4.50
<input type="checkbox"/>	4.0 package(s)	Dried Tortellini	Dinner Tortellini w/ Chicken (4.0)	Fry's	Day Box	\$	24.00
<input type="checkbox"/>	3.0 box(es)	Cream of Wheat	Breakfast Cream of Wheat (3.0)	Fry's	Day Box	\$	18.00
<input type="checkbox"/>	4.0 box(es)	Angel Hair Pasta	Dinner Chicken Pesto Pasta (4.0)	Fry's	Day Box	\$	7.96
<input type="checkbox"/>	3.0 box(es)	Fettuccine Noodles	Dinner Fettuccine Alfredo with Chicken (3.0)	Fry's	Day Box	\$	5.97
<input type="checkbox"/>	3.0 jar(s)	Alfredo Sauce	Dinner Fettuccine Alfredo with Chicken (3.0)	Fry's	Day Box	\$	8.97

Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
<input type="checkbox"/>	1.0	bottle(s)	Sweet and Sour Sauce	Appetizer Egg Rolls (1.0)	Fry's	Day Box	\$ 3.49
<input type="checkbox"/>	3.0	bottle(s)	Thai Peanut Sauce	Dinner Pork Stir Fry (3.0)	Fry's	Day Box	\$ 11.37
<input type="checkbox"/>	1.0	bottle(s)	Peanut Oil	Dinner Pork Stir Fry (1.0)	Fry's	Day Box	\$ 0.81
<input type="checkbox"/>	1.0	bottle(s)	Sesame Oil	Dinner Pork Stir Fry (1.0)	Fry's	Day Box	\$ 4.99
<input type="checkbox"/>	1.0	package(s)	Wooden Skewers x 100	Dinner Kabobs (1.0)	Fry's	Day Box	\$ 6.00
<input type="checkbox"/>	4.0	can(s)	Refried Beans	Dinner Beef Tacos (4.0)	Fry's	Day Box	\$ 4.66
<input type="checkbox"/>	7.0	package(s)	Taco Seasoning	Dinner Beef Tacos (2.0), Dinner (GF) Shrimp Tacos (2.0), Lunch Taco Salad (2.0), Lunch Mexi Wraps (1.0)	Fry's	Day Box	\$ 4.90
<input type="checkbox"/>	1.0	bottle(s)	Horseradish	Dinner Salmon Burgers (1.0)	Fry's	Day Box	\$ 1.99
<input type="checkbox"/>	1.0	bottle(s)	Cocktail Sauce	Dinner Salmon Burgers (1.0)	Fry's	Day Box	\$ 2.99
<input type="checkbox"/>	1.0	bottle(s)	Creamy Cilantro Dressing	Lunch Black Bean and Corn Quinoa Salad (1.0)	Fry's	Day Box	\$ 4.29
<input type="checkbox"/>	1.0	bag(s)	Marshmallows	Dessert S'mores (1.0)	Fry's	Day Box	\$ 2.49
<input type="checkbox"/>	1.0	package(s)	Wooden Skewers x 50	Dessert S'mores (1.0)	Fry's	Day Box	\$ 3.00
<input type="checkbox"/>	2.0	bottle(s)	Caesar Dressing	Side Dish Caesar Salad (1.0), Lunch Chicken Caesar Wraps (1.0)	Fry's	Day Box	\$ 7.98
<input type="checkbox"/>	2.0	box(es)	Pineapple Upside Down Cake Mix	Dessert Pineapple Upside Down Cake (DO) (2.0)	Fry's	Day Box	\$ 4.98
<input type="checkbox"/>	1.0	can(s)	Canned Pineapple	Dessert Pineapple Upside Down Cake (DO) (1.0)	Fry's	Day Box	\$ 2.49
<input type="checkbox"/>	2.0	jar(s)	Green Curry Paste	Dinner Chicken Curry (2.0)	Fry's	Day Box	\$ 9.98
<input type="checkbox"/>	4.0	can(s)	Coconut Cream	Dinner Chicken Curry (4.0)	Fry's	Day Box	\$ 20.00
<input type="checkbox"/>	2.0	bag(s)	Jasmine Rice	Dinner Chicken Curry (1.0), Side Dish Cilantro Lime Rice (1.0)	Fry's	Day Box	\$ 8.78
<input type="checkbox"/>	4.0	box(es)	Tomato Soup	Dinner Grilled Ham, Cheese, & Tomato Soup (4.0)	Fry's	Day Box	\$ 17.96
<input type="checkbox"/>	2.0	package(s)	Pepperidge Farms Cookies	Dessert Pepperidge Farms Cookies (2.0)	Fry's	Day Box	\$ 9.98
<input type="checkbox"/>	5.0	can(s)	Canned Blueberries	Dessert Blueberry and Peach Cobbler (DO) (2.0), Dessert Angel Food Cake (3.0)	Fry's	Day Box	\$ 36.45
<input type="checkbox"/>	2.0	box(es)	Yellow Cake Mix	Dessert Blueberry and Peach Cobbler (DO) (2.0)	Fry's	Day Box	\$ 3.98
<input type="checkbox"/>	1.0	can(s)	Canned Asparagus	Dinner Pasta Primavera with Chicken Sausage (1.0)	Fry's	Day Box	\$ 5.00
<input type="checkbox"/>	2.0	box(es)	Fortune Cookies	Dessert Fortune Cookies (2.0)	Fry's	Day Box	\$ 4.58
<input type="checkbox"/>	2.0	box(es)	No Bake Cheesecake	Dessert No Bake Cheesecake (2.0)	Fry's	Day Box	\$ 7.98
<input type="checkbox"/>	3.0	package(s)	Chili Seasoning	Dinner Beef Chili (3.0)	Fry's	Day Box	\$ 2.97
<input type="checkbox"/>	2.0	loaf	Angel Food Cake	Dessert Angel Food Cake (2.0)	Fry's	Day Box	\$ 8.00
<input type="checkbox"/>	2.0	package(s)	Spice Cake Mix	Dessert Spice Cake & Frosting (DO) (2.0)	Fry's	Day Box	\$ 4.98
<input type="checkbox"/>	1.0	jar(s)	Cream Cheese Frosting	Dessert Spice Cake & Frosting (DO) (1.0)	Fry's	Day Box	\$ 1.99
<input type="checkbox"/>	1.0	package(s)	Yellow Cake Mix	Dessert Apple Crisp (DO) (1.0)	Fry's	Day Box	\$ 1.99
<input type="checkbox"/>	5.0	box(es)	Jambalaya	Dinner Jambalaya with Shrimp and Sausage (5.0)	Fry's	Day Box	\$ 12.45
<input type="checkbox"/>	1.0	package(s)	Sunflower Seeds	Side Dish River Slaw (1.0)	Fry's	Day Box	\$ 1.00
<input type="checkbox"/>	1.0	bottle(s)	Coleslaw Dressing	Side Dish River Slaw (1.0)	Fry's	Day Box	\$ 3.00
<input type="checkbox"/>	30.0	can(s)	Stax	Lunch Lox on Bagels with Cream Cheese (2.0), Lunch Veggie Pitas (4.0), Lunch River Pasta Salad (2.0), Lunch Hummus Pitas (2.0), Lunch Peanut Butter and Jelly (2.0), Lunch Mediterranean Tuna Salad (2.0), Lunch Cold Cut Sammies 2nd Half (4.0), Lunch Black Bean and Corn Quinoa Salad (2.0), Lunch BLTA (2.0), Lunch Cold Cut Sammies (4.0), Lunch Caprese Salad Sandwich (2.0), Lunch Chicken Caesar Wraps (2.0)	Fry's	Day Box	\$ 75.00
<input type="checkbox"/>	4.0	package(s)	Instant Mashed Potatoes	Dinner Grilled Wild Salmon (4.0)	Fry's	Day Box	\$ 11.16
<input type="checkbox"/>	9.0	jar(s)	Jelly	Lunch Peanut Butter and Jelly (1.0), Breakfast Cold Cereal with HB Eggs and Muffins (2.0), Breakfast Bagels with Hard Boiled Eggs (2.0), Breakfast Yogurt and Granola with English Muffins (2.0), Breakfast Bagels with Cream Cheese and Yogurt (1.0), Breakfast Cold Cereal with English Muffins (1.0)	Fry's	Day Box	\$ 62.91

Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
1.0	bottle(s)	Sauerkraut	Dinner Brats (1.0)	Fry's	Day Box		\$ 2.69
1.0	box(es)	Instant Brown Rice	Dinner Pork Stir Fry (1.0)	Fry's	Day Box		\$ 1.69
3.0	bag(s)	Cheese Cubes	Lunch River Pasta Salad (3.0)	Fry's Dairy	Diary Cooler		\$ 18.00
3.0	package(s)	Veggie Flavored Cream Cheese	Lunch Veggie Bagel Sandwiches (3.0)	Fry's Dairy	Day Box		\$ 13.47
72.0	whole	Tomatoes	Lunch Lox on Bagels with Cream Cheese (3.0), Appetizer Tomato and Mozzarella Sliders (6.0), Lunch Veggie Pitas (4.0), Lunch Hummus Pitas (4.0), Appetizer Mixed Green Salad (3.0), Lunch Mediterranean Tuna Salad (4.0), Dinner Brats (3.0), Lunch Veggie Bagel Sandwiches (3.0), Dinner Steak Fajitas (3.0), Breakfast Salmon Lox on Bagels (9.0), Dinner Salmon Burgers (3.0), Side Dish Caesar Salad (2.0), Lunch BLTA (5.0), Lunch Cold Cut Sammies (6.0), Dinner Grilled Ham, Cheese, & Tomato Soup (4.0), Lunch Caprese Salad Sandwich (6.0), Dinner (GF) Shrimp Tacos (4.0)	Produce	Produce Cooler		\$ 72.00
14.0	whole	Red Onion	Lunch Lox on Bagels with Cream Cheese (1.0), Lunch Veggie Pitas (2.0), Lunch Mediterranean Tuna Salad (1.0), Breakfast Salmon Lox on Bagels (3.0), Lunch Cold Cut Sammies 2nd Half (2.0), Dinner Salmon Burgers (1.0), Side Dish Caesar Salad (1.0), Lunch Cold Cut Sammies (2.0), Lunch Chicken Caesar Wraps (1.0)	Produce	Produce Crate		\$ 14.00
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
14.0	whole	Zucchini	Lunch Veggie Pitas (4.0), Dinner Fettuccine Alfredo with Chicken (2.0), Dinner Kabobs (4.0), Dinner Pasta Primavera with Chicken Sausage (4.0)	Produce	Produce Cooler		\$ 24.08
12.0	whole	Yellow Squash	Lunch Veggie Pitas (4.0), Dinner Kabobs (4.0), Dinner Pasta Primavera with Chicken Sausage (4.0)	Produce	Produce Cooler		\$ 25.44
14.0	whole	Cucumbers	Lunch Veggie Pitas (4.0), Lunch Hummus Pitas (3.0), Lunch Mediterranean Tuna Salad (2.0), Appetizer Veggies and Dip (2.0), Lunch Veggie Bagel Sandwiches (3.0)	Produce	Produce		\$ 7.00
39.0	whole	Yellow Bell Pepper	Lunch Veggie Pitas (4.0), Lunch Hummus Pitas (3.0), Appetizer Antipasto Salad (2.0), Dinner Steaks and Potatoes (2.0), Lunch Mediterranean Tuna Salad (2.0), Appetizer Veggies and Dip (4.0), Lunch Veggie Bagel Sandwiches (3.0), Dinner Steak Fajitas (3.0), Dinner Fettuccine Alfredo with Chicken (2.0), Dinner Pork Stir Fry (2.0), Dinner Kabobs (4.0), Dinner Spaghetti and Meatballs (2.0), Dinner Chicken Curry (2.0), Dinner (GF) Shrimp Tacos (2.0), Dinner Jambalaya with Shrimp and Sausage (2.0)	Produce	Produce Cooler		\$ 58.50
29.0	whole	Red Bell Pepper	Lunch Veggie Pitas (4.0), Lunch Hummus Pitas (3.0), Appetizer Antipasto Salad (2.0), Dinner Steaks and Potatoes (2.0), Lunch Veggie Bagel Sandwiches (3.0), Dinner Steak Fajitas (3.0), Dinner Pork Stir Fry (2.0), Dinner Kabobs (4.0), Dinner Pasta Primavera with Chicken Sausage (2.0), Dinner (GF) Shrimp Tacos (2.0), Dinner Jambalaya with Shrimp and Sausage (2.0)	Produce	Produce Cooler		\$ 33.64
40.0	whole	Avocados	Lunch Veggie Pitas (8.0), Appetizer Mixed Green Salad (3.0), Lunch Veggie Bagel Sandwiches (4.0), Dinner Steak Fajitas (3.0), Lunch Black Bean and Corn Quinoa Salad (4.0), Lunch BLTA (4.0), Lunch Cold Cut Sammies (6.0), Dinner Grilled Ham, Cheese, & Tomato Soup (4.0), Dinner (GF) Shrimp Tacos (4.0)	Produce	Produce Cooler		\$ 60.00
11.0	head(s)	Romaine Lettuce	Lunch Veggie Pitas (2.0), Appetizer Antipasto Salad (2.0), Lunch Veggie Bagel Sandwiches (1.0), Lunch Black Bean and Corn Quinoa Salad (2.0), Side Dish Caesar Salad (2.0), Lunch Chicken Caesar Wraps (2.0)	Produce	Produce Cooler		\$ 29.70
4.0	bag(s)	Baby Carrots	Lunch Hummus Pitas (2.0), Appetizer Veggies and Dip (2.0)	Produce	Produce Cooler		\$ 7.16
4.0	pound(s)	Asparagus	Dinner Grilled Wild Salmon (4.0)	Produce	Produce oz Cooler	63.89 (3.99 lb)	\$ 16.00
4.0	whole	Lemons	Dinner Grilled Wild Salmon (4.0)	Produce	Produce Crate		\$ 2.40
20.0	whole	Yellow Onion	Dinner Grilled Wild Salmon (2.0), Dinner Steaks and Potatoes (2.0), Dinner Steak Fajitas (2.0), Dinner Pork Stir Fry (2.0), Dinner Kabobs (3.0), Dinner Beef Tacos (1.0), Dinner Chicken Curry (2.0), Dinner Pasta Primavera with Chicken Sausage (1.0), Dinner (GF) Shrimp Tacos (1.0), Dinner Beef Chili (2.0), Dinner Jambalaya with Shrimp and Sausage (2.0)	Produce	Produce Crate		\$ 10.00
4.0	package(s)	Cherry Tomatoes	Appetizer Antipasto Salad (2.0), Lunch Black Bean and Corn Quinoa Salad (2.0)	Produce	Produce Cooler		\$ 24.00
22.0	whole	Potatoes	Dinner Steaks and Potatoes (16.0), Dinner Chicken Curry (6.0)	Produce	Produce Crate		\$ 13.20
5.5	pound(s)	Carrots	Appetizer Mixed Green Salad (0.5), Dinner Pork Stir Fry (2.0), Dinner Chicken Curry (1.0), Dinner Pasta Primavera with Chicken Sausage (1.0), Side Dish River Slaw (1.0)	Produce	Produce oz Cooler	87.85 (5.49 lb)	\$ 8.20
16.0	dozen(s)	Eggs	Breakfast Cold Cereal with HB Eggs and Muffins (6.0), Breakfast Bagels with Hard Boiled Eggs (6.0), Breakfast Cold Cereal with Hard Boiled Eggs (3.0), Dessert Pineapple Upside Down Cake (DO) (0.5), Dessert Spice Cake & Frosting (DO) (0.5)	Produce	Egg Can		\$ 48.00
1.0	bunch(es)	Celery	Dinner Pork Stir Fry (1.0)	Produce	Produce Cooler		\$ 2.00
1.0	package(s)	Fresh Mushrooms	Dinner Kabobs (1.0)	Produce	Produce Cooler		\$ 5.88
2.0	head(s)	Green Cabbage	Dinner Beef Tacos (1.0), Side Dish River Slaw (1.0)	Produce	Produce Crate		\$ 2.60
8.0	whole	Limes	Lunch Black Bean and Corn Quinoa Salad (4.0), Side Dish Cilantro Lime Rice (4.0)	Produce	Produce Crate		\$ 4.72
6.0	head(s)	Iceberg Lettuce	Lunch BLTA (2.0), Lunch Cold Cut Sammies (2.0), Lunch Taco Salad (2.0)	Produce	Produce Cooler		\$ 13.44
2.0	package(s)	Grape Tomatoes	Dinner Pasta Primavera with Chicken Sausage (2.0)	Produce	Produce Cooler		\$ 8.00
4.0	whole	Jalapenos	Side Dish Cilantro Lime Rice (4.0)	Produce	Produce Cooler		\$ 3.96
12.0	whole	Apples	Dessert Apple Crisp (DO) (10.0), Side Dish River Slaw (2.0)	Produce	Produce Crate		\$ 12.00
1.0	head(s)	Red Cabbage	Side Dish River Slaw (1.0)	Produce	Produce Crate		\$ 1.30
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
5.0	pound(s)	Wild Salmon	Dinner Grilled Wild Salmon (5.0)	Randal's	Meat Cooler	79.86 oz (4.99 lb)	\$ 89.95

Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
<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"/>	16.0	whole	Steaks	Randal's	Meat Cooler		\$ 480.00
<input type="checkbox"/>	20.0	whole	Brats	Randal's	Meat Cooler		\$ 49.80
<input type="checkbox"/>	4.0	pound(s)	Steak Fajita Meat	Randal's	Meat Cooler	63.89 oz (3.99 lb)	\$ 63.96
<input type="checkbox"/>	4.0	pound(s)	Pre-cooked Chicken Strips	Randal's	Meat Cooler	63.89 oz (3.99 lb)	\$ 17.96
<input type="checkbox"/>	14.0	pound(s)	Cubed Chicken	Randal's	Meat Cooler	223.61 oz (13.98 lb)	\$ 125.86
<input type="checkbox"/>	16.0	pound(s)	Sliced Deli Meat	Randal's	Meat Cooler	255.55 oz (15.97 lb)	\$ 108.00
<input type="checkbox"/>	4.0	pound(s)	Cubed Pork	Randal's	Meat Cooler	63.89 oz (3.99 lb)	\$ 31.96
<input type="checkbox"/>	2.0	pound(s)	Cubed Beef	Randal's	Meat Cooler	31.94 oz (2.0 lb)	\$ 31.98
<input type="checkbox"/>	8.0	pound(s)	Ground Beef	Randal's	Meat Cooler	127.77 oz (7.99 lb)	\$ 63.92
<input type="checkbox"/>	4.0	pound(s)	Sliced Ham	Randal's	Meat Cooler	63.89 oz (3.99 lb)	\$ 24.00
<input type="checkbox"/>	12.0	whole	Andouille Sausage	Randal's	Meat Cooler		\$ 42.00
<input type="checkbox"/>	16.0	whole	Safeway Lunch Stop	Safeway			\$ 0.00
<input type="checkbox"/>	8.0	package(s)	Salmon Lox	Sam's	Meat Cooler		\$ 111.84
<input type="checkbox"/>	5.0	bag(s)	Tortilla Chips	Sam's	Day Box		\$ 22.40
<input type="checkbox"/>	7.0	jar(s)	Salsa	Sam's	Day Box		\$ 37.03
<input type="checkbox"/>	16.0	can(s)	Black Beans	Sam's	Day Box		\$ 1.00
<input type="checkbox"/>	10.0	can(s)	Diced Green Chiles	Sam's	Day Box		\$ 10.00
<input type="checkbox"/>	7.0	bag(s)	Penne Pasta	Sam's	Day Box		\$ 13.93
<input type="checkbox"/>	6.0	can(s)	Canned Chicken	Sam's	Day Box		\$ 12.00
<input type="checkbox"/>	8.0	can(s)	Black Olives	Sam's	Day Box		\$ 16.00
<input type="checkbox"/>	1.0	bag(s)	Trail Mix	Sam's	Day Box		\$ 12.98
<input type="checkbox"/>	3.0	bag(s)	Beef Jerky	Sam's	Day Box		\$ 48.00
<input type="checkbox"/>	2.0	bag(s)	Pita Chips	Sam's	Day Box		\$ 16.98
<input type="checkbox"/>	1.0	can(s)	Whole Black Olives	Sam's	Day Box		\$ 1.70
<input type="checkbox"/>	1.0	bottle(s)	Italian Dressing	Sam's	Day Box		\$ 3.69
<input type="checkbox"/>	9.0	can(s)	Canned Mushrooms	Sam's	Day Box		\$ 9.96
<input type="checkbox"/>	1.0	bottle(s)	Steak Sauce	Sam's	Day Box		\$ 5.79
<input type="checkbox"/>	1.0	bottle(s)	Chives	Sam's	Spice Box		\$ 1.00
<input type="checkbox"/>	2.0	package(s)	Croutons	Sam's	Day Box		\$ 1.98
<input type="checkbox"/>	1.0	bottle(s)	Vinaigrette	Sam's	Day Box		\$ 3.69
<input type="checkbox"/>	14.0	can(s)	Canned Corn	Sam's	Day Box		\$ 12.22

Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
<input type="checkbox"/>	2.0	bag(s)	Chips	Dinner Brats (1.0), Lunch Veggie Bagel Sandwiches (1.0)	Sam's	Day Box	\$ 8.00
<input type="checkbox"/>	8.0	can(s)	Baked Beans	Dinner Brats (4.0), Dinner Salmon Burgers (4.0)	Sam's	Day Box	\$ 11.22
<input type="checkbox"/>	8.0	bag(s)	Granola	Breakfast Yogurt and Granola, with Cold Cereal (2.0), Breakfast Yogurt and Granola, with Oatmeal (4.0), Breakfast Yogurt and Granola with English Muffins (2.0)	Sam's	Day Box	\$ 51.84
<input type="checkbox"/>	9.0	bag(s)	Cold Cereal	Breakfast Yogurt and Granola, with Cold Cereal (1.0), Breakfast Cold Cereal with HB Eggs and Muffins (4.0), Breakfast Cold Cereal with Hard Boiled Eggs (2.0), Breakfast Cold Cereal with English Muffins (2.0)	Sam's	Day Box	\$ 35.91
<input type="checkbox"/>	5.0	jar(s)	Marinara Sauce	Dinner Tortellini w/ Chicken (2.0), Dinner Spaghetti and Meatballs (3.0)	Sam's	Day Box	\$ 13.30
<input type="checkbox"/>	12.0	can(s)	Canned Green Beans	Dinner Tortellini w/ Chicken (5.0), Dinner Artichoke Lasagna (PM) (5.0), Dinner Pasta Primavera with Chicken Sausage (2.0)	Sam's	Day Box	\$ 10.17
<input type="checkbox"/>	4.0	box(es)	Oatmeal	Breakfast Yogurt and Granola, with Oatmeal (4.0)	Sam's	Day Box	\$ 8.00
<input type="checkbox"/>	3.0	package(s)	Dried Fruit	Breakfast Cream of Wheat (3.0)	Sam's	Day Box	\$ 12.00
<input type="checkbox"/>	4.0	box(es)	Spaghetti Noodles	Dinner Spaghetti and Meatballs (4.0)	Sam's	Day Box	\$ 7.96
<input type="checkbox"/>	18.0	can(s)	Diced Tomatoes	Dinner Beef Tacos (3.0), Dinner (GF) Shrimp Tacos (3.0), Lunch Taco Salad (4.0), Dinner Beef Chili (5.0), Dinner Jambalaya with Shrimp and Sausage (2.0), Lunch Mexi Wraps (1.0)	Sam's	Day Box	\$ 13.47
<input type="checkbox"/>	1.0	package(s)	Quinoa	Lunch Black Bean and Corn Quinoa Salad (1.0)	Sam's	Day Box	\$ 2.00
<input type="checkbox"/>	16.0	whole	Chocolate Bars	Dessert S'mores (16.0)	Sam's	Day Box	\$ 15.11
<input type="checkbox"/>	1.0	package(s)	Pre-cooked Bacon	Lunch BLTA (1.0)	Sam's	Day Box	\$ 15.47
<input type="checkbox"/>	8.0	can(s)	Canned Kidney Beans	Lunch Taco Salad (4.0), Dinner Beef Chili (4.0)	Sam's	Day Box	\$ 8.00
<input type="checkbox"/>	9.0	can(s)	Pinto Beans	Lunch Taco Salad (4.0), Dinner Beef Chili (2.0), Lunch Mexi Wraps (3.0)	Sam's	Day Box	\$ 8.97
<input type="checkbox"/>	4.0	package(s)	Saltine Crackers	Dinner Beef Chili (4.0)	Sam's	Day Box	\$ 2.39
<input type="checkbox"/>	4.0	can(s)	Tomato Paste	Dinner Beef Chili (4.0)	Sam's	Day Box	\$ 3.96
<input type="checkbox"/>	1.0	bottle(s)	Dried Cilantro	Side Dish Cilantro Lime Rice (1.0)	Sam's	Spice Box	\$ 0.50
<input type="checkbox"/>	2.0	bottle(s)	Cinnamon	Dessert Apple Crisp (DO) (1.0), Dessert Churros (1.0)	Sam's	Spice Box	\$ 2.00
<input type="checkbox"/>	8.0	whole	Dark Chocolate Bars	Dessert Dark Chocolate Bars (8.0)	Sam's	Day Box	\$ 23.92
<input type="checkbox"/>	1.0	package(s)	Dried Cranberries	Appetizer Brie and Crackers (1.0)	Sam's	Day Box	\$ 2.00
<input type="checkbox"/>	9.0	jar(s)	Peanut Butter	Lunch Peanut Butter and Jelly (1.0), Breakfast Cold Cereal with HB Eggs and Muffins (2.0), Breakfast Bagels with Hard Boiled Eggs (2.0), Breakfast Yogurt and Granola with English Muffins (2.0), Breakfast Bagels with Cream Cheese and Yogurt (1.0), Breakfast Cold Cereal with English Muffins (1.0)	Sam's	Day Box	\$ 36.54
<input type="checkbox"/>	3.0	can(s)	Canned Sliced Peaches	Dessert Blueberry and Peach Cobbler (DO) (3.0)	Sam's	Day Box	\$ 4.50
<input type="checkbox"/>	1.0	bottle(s)	Sugar	Dessert Churros (1.0)	Sam's	Spice Box	\$ 2.06
<input type="checkbox"/>	18.0	package(s)	Cream Cheese	Lunch Lox on Bagels with Cream Cheese (2.0), Appetizer Train Wreck (2.0), Appetizer Pesto Cream Cheese (2.0), Breakfast Salmon Lox on Bagels (6.0), Breakfast Bagels with Hard Boiled Eggs (4.0), Breakfast Bagels with Cream Cheese and Yogurt (2.0)	Sam's Dairy	Dairy Cooler	\$ 53.82
<input type="checkbox"/>	1.0	whole	Block Gouda Cheese	Appetizer Smoked Gouda and Crackers (1.0)	Sam's Dairy	Dairy Cooler	\$ 20.94
<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"/>	1.0	tub(s)	Spinach Dip	Appetizer Spinach Dip (1.0)	Sam's Dairy	Dairy Cooler	\$ 6.98
<input type="checkbox"/>	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
<input type="checkbox"/>	14.0	pound(s)	Sliced Cheese	Lunch Hummus Pitas (2.0), Lunch Cold Cut Sammies 2nd Half (4.0), Lunch Cold Cut Sammies (4.0), Dinner Grilled Ham, Cheese, & Tomato Soup (4.0)	Sam's Dairy	Dairy Cooler	223.61 oz \$ (13.98 55.09 lb)
<input type="checkbox"/>	1.0	tub(s)	Hummus	Lunch Hummus Pitas (1.0)	Sam's Dairy	Dairy Cooler	\$ 4.48
<input type="checkbox"/>	114.0	ounce(s)	Butter	Dinner Grilled Wild Salmon (8.0), Dinner Steaks and Potatoes (8.0), Dinner Tortellini w/ Chicken (4.0), Breakfast Cold Cereal with HB Eggs and Muffins (16.0), Dinner Chicken Pesto Pasta (8.0), Dinner Fettuccine Alfredo with Chicken (8.0), Dinner Artichoke Lasagna (PM) (8.0), Dinner Spaghetti and Meatballs (8.0), Dinner Grilled Ham, Cheese, & Tomato Soup (16.0), Dessert Blueberry and Peach Cobbler (DO) (8.0), Dinner Pasta Primavera with Chicken Sausage (8.0), Breakfast Cold Cereal with English Muffins (8.0), Dessert Apple Crisp (DO) (6.0)	Sam's Dairy	Dairy Cooler	114.0 oz \$ (7.13 24.94 lb)
<input type="checkbox"/>	9.0	tub(s)	Sour Cream	Dinner Grilled Wild Salmon (1.0), Dinner Steaks and Potatoes (1.0), Dinner Steak Fajitas (1.0), Dinner Beef Tacos (1.0), Dinner (GF) Shrimp Tacos (1.0), Lunch Taco Salad (2.0), Dinner Beef Chili (1.0), Lunch Mexi Wraps (1.0)	Sam's Dairy	Dairy Cooler	\$ 21.06
<input type="checkbox"/>	1.0	package(s)	Brie Cheese	Appetizer Brie and Crackers (1.0)	Sam's Dairy	Dairy Cooler	\$ 6.98
<input type="checkbox"/>	8.0	package(s)	Guacamole	Appetizer Tortilla Chips, Salsa, and Guacamole (2.0), Lunch Cold Cut Sammies 2nd Half (2.0), Dinner Beef Tacos (1.0), Lunch Taco Salad (2.0), Lunch Mexi Wraps (1.0)	Sam's Dairy	Produce Cooler	\$ 17.52
<input type="checkbox"/>	2.0	bag(s)	Mixed Greens	Appetizer Mixed Green Salad (2.0)	Sam's Dairy	Produce Cooler	\$ 3.88

Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
<input type="checkbox"/>	1.0	package(s) Feta Cheese	Lunch Mediterranean Tuna Salad (1.0)	Sam's Dairy	Day Box		\$ 7.28
<input type="checkbox"/>	3.0	jar(s) Pesto	Appetizer Pesto Cream Cheese (1.0), Dinner Chicken Pesto Pasta (1.0), Lunch Caprese Salad Sandwich (1.0)	Sam's Dairy	Produce Cooler		\$ 23.94
<input type="checkbox"/>	7.0	pound(s) Shredded Cheese	Dinner Steak Fajitas (2.0), Dinner Beef Tacos (2.0), Dinner (GF) Shrimp Tacos (1.0), Dinner Beef Chili (1.0), Lunch Mexi Wraps (1.0)	Sam's Dairy	Dairy Cooler	111.8 oz (6.99 lb)	\$ 20.93
<input type="checkbox"/>	4.5	package(s) Flour Tortillas	Dinner Steak Fajitas (0.75), Lunch Black Bean and Corn Quinoa Salad (0.75), Lunch Taco Salad (1.5), Lunch Chicken Caesar Wraps (0.75), Lunch Mexi Wraps (0.75)	Sam's Dairy	Bread Box		\$ 26.91
<input type="checkbox"/>	16.0	tub(s) Yogurt	Breakfast Yogurt and Granola, with Cold Cereal (2.0), Breakfast Yogurt and Granola, with Oatmeal (8.0), Breakfast Yogurt and Granola with English Muffins (4.0), Breakfast Bagels with Cream Cheese and Yogurt (2.0)	Sam's Dairy	Dairy Cooler		\$ 68.48
<input type="checkbox"/>	5.5	whole Parmesan Cheese Block	Dinner Tortellini w/ Chicken (0.5), Dinner Fettuccine Alfredo with Chicken (1.0), Dinner Spaghetti and Meatballs (1.0), Side Dish Caesar Salad (1.0), Dinner Pasta Primavera with Chicken Sausage (1.0), Lunch Chicken Caesar Wraps (1.0)	Sam's Dairy	Dairy Cooler		\$ 36.19
<input type="checkbox"/>	5.0	package(s) Corn Tortillas	Dinner Beef Tacos (2.0), Dinner (GF) Shrimp Tacos (3.0)	Sam's Dairy	Bread Box		\$ 12.50
<input type="checkbox"/>	1.0	can(s) Whipped Cream	Dessert Angel Food Cake (1.0)	Sam's Dairy	Dairy Cooler		\$ 2.83
<input type="checkbox"/>	5.0	bag(s) Shrimp	Dinner Kabobs (1.0), Dinner (GF) Shrimp Tacos (3.0), Dinner Jambalaya with Shrimp and Sausage (1.0)	Sam's Frozen	Meat Cooler		\$ 72.40
<input type="checkbox"/>	4.0	pound(s) Frozen Meatballs	Dinner Spaghetti and Meatballs (4.0)	Sam's Frozen	Meat Cooler	63.89 oz (3.99 lb)	\$ 13.33
<input type="checkbox"/>	16.0	whole Chicken Sausages	Dinner Pasta Primavera with Chicken Sausage (16.0)	Sam's Frozen	Meat Cooler		\$ 28.00
<input type="checkbox"/>	11.0	pound(s) Coffee	Breakfast Salmon Lox on Bagels (3.0), Breakfast Cold Cereal with HB Eggs and Muffins (2.0), Breakfast Bagels with Hard Boiled Eggs (2.0), Breakfast Yogurt and Granola with English Muffins (2.0), Breakfast Bagels with Cream Cheese and Yogurt (1.0), Breakfast Cold Cereal with English Muffins (1.0)	Toucanet	Day Box	175.69 oz (10.98 lb)	\$ 132.00
<input type="checkbox"/>	36.0	package(s) Crackers	Appetizer Smoked Gouda and Crackers (4.0), Appetizer Spinach Dip (4.0), Lunch Cheese and Crackers With Salami (8.0), Appetizer Olive Tapenade (8.0), Appetizer Brie and Crackers (4.0), Appetizer Pesto Cream Cheese (4.0), Appetizer Cheese and Crackers (4.0)	U.S. Foods	Day Box		\$ 54.00
<input type="checkbox"/>	8.0	bag(s) Frozen Edamame	Appetizer Edamame (8.0)	U.S. Foods	Meat Cooler		\$ 21.28
<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	bottle(s) Ketchup	Dinner Brats (1.0)	U.S. Foods	Day Box		\$ 1.50
<input type="checkbox"/>	5.0	bottle(s) Honey	Breakfast Yogurt and Granola, with Oatmeal (4.0), Side Dish River Slaw (1.0)	U.S. Foods	Day Box		\$ 30.00
<input type="checkbox"/>	3.0	package(s) Brown Sugar	Breakfast Cream of Wheat (3.0)	U.S. Foods	Day Box		\$ 3.00
<input type="checkbox"/>	1.0	bottle(s) Hot Sauce	Breakfast Cold Cereal with Hard Boiled Eggs (1.0)	U.S. Foods	Day Box		\$ 6.00
<input type="checkbox"/>	6.0	bottle(s) Mayonnaise	Lunch Cold Cut Sammies 2nd Half (2.0), Dinner Salmon Burgers (1.0), Lunch BLTA (1.0), Lunch Cold Cut Sammies (2.0)	U.S. Foods	Day Box		\$ 28.14
<input type="checkbox"/>	4.0	bottle(s) Mustard	Lunch Cold Cut Sammies 2nd Half (2.0), Lunch Cold Cut Sammies (2.0)	U.S. Foods	Day Box		\$ 8.76
<input type="checkbox"/>	40.0	whole Veggie Spring Rolls	Appetizer Egg Rolls (40.0)	U.S. Foods	Meat Cooler		\$ 24.00
<input type="checkbox"/>	2.0	pound(s) Frozen Cauliflower	Dinner Pork Stir Fry (2.0)	U.S. Foods	Meat Cooler	31.94 oz (2.0 lb)	\$ 4.50
<input type="checkbox"/>	1.0	box(es) Long Grain and Wild Rice	Dinner Kabobs (1.0)	U.S. Foods	Day Box		\$ 10.66
<input type="checkbox"/>	2.0	box(es) Spanish Rice	Dinner Beef Tacos (1.0), Dinner (GF) Shrimp Tacos (1.0)	U.S. Foods	Day Box		\$ 16.00
<input type="checkbox"/>	20.0	whole Salmon Burgers	Dinner Salmon Burgers (20.0)	U.S. Foods	Meat Cooler		\$ 45.00
<input type="checkbox"/>	3.0	package(s) Graham Crackers	Dessert S'mores (3.0)	U.S. Foods	Day Box		\$ 6.75
<input type="checkbox"/>	20.0	whole Churros	Dessert Churros (20.0)	U.S. Foods	Meat Cooler		\$ 20.00
<input type="checkbox"/>	4.0	jar(s) Olive Tapenade	Appetizer Olive Tapenade (4.0)	Whole Foods	Day Box		\$ 17.96
<input type="checkbox"/>	4.0	jar(s) Bruschetta	Appetizer Bruschetta (4.0)	Whole Foods	Day Box		\$ 16.00
<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 Any Leftover Food!	Breakfast Leftovers (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 (Grocery Stop Before Leaving Town) (16)	Rig Night (BYO or Moe Meal-additional charge) (16)	Breakfast Salmon Lox on Bagels (16)	Lunch Peanut Butter and Jelly (16)
Day 1	Appetizer Brie and Crackers (16)	Dinner Grilled Wild Salmon (16) Dessert Apple Crisp (DO) (16)	Breakfast Yogurt and Granola, with Oatmeal (16)	Lunch Hummus Pitas (16)
Day 2	Appetizer Tomato and Mozzarella Sliders (16)	Dinner Fettuccine Alfredo with Chicken (16) Dessert Angel Food Cake (16)	Breakfast Cold Cereal with HB Eggs and Muffins (16)	Lunch Cold Cut Sammies (16)
Day 3	Appetizer Antipasto Salad (16)	Dinner Artichoke Lasagna (PM) (16)	Breakfast Bagels with Hard Boiled Eggs (16)	Lunch Chicken Caesar Wraps (16)
Day 4	Appetizer Egg Rolls (16)	Dinner Pork Stir Fry (16)	Breakfast Cream of Wheat (16)	Lunch Caprese Salad Sandwich (16)
Day 5	Appetizer Edamame (16)	Dinner (GF) Shrimp Tacos (16) Side Dish River Slaw (16)	Breakfast Yogurt and Granola with English Muffins (16)	Lunch Taco Salad (16)
Day 6	Appetizer Cheese and Crackers (16)	Dinner Spaghetti and Meatballs (16) Side Dish Caesar Salad (16)	Breakfast Salmon Lox on Bagels (16)	Lunch Black Bean and Corn Quinoa Salad (16)
Day 7	Appetizer Mixed Green Salad (16)	Dinner Brats (16) Dessert Spice Cake & Frosting (DO) (16)	Breakfast Yogurt and Granola, with Oatmeal (16)	Lunch BLTA (16)
Day 8	Appetizer Olive Tapenade (16)	Dinner Chicken Curry (16)	Breakfast Cold Cereal with HB Eggs and Muffins (16)	Lunch Mediterranean Tuna Salad (16)
Day 9	Appetizer Pesto Cream Cheese (16)	Dinner Kabobs (16) Dessert Pineapple Upside Down Cake (DO) (16)	Breakfast Bagels with Hard Boiled Eggs (16)	Lunch Cold Cut Sammies (16)
Day 10	Appetizer Veggies and Dip (16)	Dinner Grilled Ham, Cheese, & Tomato Soup (16)	Breakfast Cream of Wheat (16)	Lunch Veggie Bagel Sandwiches (16)
Day 11	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner Steak Fajitas (16) Side Dish Cilantro Lime Rice (16) Dessert Churros (16)	Breakfast Yogurt and Granola with English Muffins (16)	Lunch Veggie Pitas (16)
Day 12	Appetizer Bruschetta (16)	Dinner Pasta Primavera with Chicken Sausage (16)	Breakfast Cold Cereal with Hard Boiled Eggs (16)	Lunch Lox on Bagels with Cream Cheese (16)
Day 13	Appetizer Smoked Gouda and Crackers (16)	Dinner Steaks and Potatoes (16) Dessert Blueberry and Peach Cobbler (DO) (16)	Breakfast Yogurt and Granola, with Oatmeal (16)	Lunch Mexi Wraps (16)
Day 14	Appetizer Spinach Dip (16)	Dinner Tortellini w/ Chicken (16) Dessert Fortune Cookies (16)	Breakfast Cold Cereal with English Muffins (16)	Lunch Cold Cut Sammies 2nd Half (16)
Day 15	Appetizer Edamame (16)	Dinner Beef Chili (16)	Breakfast Bagels with Cream Cheese and Yogurt (16)	Lunch Veggie Pitas (16)
Day 16	Appetizer Train Wreck (16)	Dinner Chicken Pesto Pasta (16) Dessert Dark Chocolate Bars (16)	Breakfast Cream of Wheat (16)	Lunch River Pasta Salad (16)
Day 17	Appetizer Squash Soup (16)	Dinner Salmon Burgers (16) Dessert No Bake Cheesecake (16)	Breakfast Yogurt and Granola, with Cold Cereal (16)	Lunch Cheese and Crackers With Salami (16)
Day 18	Appetizer Olive Tapenade (16)	Dinner Jambalaya with Shrimp and Sausage (16)	Breakfast Salmon Lox on Bagels (16)	Lunch Cold Cut Sammies 2nd Half (16)
Day 19	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner Beef Tacos (16) Dessert S'mores (16)	Breakfast Yogurt and Granola, with Oatmeal (16)	Lunch Taco Salad (16)
Day 20	Appetizer Bruschetta (16)	Dinner Stuffed Italian Chicken (PM) (16) Dessert Pepperidge Farms 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 Peanut Butter and Jelly

