

Nan Rosenbloom Menu 16 people/17 days

light on meat

Date	Rig day 6/14	Launch day 6/15	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun	22-Jun	23-Jun	24-Jun
EACH DAY BOX BEGINS AT THE DINNER FOR THAT DAY & THE BKST/LUNCH IS FOR THE FOLLOWING DAY.											
day box #	put-in/rig	DAY BOX 1	DAY BOX 2	DAY BOX 3	DAY BOX 4	DAY BOX 5	DAY BOX 6	DAY BOX 7	DAY BOX 8	DAY BOX 9	DAY BOX 10
hors		chips & dip	smoked oysters, cheese & crackers	veggies & dip	guacamole & chips	hummus, carrots & olives	cheese, apples & crackers	chips & salsa	smoked oysters, cheese & crackers	pesto cream cheese & pita	nuts & pretzels
dinner	Marble Canyon Lodge	salmon, broccoli, wild rice	thai chicken, couscous, asian slaw	Steak, potatoes, salad	fish tacos, rice, refried beans	grilled chicken, orzo, veggie salad	stir fry w/ chicken & rice	burritos w/ chicken, rice, black beans	veggie curry w/ tofu, quinoa	spinach lasagna, italian sausage, salad, bread	lentil soup, couscous salad w/ cornbread
bkst	This is your launch day bkst	eggs, muffins, canadian bacon	cold cereal, bagels, yogurt	french toast w/ turkey sausage	oatmeal w/ english muffins	bagels, lox, tomatoes, cream cheese	breakfast burritos w/ chorizo	cold cereal, bagels, yogurt	pancakes w/ bacon	eggs, homefries, tortillas	cold cereal, bagels, yogurt
lunch	deli style	taco salad	chicken caeser salad wraps	hummus & tabouli	deli style	cashew chicken salad in pita	PB & J	veggie wrap	deli style	pasta salad	deli style

Date	25-Jun	26-Jun	27-Jun	28-Jun	29-Jun	30-Jun	1-Jul				
day box #	DAY BOX 11	DAY BOX 12	DAY BOX 13	DAY BOX 14	DAY BOX 15	DAY BOX 16					
hors	antipasto	chips & dip	pesto cream cheese & pita	chips & salsa	antipasto	veggies & dip	Breakfast fruit available -10 mornings worth, mix & match, eat what's ripe! Grapefruit, melons, oranges, pineapple				
dinner	pasta alfredo, endive salad	chicken brats, potatoes, ratatouille	grilled cheese, tomato soup, jicama, apple salad	mexican casserole w/ canned chicken, rice	pesto pasta, bread, 3-bean salad	falafel burgers w/ hummus & blue cheese coleslaw					
bkst	eggwiches w/ canadian bacon, tomatoes, cheese	steel cut oats w/ english muffins	blueberry pancakes w/ eggs	eggs, homefries, tortillas	cold cereal, bagels, yogurt	TAKEOUT MORNING DAY 17 cold cereal	Your choice of dessert when you like! 12 desserts:1 pineapple upside down cake, 1 fruit cobbler, 1 brownies, 2 poundcake w/ strawberries, 1 cheesecake, 2 cookies, 3 dessert chocolates, 1 s'mores				
lunch	hummus & tabouli w/ crackers	deli style	hardboiled eggs, cheese & crackers	tuna salad wraps	snack style						

Rosenbloom BOX CONTENTS

STAPLES BOX - 20 mil

1	cocoa mix
1	coffee, inst decaf
1	creamer, non-dairy
1	honey
4	hot sauce
2	jelly
1	ketchup
1	oil, canola
1	oil, olive
1	oil, spray
1	soy
1	sugar, brown
1	sugar, white
3	tea, black, box
4	tea, herb, box
2	tea, green
1	vinegar, balsamic
1	vinegar, red wine
0.5	ziplocks, gal
0.5	ziplocks, qt

STAPLES RESUPPLY

2	cocoa mix
1	honey
1	hot sauces
1	jelly
1	ketchup
2	oil, canola
1	oil, olive
	soy
	tea, black
	tea, herb

SPICE KIT

1	basil
1	chili pwd
1	cinnamon
1	cumin
1	curry
1	dill
1	garlic pwd
1	lemon pepper
1	Mrs. Dash
1	oregano
1	pepper
1	pepper grinder
3	salt shaker
1	salt grinder
1	vanilla

