

MEAL PLAN – PIPESTONE RIVER

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
July 1st			<ul style="list-style-type: none"> • Steaks • Baked potato • Steamed Green Beans 	<ul style="list-style-type: none"> • Drink Crystals • Granola Bars • Beef Jerky
July 2nd	<ul style="list-style-type: none"> • Hard boiled eggs • Bacon • Coffee 	<ul style="list-style-type: none"> • Salami • Old Cheese 	<ul style="list-style-type: none"> • Curry Mix • Flavored Rice 	<ul style="list-style-type: none"> • GORP • Drink Crystals • Granola Bars • Beef Jerky
July 3rd	<ul style="list-style-type: none"> • Hard boiled eggs • Bacon • Coffee 	<ul style="list-style-type: none"> • Pita • Powdered Humus 	<ul style="list-style-type: none"> • Dehydrated Jambalaya with Fresh Fish • Couscous 	<ul style="list-style-type: none"> • GORP • Drink Crystals • Granola Bars • Beef Jerky
July 4th	<ul style="list-style-type: none"> • Pancakes • Bacon • Maple Syrup • Coffee 	<ul style="list-style-type: none"> • Salami • Old Cheese 	<ul style="list-style-type: none"> • Fish fry • Pesto Noodles 	<ul style="list-style-type: none"> • GORP • Drink Crystals • Granola Bars • Beef Jerky

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
July 5th	<ul style="list-style-type: none"> • Oatmeal • Bacon • Coffee 	<ul style="list-style-type: none"> • Pita Bread • Powdered Humus 	<ul style="list-style-type: none"> • Chili (dehydrated) • Pita Breads 	<ul style="list-style-type: none"> • GORP • Granola Bars • Drink Crystals • Beef Jerky
July 6th	<ul style="list-style-type: none"> • Oatmeal • Coffee 	<ul style="list-style-type: none"> • Salami • Cheddar Cheese 	<ul style="list-style-type: none"> • Fish fry • Instant Noodles 	<ul style="list-style-type: none"> • GORP • Granola Bars • Drink Crystals • Beef Jerky
July 7th	<ul style="list-style-type: none"> • Oatmeal • Coffee 	<ul style="list-style-type: none"> • Pita Bread • Powdered Humus 	<ul style="list-style-type: none"> • Fire Grilled Fish • Instant Noodles 	<ul style="list-style-type: none"> • GORP • Granola Bars • Drink Crystals • Beef Jerky
July 8th (if necessary)	<ul style="list-style-type: none"> • Oatmeal • Coffee 			

Additional Items

- Sugar
- Canola Oil
- Fish Batter
- Salt and Pepper
- Miscellaneous Spices (i.e. powdered ginger, etc.)
- Powdered Drink Crystals (Iced Tea, Crystal Light, Gatorade)
- Coffee, Coffee Filters, Tea and Hot Chocolate
- Canadian Whiskey
- Granola Bars