Lunch Day #0

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 Brie and Crackers

Appetizer Day #1

Individuals served: 16

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

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

Open brie package. White rind is fine to consume, cut off if desired. Pour dried cranberries on top. Serve on plate with crackers. Hint: put brie and cranberries in skillet and warm on low with lid for a 5-star appetizer!

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Brie Cheese	Dairy Cooler
4.0	package(s)	Crackers	Day Box
1.0	package(s)	Dried Cranberries	Day Box

Dinner Grilled Wild Salmon

Dinner Day #1

Individuals served: 16

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

Start coals! Wrap salmon in foil with butter, onion, and lemon slices. Place on grill when coals are hot. Cook asparagus on griddle or wrap in foil to steam on coals, prepare both with butter and seasonings. Prepare mashed potatoes according to directions on package. Serve with sour cream for mashed potatoes.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
5.0	pound(s)	Wild Salmon	Meat Cooler	4.0	package(s)	Instant Mashed Potatoes	Day Box
8.0	ounce(s)	Butter	Dairy Cooler	4.0	whole	Lemons	Produce Crate
1.0	tub(s)	Sour Cream	Dairy Cooler	2.0	whole	Yellow Onion	Produce Crate
4.0	pound(s)	Asparagus	Produce Cooler				

Dessert Apple Crisp (DO)

Dinner Day #1

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 Oatmeal

Breakfast Day #1

Individuals served: 16

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

Cook oatmeal by using 2 parts water to 1 part oatmeal. Add oats to boiling water and stir. Cook over medium heat until tender. Make assembly line for a quick and easy breakfast! Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	tub(s)	Yogurt	Dairy Cooler	1.0	box(es)	Oatmeal	Day Box
1.0	bottle(s)	Honey	Day Box	2.0	box(es)	Milk	Day Box
1.0	bag(s)	Granola	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 Tomato and Mozzarella Sliders

Appetizer Day #2

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 Fettuccine Alfredo with Chicken

Dinner Day #2

Individuals served: 16

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

Cook noodles according to directions, add splash of oil and stir frequently to prevent the noodles from sticking together. In a dutch oven start cooking chicken with a bit of oil and seasonings of choice (salt,pepper,onion,garlic). Chop zucchini & yellow bell peppers. Add vegetables and saute with chicken. Add drained mushrooms and chopped roasted red peppers to taste. Once veggies are tender add sauce and heat until warm. Melt butter and add garlic and spices. On griddle melt butter and add garlic and spices, place bread on top of butter and brown. Serve with shredded parmesan on top! 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	whole	Parmesan Cheese Block	Dairy Cooler	3.0	box(es)	Fettuccine Noodles	Day Box
8.0	ounce(s)	Butter	Dairy Cooler	3.0	jar(s)	Alfredo Sauce	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	2.0	jar(s)	Roasted Red Peppers	Day Box
2.0	whole	Zucchini	Produce Cooler	1.0	can(s)	Canned Mushrooms	Day Box

Dessert Angel Food Cake

Dinner Day #2

Individuals served: 16

Dietary restrictions / allergens: Wheat/Gluten, Dairy

Slice up the loaves, serve and top with blackberries and whipped cream! Enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	can(s)	Whipped Cream	Dairy Cooler
2.0	loaf	Angel Food Cake	Dairy Cooler
3.0	can(s)	Canned Blueberries	Day Box

Breakfast Cold Cereal with HB Eggs and Muffins

Breakfast Day #2

Individuals served: 16

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

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. Toast english muffins on griddle with butter. Enjoy with hot sauce and a side of cereal!

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

Lunch Cold Cut Sammies

Lunch Day #2

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 avocados, tomatoes, and onions, and assemble wraps as desired. Pass out chips and cookies when you stop!

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

Appetizer Antipasto Salad

Appetizer Day #3

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 Artichoke Lasagna (PM)

Dinner Day #3

Individuals served: 16

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

Artichoke lasagna is packaged in bags of 4 servings each. See "Boil in a Bag" instructions in trip binder. Heat up mostly drained green beans in pot butter or oil, add spices to taste (garlic salt, lemon pepper). Melt the rest of butter and mix with garlic and spices to taste (salt, pepper, and Italian seasonings). Spread butter mixture on pieces of sourdough and toast on griddle face down until golden brown, yum garlic bread!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
16.0	whole	Artichoke Lasagna	Meat Cooler	2.0	loaf	Sourdough	Bread Box
8.0	ounce(s)	Butter	Produce Cooler	5.0	can(s)	Canned Green Beans	Day Box

Breakfast Bagels with Hard Boiled Eggs

Breakfast Day #3

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 Chicken Caesar Wraps

Lunch Day #3

Individuals served: 16

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

Before leaving camp (optional): open and drain and chop 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 with tortillas. 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
0.75	package(s)	Flour Tortillas	Bread Box	1.0	package(s)	Cookies	Day Box
4.0	can(s)	Canned Chicken	Day Box	1.0	whole	Red Onion	Produce Crate
1.0	bottle(s)	Caesar Dressing	Day Box				

Appetizer Egg Rolls

Appetizer Day #4

Individuals served: 16

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

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

Heat up griddle and with a small amount of oil, rotate spring rolls while cooking, and fry until golden brown. Serve with sweet and sour sauce on side. Enjoy!

Qty	Unit	Ingredient	Packing notes
40.0	whole	Veggie Spring Rolls	Meat Cooler
1.0	bottle(s)	Sweet and Sour Sauce	Day Box

Dinner Pork Stir Fry

Dinner Day #4

Individuals served: 16

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

Follow directions for rice on box. Chop all veggies to appropriate size. Heat up peanut and sesame oil in skillet, add in pork and cook until brown. In dutch oven, saute all vegetable until softened. Once vegetables are tender, add in pork. Add peanut sauce to pot with tamari to taste and toss. Serve meat and veggies over rice and enjoy!