Side box

SNACKS BOX

10	beef jerky, 4 oz pkg
2	candy bars, minis, 3lb
3 lb	candy, misc
2	crackers, cheese-its, 16oz
2	crackers, goldfish, 16 oz
3	dried fruit, 1 lb
80	granola bars
1 lg	nuts, almonds, sm 12oz, lg 3 lb
1 lg	nuts, cashews, sm 12oz, lg 3 lb
1 sm	nuts, dry roasted p-nut
	nuts, mixed, sm 12oz, lg 3 lb
5	trail mix, fruit, 1 lb
2	trail mix, nuts & m&m 3 lb
3 lb	trail mix, oriental, 1 lb
1	trail mix, pub mix
2 lb	trail mix, sesame sticks, 1lb

BREAKFAST FRUITS - eat what's ripe

	grapefruit
	melons
	pineapple
	oranges

KITCHEN BOX SUNDRIES

1	clorox
2	dish brushes
1	dish soap
2	dish towels
1	hand sanitizer
1	paper towels
2	pot holder, mitt
2	pot holder, square
1	rubber gloves
2	scrubbies, chore boy
2	scrubbies, green
2	scrubbies, sponges
2	sparkies (1 in Utes box)
1	tinfoil, heavy duty

SUNDRIES resupply- Wayne's 20mil

1	clorox
2	dish soap
1	electrical tape - for labeling purposes
1	hand soap
1	lighter fluid(in poop boxes w/charcoal)
4	paper towels
2	scrubbies, chore boy
2	scrubbies, green
2	scrubbies, sponges
1	sparkies
1	trash bags, 30 gal
0.5	zip locks, gal
0.5	zip locks, qt

POOP SUPPLIES

4	clorox, dry bleach, qt
3	hand soap
24	toilet paper
1	toilet spray

LUNCH BOX - 20 mil

	1st Day's Lunch
2	flexi cutting boards
1	hand soap
1	salt grinder
1	pepper grinder
16	trash bags(sm white)
0.5	zip locks, gal
0.5	zip locks, qt

Side box

LUNCH RESUPPLY

6	cookies
2	drink mix, lemonade
5	drink mix, gatorade
1	horseradish
1	jelly
6	mayo
4	mustard
5	PB
1	pepperocini
1	pickle, relish
3	pickies, sliced
1	almond butter
4	pringles
2	nori wraps

MILKCRATES

#1	apples & oranges
#2	apples & oranges
#3	potatoes & onions
#4	Breakfast fruit
#5	
#6	

SIDE BOXES

	kitchen
	Breakfast/Staples Resupply
	Snacks
	Lunch Resupply

20 MILS

16	day boxes
1	staples
1	lunch
1	porto, toilet set up
5	red poop cans(charcoal & TP supplies)
1	major first aid
2	sundries resupply

COOLERS

205	Meat/Dairy Day 4 onward
205	Lunch
205	Produce Day 4 onward
165	Day 1,2,3
123	Dessert chocolates/Ice

NOTES

veggie options - your choice for any given meal for the 1 official vegetarian

- 1 tofu in Meat/Dairy Day 4 on cooler
- 2 tempeh in Meat/Dairy Day 4 cooler
- 2 veggie burgers, pkg of 4
- 1 portabellas, pkg of 4 in Day 1,2,3 cooler

X-tras

- 3qt half & half
- 3 rice milk breakfast box
- 3 soy milk in breakfast box
- 1lb decaf coffee in staples 20 mil
- 2qt yogurt plain
- 1lb pecans in w/ breakfast stuff
- 2 doz eggs
- 4 romaine for lettuce wraps at lunch

- 5 GF cookies in day boxes/lunch resupply

- 1 pkg. Raisins in breakfast box
- 4 desserts are in Day box 16 (because there was lots of room) *
- 1 evap. Milk in spice box for cheesecake

- 1 paper towel in Snacks box
- 2 paper towel in Breakfast box
- 3 jicamas in Lunch cooler

*refer to desserts sheet to know where desserts are located

- 1 GF cereal in breakfast box

some torts/wraps in day boxes, some in lunch resupply

staples resupply is in Breakfast sidebox

Rosenbloom menu 16 people/17 days

FOOD NOTES:

* ANY ITEMS WITH A 0.5 AMOUNT USUALLY MEANS YOU NEED TO SAVE THE OTHER HALF FOR A FUTURE MEAL

*VEGGIES SHOULD BE USED IF THEY ARE GETTING TOO RIPE, EVEN IF THE MENU DOESN'T CALL FOR THEM. OTHERWISE THEY JUST GO BAD

*SOME VEGGIES ARE NOTED IN LBS AND SO #'S OF INDIVIDUAL ITEMS (ie zucchinis) MAY VARY DEPENDING ON THEIR SIZE. USE YOUR BEST JUDGEMENT!