*Note: keep pork separate for vegetarians or vegans

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Cubed Pork	Meat Cooler	3.0	bottle(s)	Thai Peanut Sauce	Day Box
2.0	pound(s)	Frozen Cauliflower	Meat Cooler	1.0	bottle(s)	Tamari Soy Sauce	Day Box
2.0	pound(s)	Carrots	Produce Cooler	1.0	bottle(s)	Peanut Oil	Day Box
2.0	whole	Red Bell Pepper	Produce Cooler	1.0	bottle(s)	Sesame Oil	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	1.0	box(es)	Instant Brown Rice	Day Box
1.0	bunch(es)	Celery	Produce Cooler	2.0	whole	Yellow Onion	Produce Crate

Breakfast Cream of Wheat

Breakfast Day #4

Individuals served: 16

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

Prepare cream of wheat according to directions of box. Top with dried fruit and brown sugar, add some cinnamon from the spice box if you desire! Good morning!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	box(es)	Cream of Wheat	Day Box	1.0	package(s)	Brown Sugar	Day Box
1.0	package(s)	Dried Fruit	Day Box	2.0	box(es)	Milk	Day Box

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 Edamame

Appetizer Day #5

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 (GF) Shrimp Tacos

Dinner Day #5

Individuals served: 16

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

Chop all Veggies and drain cans. Cook rice according to directions on box adding diced tomatoes with the water. Cook onion and peppers in oil. When partially cooked, add shrimp and taco seasoning to taste. Shrimp are done when fully pink and in the shape of a "C" (2-3 min). Cook beans over low heat. Heat tortillas on lid of dutch oven or on griddle. Assemble tacos with sour cream, avocado, tomatoes, cheese and olives. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
3.0	bag(s)	Shrimp	Meat Cooler	3.0	package(s)	Corn Tortillas	Bread Box
1.0	tub(s)	Sour Cream	Dairy Cooler	3.0	can(s)	Diced Tomatoes	Day Box
1.0	pound(s)	Shredded Cheese	Dairy Cooler	1.0	box(es)	Spanish Rice	Day Box
2.0	whole	Red Bell Pepper	Produce Cooler	4.0	can(s)	Black Beans	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	2.0	can(s)	Black Olives	Day Box
4.0	whole	Tomatoes	Produce Cooler	2.0	package(s)	Taco Seasoning	Day Box
4.0	whole	Avocados	Produce Cooler	1.0	whole	Yellow Onion	Produce Crate

Side Dish River Slaw

Dinner Day #5

Individuals served: 16

Dietary restrictions / allergens: **Dairy**

Cut cabbage thinly. Grate apples and carrots. Mix all together in a bowl. Drizzle with honey and dressing and mix. Top with sunflower seeds.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	pound(s)	Carrots	Produce Cooler	1.0	head(s)	Red Cabbage	Produce Crate
1.0	bottle(s)	Honey	Day Box	1.0	head(s)	Green Cabbage	Produce Crate
1.0	package(s)	Sunflower Seeds	Day Box	2.0	whole	Apples	Produce Crate
1.0	bottle(s)	Coleslaw Dressing	Day Box				

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 Taco Salad

Lunch Day #5

Individuals served: 16

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

Before leaving camp, drain all cans and mix together with taco seasoning to taste. Put in big ziplock bag in a cooler until lunch time. Find a cool spot, and chop lettuce and crush up some chips and add to bean mix. Serve with sour cream and guacamole. Enjoy as a salad or it up in a tortilla!

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Guacamole	Dairy Cooler
1.0	tub(s)	Sour Cream	Dairy Cooler
1.0	head(s)	Iceberg Lettuce	Produce Cooler
0.75	package(s)	Flour Tortillas	Bread Box
2.0	can(s)	Black Beans	Day Box
2.0	can(s)	Canned Kidney Beans	Day Box
2.0	can(s)	Pinto Beans	Day Box
1.0	jar(s)	Salsa	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	bag(s)	Beef Jerky	Day Box
1.0	package(s)	Taco Seasoning	Day Box
1.0	bag(s)	Tortilla Chips	Day Box
1.0	package(s)	Cookies	Day Box
1.0	can(s)	Canned Corn	Day Box
1.0	can(s)	Diced Green Chiles	Day Box
2.0	can(s)	Diced Tomatoes	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 Spaghetti and Meatballs

Dinner Day #6

Individuals served: 16

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

Boil noodles according to directions on box, add oil to water and stir frequently to prevent noodles from sticking together. Add mushrooms and chopped bell pepper to dutch oven. Once veggies are tender, pour in sauce. Add meatballs to sauce and heat through. On griddle melt butter and add garlic and spices, place bread on top of butter and brown. Serve with shredded parmesan on top! Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Frozen Meatballs	Meat Cooler	2.0	loaf	Sourdough	Bread Box
1.0	whole	Parmesan Cheese Block	Dairy Cooler	4.0	box(es)	Spaghetti Noodles	Day Box
8.0	ounce(s)	Butter	Dairy Cooler	3.0	jar(s)	Marinara Sauce	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	2.0	can(s)	Canned Mushrooms	Day Box

Side Dish Caesar Salad

Dinner Day #6

Individuals served: 16

Chop lettuce, and slice and dice tomatoes and onion. Mix together in a bowl top with croutons and Cesar dressing. Enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	whole	Parmesan Cheese Block	Dairy Cooler	1.0	package(s)	Croutons	Day Box
2.0	head(s)	Romaine Lettuce	Produce Cooler	1.0	bottle(s)	Caesar Dressing	Day Box
2.0	whole	Tomatoes	Produce Cooler	1.0	whole	Red Onion	Produce Crate

Breakfast Salmon Lox on Bagels

Breakfast Day #6

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 Black Bean and Corn Quinoa Salad

Lunch Day #6

Individuals served: 16

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

Before leaving camp (or the night before): Cook by adding two parts water to one part quinoa (4.5 cups for 16 people and 2.5 cups for 8 people). Bring to boil then simmer, covered, until quinoa is tender and white spiral like threads appear around grains (simmer about 15 minutes). Fluff with fork. Cut cherry tomatoes in half, dice avocados, drain and rinse black beans. Mix all together with a squeeze of lime and corn. Add salad dressing to taste and toss together. Place in a ziplock bag in a cooler until lunch time. Serve with tortillas to make a fresh burrito, cookies and chips!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	head(s)	Romaine Lettuce	Produce Cooler	1.0	bottle(s)	Creamy Cilantro Dressing	Day Box
2.0	package(s)	Cherry Tomatoes	Produce Cooler	2.0	can(s)	Canned Corn	Day Box
4.0	whole	Avocados	Produce Cooler	2.0	can(s)	Stax	Day Box
0.75	package(s)	Flour Tortillas	Bread Box	1.0	package(s)	Cookies	Day Box
1.0	package(s)	Quinoa	Day Box	4.0	whole	Limes	Produce Crate
4.0	can(s)	Black Beans	Day Box				

Appetizer Mixed Green Salad

Appetizer Day #7

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 Brats

Dinner Day #7

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. Slice tomatoes and serve with brat 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	whole	Tomatoes	Produce Cooler	1.0	bottle(s)	Spicy Mustard	Day Box
3.0	package(s)	Brat Buns	Bread Box	1.0	bottle(s)	Sauerkraut	Day Box
4.0	can(s)	Canned Corn	Day Box	4.0	can(s)	Baked Beans	Day Box
1.0	bottle(s)	Ketchup	Day Box				

Dessert Spice Cake & Frosting (DO)

Dinner Day #7

Individuals served: 16

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

Prepare coals or use coals from dinner. Mix cake according to directions on box, and refer to the Dutch oven cooking section in the Menu Book. Make sure to 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. Top with frosting and enjoy!

Qty	Unit	Ingredient	Packing notes
0.5	dozen(s)	Eggs	Egg Can
2.0	package(s)	Spice Cake Mix	Day Box
1.0	jar(s)	Cream Cheese Frosting	Day Box

Breakfast Yogurt and Granola, with Oatmeal

Breakfast Day #7

Individuals served: 16

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

Cook oatmeal by using 2 parts water to 1 part oatmeal. Add oats to boiling water and stir. Cook over medium heat until tender. Make assembly line for a quick and easy breakfast! Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	tub(s)	Yogurt	Dairy Cooler	1.0	box(es)	Oatmeal	Day Box
1.0	bottle(s)	Honey	Day Box	2.0	box(es)	Milk	Day Box
1.0	bag(s)	Granola	Day Box				

Lunch BLTA

Lunch Day #7

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 Olive Tapenade

Appetizer Day #8

Individuals served: 16

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

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

Qty	Unit	Ingredient	Packing notes
2.0	jar(s)	Olive Tapenade	Day Box
4.0	package(s)	Crackers	Day Box

Dinner Chicken Curry

Dinner Day #8

Individuals served: 16

Dietary restrictions / allergens: **Chicken**

Chop onions, potatoes, yellow bell pepper, and carrots in bite sized pieces. Cook onion and chicken in Dutch oven with oil until browned, add garlic and stir until fragrant (1-2 min). Add curry sauce, coconut milk, chopped veggies to Dutch oven. Bring to boil, cover, and lower temp to simmer until veggies are soft. Cook rice according to directions on package. Once rice is ready, fluff for the perfect jasmine rice! Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Cubed Chicken	Meat Cooler	4.0	can(s)	Coconut Cream	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	1.0	bag(s)	Jasmine Rice	Day Box
1.0	pound(s)	Carrots	Produce Cooler	2.0	whole	Yellow Onion	Produce Crate
2.0	jar(s)	Green Curry Paste	Day Box	6.0	whole	Potatoes	Produce Crate

Breakfast Cold Cereal with HB Eggs and Muffins

Breakfast Day #8

Individuals served: 16

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

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. Toast english muffins on griddle with butter. Enjoy with hot sauce and a side of cereal!

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

Lunch Mediterranean Tuna Salad

Lunch Day #8

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 Pesto Cream Cheese

Appetizer Day #9

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 Kabobs

Dinner Day #9

Individuals served: 16

Dietary restrictions / allergens: **Chicken , Beef , Shellfish**

Soak skewers in a bowl with water for at 10-30 minutes before making skewers to prevent burning! Get coals started on grill. Cook rice according to instructions on box. Chop all remaining veggies into 1" chunks and set out with shrimp, chicken and beef. Make your own skewers, season to your liking and grill! Enjoy with side of rice.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	pound(s)	Cubed Beef	Meat Cooler	4.0	whole	Red Bell Pepper	Produce Cooler
2.0	pound(s)	Cubed Chicken	Meat Cooler	1.0	package(s)	Fresh Mushrooms	Produce Cooler
1.0	bag(s)	Shrimp	Meat Cooler	1.0	package(s)	Wooden Skewers x 100	Day Box
4.0	whole	Zucchini	Produce Cooler	1.0	box(es)	Long Grain and Wild Rice	Day Box
4.0	whole	Yellow Squash	Produce Cooler	3.0	whole	Yellow Onion	Produce Crate
4.0	whole	Yellow Bell Pepper	Produce Cooler				

Dessert Pineapple Upside Down Cake (DO)

Dinner Day #9

Individuals served: 16

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

Mix ingredients according to cake box directions and add to dutch oven, top with drained canned pineapple. Prepare coals or use coals from dinner. Refer to the Dutch oven cooking section in the Menu Book. Make sure to 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
0.5	dozen(s)	Eggs	Egg Can
2.0	box(es)	Pineapple Upside Down Cake Mix	Day Box
1.0	can(s)	Canned Pineapple	Day Box

Breakfast Bagels with Hard Boiled Eggs

Breakfast Day #9

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 Cold Cut Sammies

Lunch Day #9

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 avocados, tomatoes, and onions, and assemble wraps as desired. Pass out chips and cookies when you stop!

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

Appetizer Veggies and Dip

Appetizer Day #10

Individuals served: 16

Dietary restrictions / allergens: Dairy

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Slice, dip & enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	bag(s)	Baby Carrots	Produce Cooler	2.0	whole	Cucumbers	Produce Cooler
4.0	whole	Yellow Bell Pepper	Produce Cooler	1.0	bottle(s)	Ranch Dressing	Day Box

Dinner Grilled Ham, Cheese, & Tomato Soup

Dinner Day #10

Individuals served: 16

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

Slice tomato and avocado and assemble sandwiches with ham and cheese to order. Toast your sandwiches on buttered griddle until golden brown and gooey. Warm up soup in pot and dip! *Hint: Spreading mayo to outside of bread helps prevent any burnt sammies.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Ham	Meat Cooler	4.0	whole	Avocados	Produce Cooler
4.0	pound(s)	Sliced Cheese	Dairy Cooler	3.0	loaf	Texas Toast	Bread Box
16.0	ounce(s)	Butter	Dairy Cooler	4.0	box(es)	Tomato Soup	Day Box
4.0	whole	Tomatoes	Produce Cooler				

Breakfast Cream of Wheat

Breakfast Day #10

Individuals served: 16

Dietary restrictions / allergens: Wheat/Gluten, Dairy

Prepare cream of wheat according to directions of box. Top with dried fruit and brown sugar, add some cinnamon from the spice box if you desire! Good morning!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	box(es)	Cream of Wheat	Day Box	1.0	package(s)	Brown Sugar	Day Box
1.0	package(s)	Dried Fruit	Day Box	2.0	box(es)	Milk	Day Box

Lunch Veggie Bagel Sandwiches

Lunch Day #10

Individuals served: 16

Dietary restrictions / allergens: Wheat/Gluten, Dairy

Slice veggies and pile onto bagels!

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

Appetizer Tortilla Chips, Salsa, and Guacamole

Appetizer Day #11

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 #11

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 #11

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

Dessert Churros

Dinner Day #11

Individuals served: 16

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

Fry to golden brown in hot oil, coat with cinnamon and sugar. Yum!

Qty	Unit	Ingredient	Packing notes
20.0	whole	Churros	Meat Cooler
1.0	bottle(s)	Cinnamon	Spice Box
1.0	bottle(s)	Sugar	Spice Box

Breakfast Yogurt and Granola with English Muffins

Breakfast Day #11

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 Veggie Pitas

Lunch Day #11

Individuals served: 16

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

Slice or dice veggies and make your own pitas!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	whole	Zucchini	Produce Cooler	1.0	head(s)	Romaine Lettuce	Produce Cooler
2.0	whole	Yellow Squash	Produce Cooler	3.0	package(s)	Pita Bread	Bread Box
2.0	whole	Cucumbers	Produce Cooler	1.0	bottle(s)	Ranch Dressing	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	2.0	can(s)	Stax	Day Box
2.0	whole	Red Bell Pepper	Produce Cooler	1.0	package(s)	Cookies	Day Box
2.0	whole	Tomatoes	Produce Cooler	1.0	whole	Red Onion	Produce Crate
4.0	whole	Avocados	Produce Cooler				

Appetizer Bruschetta

Appetizer Day #12

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

Dinner Day #12

Individuals served: 16

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

Cook pasta according to directions on box. Chop all veggies and drain canned veggies. Slice chicken sausage into bite sized pieces. In Dutch oven saute carrots and bell peppers, once softened add chicken, onion, and Italian seasonings to taste (add more oil if necessary). When browned, add garlic (1/2 jar), squash, zucchini , 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	2.0	package(s)	Grape Tomatoes	Produce Cooler
8.0	ounce(s)	Butter	Dairy Cooler	2.0	loaf	Sourdough	Bread Box
1.0	whole	Parmesan Cheese Block	Dairy Cooler	4.0	bag(s)	Penne Pasta	Day Box
4.0	whole	Yellow Squash	Produce Cooler	2.0	can(s)	Canned Green Beans	Day Box
4.0	whole	Zucchini	Produce Cooler	1.0	can(s)	Canned Asparagus	Day Box
1.0	pound(s)	Carrots	Produce Cooler	1.0	whole	Yellow Onion	Produce Crate
2.0	whole	Red Bell Pepper	Produce Cooler				

Breakfast Cold Cereal with Hard Boiled Eggs

Breakfast Day #12

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. Enjoy with hot sauce and a side of cereal!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
3.0	dozen(s)	Eggs	Egg Can	4.0	box(es)	Milk	Day Box
2.0	bag(s)	Cold Cereal	Day Box	1.0	bottle(s)	Hot Sauce	Day Box

Lunch Lox on Bagels with Cream Cheese

Lunch Day #12

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	1.0	jar(s)	Capers	Day Box
2.0	package(s)	Cream Cheese	Dairy Cooler	2.0	can(s)	Stax	Day Box
3.0	whole	Tomatoes	Produce Cooler	1.0	package(s)	Cookies	Day Box
3.2	bag(s)	Bagels	Bread Box	1.0	whole	Red Onion	Produce Crate

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 Steaks and Potatoes

Dinner Day #13

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 Blueberry and Peach Cobbler (DO)

Dinner Day #13

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 and Granola, with Oatmeal

Breakfast Day #13

Individuals served: 16

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

Cook oatmeal by using 2 parts water to 1 part oatmeal. Add oats to boiling water and stir. Cook over medium heat until tender. Make assembly line for a quick and easy breakfast! Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	tub(s)	Yogurt	Dairy Cooler	1.0	box(es)	Oatmeal	Day Box
1.0	bottle(s)	Honey	Day Box	2.0	box(es)	Milk	Day Box
1.0	bag(s)	Granola	Day Box				

Lunch Mexi Wraps

Lunch Day #13

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 Spinach Dip

Appetizer Day #14

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 Tortellini w/ Chicken

Dinner Day #14

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 #14

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 Cold Cereal with English Muffins

Breakfast Day #14

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 Cold Cut Sammies 2nd Half

Lunch Day #14

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 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 Beef Chili

Dinner Day #15

Individuals served: 16

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

Drain and rinse beans. Chop and sauté onions (4-6 min. or until translucent), add garlic and mix until fragrant (1-2 min). Add ground beef to onions and brown and break up meat. Once browned, add tomato sauce, tomato paste *include one can of water per can of paste used*, diced tomatoes and beans. Add chili seasoning, green chilies, corn and any other seasonings to taste, and cook until desired thickness. Serve with saltine crackers, sour cream and shredded cheese. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Ground Beef	Meat Cooler	3.0	package(s)	Chili Seasoning	Day Box
1.0	pound(s)	Shredded Cheese	Dairy Cooler	4.0	package(s)	Saltine Crackers	Day Box
1.0	tub(s)	Sour Cream	Dairy Cooler	4.0	can(s)	Tomato Paste	Day Box
4.0	can(s)	Canned Kidney Beans	Day Box	1.0	can(s)	Canned Corn	Day Box
2.0	can(s)	Pinto Beans	Day Box	2.0	can(s)	Diced Green Chiles	Day Box
5.0	can(s)	Diced Tomatoes	Day Box	2.0	whole	Yellow Onion	Produce Crate
1.0	jar(s)	Minced Garlic	Day Box				

Breakfast Bagels with Cream Cheese and Yogurt

Breakfast Day #15

Individuals served: 16

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

Toast bagels on griddle to order. Create assembly line of bagels, cream cheese and pb&j and yogurt on the side. Good morning!