*RESTOCK LUNCH BOX W/ NEW DRY GOODS FROM DAY BOX & AND OUT OF THE LUNCH RESUPPLY BOX FOR DRINK MIXES, HORSERADISH, MAYO, MUSTARD, PB&J, PEPPEROCINI, PICKLES

*LUNCH MEATS & BLOCK CHEESES ARE IN 1 LB PACKAGES. IT'S YOUR CHOICE EACH LUNCH FOR WHAT TYPE OF MEAT OR CHEESE YOU WOULD LIKE. ZIPLOCK LEFTOVERS FOR FUTURE LUNCH OPTIONS.

*SNACK BOX- FIND IT AND USE IT FOR INBETWEEN MEALS, TO AUGMENT PACK LUNCHES ETC!

DUTCH OVENS: YOU CAN STACK D.O.'S JUST BE CAREFUL OF TOO MUCH HEAT ON THE BOTTOM OF THE TOP D.O. SOMETIMES YOU HAVE TO TAKE IT OFF A LITTLE EARLY

REMEMBER TO CHECK FOR TOMORROWS FROZEN MEAT. PULL IT OUT TO THAW IF NECESSARY.

PLEASE DO NOT USE THE SILVERBOWLS ON THE STOVE. That is what the small saucepan is for!!

BREAKFAST FRUIT TOTALS till you run out

Total fruit --10 mornings worth - Mix & match if you like! Eat what's ripe!

12 grapefruit
6 melon
12 oranges
2 pineapple

PUT IN DAY BREAKFAST

	VEGGIES	COOLER ITEMS	DRY/CANNED GOODS
BREAKFAST			
put-in breakfast			
16 banana		1 cream cheese, 8 oz	2 bread, bagels, pkg of 6
		1 orange juice, gal	1bag coffee
		16 yogurt, ind	2 entemanns, danish
			1 milk, evap
			16 plastic spoons/ & 2 knives

Leftovers - Squeeze them into your dairy or lunch cooler. ie bagels, margerine, salad dressing.

COWBOY COFFEE

BOIL H2O IN MEDIUM OR LARGE POT, ADD GROUNDS AND LET STEEP FOR A FEW MINUTES, STRAIN INTO COFFEE POT OR COFFEE GOTT

WHAT YOU NEED OFF THE BOATS FOR YOUR PUT IN BREAKFAST

propane tank

blaster (in a black bag)

medium pot(in kitchen box) - for making coffee, coffee strainer, coffee pot or coffee gott to strain

utes 50 cal - for can opener to open milk and sparkie to light the blaster

		1st lunch				
		VEGGIES	COOLER ITEMS	DRY/CANNED GOODS		
LUNCH - 1st lunch						
deli lunch				IN LUNCH BOX		
	3	apple	1.5lb	cheese, sliced	3	bread, lunch loaf
	2	avocado	2 lb	deli meat	1	cookies
	1	cucumber			2	drink mix, gatorade
	0.3	lettuce, iceburg			1	drink mix, lemonade
	3	orange			1	horseradish
	0.5	onion, red			2	jelly
	4	tomato			1	mayo
					2	mustard
					2	peanut butter
					1	pepperocini
					1	pickle, relish
					2	pickles, sliced sweet & dill
					1	almond butter
					1	nori wraps
WHAT YOU NEED OFF THE BOATS FOR YOUR 1ST LUNCH						
lunch box - 20 mil (dry goods, cutting boards in here)						
utes box - 50 cal (knives, utensils)						
table						
use list to shop from cooler and milk crate						
You will find apples, oranges, & red onions in milk crate on Lunch boat. The rest of the produce and cooler items are in the lunch cooler. Dry goods that came out of Day box need to be put in your lunch box and you will find a restock of condiments and/or bread, pita, tortillas in the lunch resupply box.						
*LUNCH MEATS & CHEESES ARE IN 1 LB PACKAGES. IT'S YOUR CHOICE EACH LUNCH FOR WHAT TYPE OF MEAT OR CHEESE YOU WOULD LIKE. ZIPLOCK LEFTOVERS FOR FUTURE LUNCH OPTIONS.						