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
2.0	package(s)	Cream Cheese	Dairy Cooler	1.0	jar(s)	Jelly	Day Box
3.2	bag(s)	Bagels	Bread Box	1.0	pound(s)	Coffee	Day Box

Lunch Veggie Pitas

Lunch Day #15

Individuals served: 16

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

Slice or dice veggies and make your own pitas!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	whole	Zucchini	Produce Cooler	1.0	head(s)	Romaine Lettuce	Produce Cooler
2.0	whole	Yellow Squash	Produce Cooler	3.0	package(s)	Pita Bread	Bread Box
2.0	whole	Cucumbers	Produce Cooler	1.0	bottle(s)	Ranch Dressing	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	2.0	can(s)	Stax	Day Box
2.0	whole	Red Bell Pepper	Produce Cooler	1.0	package(s)	Cookies	Day Box
2.0	whole	Tomatoes	Produce Cooler	1.0	whole	Red Onion	Produce Crate
4.0	whole	Avocados	Produce Cooler				

Appetizer Train Wreck

Appetizer Day #16

Individuals served: 16

Dietary restrictions / allergens: Dairy

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

Put cream cheese into a bowl, cover with drained and rinsed black beans, green chilies and salsa. Mix if desired or serve as is with chips. Enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Cream Cheese	Dairy Cooler	2.0	can(s)	Black Beans	Day Box
1.0	bag(s)	Tortilla Chips	Day Box	1.0	can(s)	Diced Green Chiles	Day Box
1.0	jar(s)	Salsa	Day Box				

Dinner Chicken Pesto Pasta

Dinner Day #16

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 Dark Chocolate Bars

Dinner Day #16

Individuals served: 16

Dietary restrictions / allergens: Dairy

Enjoy!

Qty	Unit	Ingredient	Packing notes
8.0	whole	Dark Chocolate Bars	Day Box

Breakfast Cream of Wheat

Breakfast Day #16

Individuals served: 16

Dietary restrictions / allergens: Wheat/Gluten, Dairy

Prepare cream of wheat according to directions of box. Top with dried fruit and brown sugar, add some cinnamon from the spice box if you desire! Good morning!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	box(es)	Cream of Wheat	Day Box	1.0	package(s)	Brown Sugar	Day Box
1.0	package(s)	Dried Fruit	Day Box	2.0	box(es)	Milk	Day Box

Lunch River Pasta Salad

Lunch Day #16

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 Squash Soup

Appetizer Day #17

Individuals served: 16

*Note: Please check food notes for any possible adjustments or dietary modifications for the day. Heat and add any additional spices desired, enjoy!

Qty	Unit	Ingredient	Packing notes
4.0	box(es)	Squash Soup	Day Box

Dinner Salmon Burgers

Dinner Day #17

Individuals served: 16

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

Cook salmon burgers on the griddle over the stove. Dice onions and mix half horseradish, mayo, and half cocktail sauce to make a topping. Slice tomatoes for burger topping. Heat up baked beans. Heat buns on low heat on bottom of Dutch oven with oil or butter. Serve burgers with beans, sauces and capers. Enjoy!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
20.0	whole	Salmon Burgers	Meat Cooler	1.0	bottle(s)	Horseradish	Day Box
3.0	whole	Tomatoes	Produce Cooler	4.0	can(s)	Baked Beans	Day Box
2.0	package(s)	Hamburger Buns	Bread Box	1.0	bottle(s)	Cocktail Sauce	Day Box
1.0	bottle(s)	Mayonnaise	Day Box	1.0	whole	Red Onion	Produce Crate
1.0	jar(s)	Capers	Day Box				

Dessert No Bake Cheesecake

Dinner Day #17

Individuals served: 16

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

Follow direction on box and assemble in skillet, no need to heat. Enjoy!

Qty	Unit	Ingredient	Packing notes
2.0	box(es)	No Bake Cheesecake	Day Box

Breakfast Yogurt and Granola, with Cold Cereal

Breakfast Day #17

Individuals served: 16

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

Make assembly line for a quick and easy breakfast! Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	tub(s)	Yogurt	Dairy Cooler	2.0	bag(s)	Granola	Day Box
4.0	box(es)	Milk	Day Box	1.0	bag(s)	Cold Cereal	Day Box

Lunch Cheese and Crackers With Salami

Lunch Day #17

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 Olive Tapenade

Appetizer Day #18

Individuals served: 16

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

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

Qty	Unit	Ingredient	Packing notes
2.0	jar(s)	Olive Tapenade	Day Box
4.0	package(s)	Crackers	Day Box

Dinner Jambalaya with Shrimp and Sausage

Dinner Day #18

Individuals served: 16

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

Prepare jambalaya according to directions on box. Saute onions, peppers and drained mushrooms in a bit of oil. Add sausage and seasonings to taste and stir until cooked through. Add in shrimp and cook until fully pink and in the shape of a "C". Lastly add diced tomatoes to meat mixture. Mix together meat/veg with jambalaya if desired. If you have non meat eaters in your group, leave ingredients separate.

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	bag(s)	Shrimp	Meat Cooler	2.0	can(s)	Canned Mushrooms	Day Box
12.0	whole	Andouille Sausage	Meat Cooler	2.0	can(s)	Diced Tomatoes	Day Box
2.0	whole	Yellow Bell Pepper	Produce Cooler	5.0	box(es)	Jambalaya	Day Box
2.0	whole	Red Bell Pepper	Produce Cooler	2.0	whole	Yellow Onion	Produce Crate

Breakfast Salmon Lox on Bagels

Breakfast Day #18

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 Cold Cut Sammies 2nd Half

Lunch Day #18

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 Tortilla Chips, Salsa, and Guacamole

Appetizer Day #19

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 Beef Tacos

Dinner Day #19

Individuals served: 16

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

Cook beef with diced onion and green chilies and taco seasoning to taste (add appropriate amount of water according to packet). Cook rice according to directions on box and add diced tomatoes with the water. Heat refried beans on stove over low heat, adding water to prevent scorching. Heat or fry corn tortillas before serving! Serve with cheese, guacamole, chopped cabbage, sour cream and olives. Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Ground Beef	Meat Cooler	1.0	box(es)	Spanish Rice	Day Box
2.0	pound(s)	Shredded Cheese	Dairy Cooler	3.0	can(s)	Diced Tomatoes	Day Box
1.0	tub(s)	Sour Cream	Dairy Cooler	4.0	can(s)	Refried Beans	Day Box
1.0	package(s)	Guacamole	Dairy Cooler	2.0	package(s)	Taco Seasoning	Day Box
2.0	package(s)	Corn Tortillas	Bread Box	1.0	whole	Yellow Onion	Produce Crate
2.0	can(s)	Diced Green Chiles	Day Box	1.0	head(s)	Green Cabbage	Produce Crate
2.0	can(s)	Black Olives	Day Box				

Dessert S'mores

Dinner Day #19

Individuals served: 16

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

Enjoy s'mores around a camp fire. Time for some river stories!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	bag(s)	Marshmallows	Day Box	16.0	whole	Chocolate Bars	Day Box
3.0	package(s)	Graham Crackers	Day Box	1.0	package(s)	Wooden Skewers x 50	Day Box

Breakfast Yogurt and Granola, with Oatmeal

Breakfast Day #19

Individuals served: 16

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

Cook oatmeal by using 2 parts water to 1 part oatmeal. Add oats to boiling water and stir. Cook over medium heat until tender. Make assembly line for a quick and easy breakfast! Yum!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
2.0	tub(s)	Yogurt	Dairy Cooler	1.0	box(es)	Oatmeal	Day Box
1.0	bottle(s)	Honey	Day Box	2.0	box(es)	Milk	Day Box
1.0	bag(s)	Granola	Day Box				

Lunch Taco Salad

Lunch Day #19

Individuals served: 16

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

Before leaving camp, drain all cans and mix together with taco seasoning to taste. Put in big ziplock bag in a cooler until lunch time. Find a cool spot, and chop lettuce and crush up some chips and add to bean mix. Serve with sour cream and guacamole. Enjoy as a salad or it up in a tortilla!

Qty	Unit	Ingredient	Packing notes	Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Guacamole	Dairy Cooler	1.0	bag(s)	Beef Jerky	Day Box
1.0	tub(s)	Sour Cream	Dairy Cooler	1.0	package(s)	Taco Seasoning	Day Box
1.0	head(s)	Iceberg Lettuce	Produce Cooler	1.0	bag(s)	Tortilla Chips	Day Box
0.75	package(s)	Flour Tortillas	Bread Box	1.0	package(s)	Cookies	Day Box
2.0	can(s)	Black Beans	Day Box	1.0	can(s)	Canned Corn	Day Box
2.0	can(s)	Canned Kidney Beans	Day Box	1.0	can(s)	Diced Green Chiles	Day Box
2.0	can(s)	Pinto Beans	Day Box	2.0	can(s)	Diced Tomatoes	Day Box
1.0	jar(s)	Salsa	Day Box				

Appetizer Bruschetta

Appetizer Day #20

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 Stuffed Italian Chicken (PM)

Dinner Day #20

Individuals served: **16**

Dietary restrictions / allergens: **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. Cook couscous according to directions on bag, season with bouillon and other seasonings of choice. Heat mostly drained corn in pot and season as desired. Enjoy!

Qty	Unit	Ingredient	Packing notes
16.0	whole	Stuffed Italian Chicken (PM)	Meat Cooler
1.0	box(es)	Couscous	Day Box
4.0	can(s)	Canned Corn	Day Box

Dessert Pepperidge Farms Cookies

Dinner Day #20

Individuals served: **16**

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

Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Pepperidge Farms Cookies	Day Box

Breakfast Leftovers

Breakfast Day #20

Individuals served: **16**

Finish anything!!

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

Lunch En Route to Flagstaff

Lunch Day #20

Individuals served: **16**

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