DAY 1 BOX					
VEGGIES		COOLER ITEMS		DRY/CANNED GOODS	
HORS					
chips & dip		1 sour cream, pint		3 chips, pringles	
				1 dip mix	
DINNER					
fish					
1 onion, red		20 fish, salmon			
Veggie options - see box contents for list, your choice! Mostly packed in Dairy cooler					
The easiest way to cook fish is to wrap it in tinfoil w/ slices of onion, lemon butter & spices and cook it on the griddle. Lay a big sheet of tinfoil on griddle, load with fish(skin side down), and then cover with another sheet & crimp the edges together.					
Tinfoil is probably with the sundries resupply, see your box contents sheet.					
Sides					
wild rice/broccoli					
5 lb broccoli				32oz rice, wild oz	
3 lemon					
*To steam broccoli, you can put a small silver bowl upside down in pot to hold the broccoli a bit out of the water.					
*Rice, follow directions on pkg. Or 2 cups of H2O to 1 cup rice. Add water and 1 tsp salt to rice and bring to a boil.					
Turn down & simmer about 20 minutes till water is cooked away.					
BREAKFAST					
eggs/english muffins					
Bkst fruit		3 eggs, doz		1bag coffee	
see totals available!		1 juice, frozen		3 bread, english muffins, pkg of 6	
		0.25 margarine, tub		jelly, in staples	
		32 canadian bacon		0.5 milk, box	
				1 milk, evap	
eggs to order or scrambled eggs, your choice. Or like an egg mcmuffin!					
LUNCH					
taco salad					
3 apple		1 lb cheese, block your choice		3 beans, black, 15 oz	
2 avocado		1 sour cream		2 beans, kidney, 15 oz	
1 lettuce, iceberg				1 chips, tostada 1lb bag	
2 lime				1 cookies	
3 orange				2 green chilis, diced, 4 oz	
0.5 onion, red				2 olives, black sliced	
4 tomato				1 salsa, 15 oz	
x-tra romaine for lettuce wraps				1.5 tortillas, flour, pkg of 8	
You need a bowl out of the kitchen box				0.25 tortillas, corn, pkg of 36	
dice avo, lettuce,tomato,grate cheese, add beans,chilis,olives,salsa,spices,& tostada chips(break up)					
wrap in tortilla, garnish with sour cream and hot sauce and eat!					
COWBOY COFFEE					
BOIL H2O IN MEDIUM OR LARGE POT, ADD GROUNDS AND LET STEEP FOR A FEW MINUTES, STRAIN INTO POT OR COFFEE GOTT					
MAKE BKST JUICE IN SMALL POT AND SERVE WITH A LADLE					
DID YOU UNLOAD EVERYTHING YOU NEEDED??					
STAPLES 20 MIL					
PLATES 20 MIL					
SPICE BOX 50 CAL					
UTES BOX 50 CAL					
KITCHEN SIDE BOX					
EVERYTHING IN THE KITCHEN HATCH					
DAY BOX 1 - this becomes your trash can, stash the bkst & lunch stuff somewhere else often there is room in your kitchen box for the nite.					
REMEMBER TO CHECK FOR TOMORROWS FROZEN MEAT. PULL IT OUT TO THAW IF NECESSARY.					

DAY 2 BOX					
VEGGIES		COOLER ITEMS		DRY/CANNED GOODS	
HORS					
cheese, smoked oysters, crackers					
		1 lb	cheese, hors	2	crackers, 1 GF
				2	oysters, smoked
* cheese for Hors is fancier cheese than the standard 1lb blocks!! Look for notes on inside of cooler lid.					
blue cheese & feta is usually for a specific salad on the trip					
DINNER					
thai chicken					
2 lb	carrot, 1 lb bag	5 lb	chicken strips	5	coconut milk, 15 oz
	1 ginger			1	curry paste
	2 onion, yellow				p-nut butter (in lunch box)
	3 pepper, green bell			2	veggies, potatoes, 15 oz
	3 pepper, red bell				
3 lb	zucchini				
Veggie options - see box contents for list, your choice! Mostly packed in Dairy cooler					
*Saute chicken and veggies separately. Dice & saute carrots, onions, peppers, potatoes, zucchini, peel & grate ginger. Add coconut milk, curry and several dollops of peanut butter to veggies. Let simmer and then add chicken.					
Sides					
asian slaw/couscous					
	1 cabbage, green			5.3C	couscous oz
	0.5 cabbage, red			1	fruit, mandarine orange, 15oz
.5 lb	carrot, 1 lb bag			1	fruit, pineapple, chunk, 15 oz
				1	nuts, honey roasted p-nuts, sm
				1C	raisins
				1	salad dressing, annies shitake
*Shred cabbage & carrots and add dressing, p-nuts, pineapple, manderine oranges, and raisins.					
* coucous - 1C H20: 1 C couscous. Don't make couscous till everything else is ready. Boil water, add couscous and 1 tsp salt, turn off the heat and let set covered for 5 minutes. Fluff with a spoon once water absorbs.					
BREAKFAST					
cold cereal/bagels					
		1	cream cheese, 8 oz	2.5	bread, bagels, pkg of 6
		1	juice, frozen	1	cereal, box
		0.25	margerine, tub	1	cereal, granola
	Bkst fruit	1	yogurt, qt	1bag	coffee
	see totals available!				jelly, in staples
				2	milk, box
Toast bagels by buttering and grilling on the griddle					
				1	milk, evap
Leftover toasted bagels make a great alternative bread at lunch					
LUNCH					
chicken ceasar wraps					
3	apple	2pkg	chicken strips, precooked	1	cookies
2	lettuce, romaine	8 oz	parmesan shredded, oz	1	salad dressing, cardini's ceasar
1	onion, red			2	tortillas, flavored pkg of 6
3	orange				nori wraps in lunch box
4	tomato			In Lunch resupply	
					drink mix, gatorade
					drink mix, lemonade
					horseradish
					mayo
					mustard
					PB & J
					pepperocini
					pickles, sliced
*chop lettuce, tomatoes, onion, apple. Add chicken/turkey chunks, parmesan & salad dressing					
MAKE BKST JUICE IN SMALL POT AND SERVE WITH A LADLE					
*SOME VEGGIES ARE NOTED IN LBS AND SO #'S OF INDIVIDUAL ITEMS (ie zucchinis) MAY VARY DEPENDING ON THEIR SIZE. USE YOUR BEST JUDGEMENT! SEE WEIGHT CHART ON BOX CONTENTS LIST					
*RESTOCK LUNCH BOX W/ NEW DRY GOODS FROM DAY BOX & AND OUT OF THE LUNCH RESUPPLY BOX FOR DRINK MIXES, HORSERADISH, MAYO, MUSTARD, PB&J, PEPPEROCINI, PICKLES					
REMEMBER TO CHECK FOR TOMORROWS FROZEN MEAT. PULL IT OUT TO THAW IF NECESSARY.					

DAY 3 BOX					
VEGGIES		COOLER ITEMS		DRY/CANNED GOODS	
HORS					
veggies & dip					
1	carrot, baby 1lb bag	1	sour cream, pint	1	dip mix
0.5	celery				
1	jicama				
1	lime				
peel and slice jicama, squeeze lime on it! Yum!					
DINNER					
steaks					
		20	steaks	1	charcoal, 7lb bag
				1	steak sauce
Veggie options - see box contents for list, your choice! Mostly packed in Dairy cooler					
Sides					
potatoes/salad					
1	cucumber	2	butter, stick	1	croutons
5	garlic, cloves	1	sour cream, pint	1	milk, box
3	lettuce, romaine			1	salad dressing
5 lb	potatoes, idaho				
6	tomato				
*Potatoes 3 choices here!					
1) mashed are the easiest!, dice potatoes and boil till tender, drain water & mash w/ butter, milk & sour cream to desired consistency					
2) baked potatoes - are baked in a DO w/ coals(about 45min-1 hr)Chop them in half, drizzle w/ olive oil, throw in a bunch of whole cloves of garlic and bake with heavy coals on top					
3) boiled potatoes - dice, boil in salted water till tender, serve w/ butter & sour cream					
CHARCOAL: Start with coals in a pile (not spread out) and light. (Matchlite needs to be lit right away)					
If they need help, use the barrel air pump to give them air. Don't spread them out or start grilling with them until they are at least 75% grey. Close up remaining bag immediately.					
DUTCH OVENS: Ring the outer edge of the lid with coals and 2-3 in the center, and place about 8-10 coals underneath.					
BREAKFAST					
french toast					
	Bkst fruit	1	butter, stick	1	bread, sourdough
	see totals available!	1.5	eggs, doz	2	bread, cinnamon
		1	juice, frozen	1bag	coffee
		36	turkey links, precooked	0.5	milk, box
			Sausage	1	milk, evap
				1	syrup, qt
Mix eggs, add vanilla, cinnamon, & a little milk to the batter					
Leftover french toast makes great PB&J's at lunch					
LUNCH					
hummus & tabouli					
3	apple	1.5lb	cheese, block your choice	2	chips, pringles
2	cucumber	1	hummus	1	cookies
2	lemon			0.5	pickles, whole sweet
0.5	lettuce, iceberg			2	bread, pita, pkg of 6
3	orange			4C	tabouli, cup
0.5	onion, red				nori wraps or corn tortillas available
4	tomato				x-tra romaine for lettuce wraps
*tabouli - Boil 1.25 C water for each cup of mix. Pour boiling water over tabouli in bowl & let set. Once water is absorbed add 2T olive oil. Store in a ziplock till lunch. Add diced tomatoes, cukes, and squeezed lemons to tabouli at lunch time.					
MAKE BKST JUICE IN SMALL POT AND SERVE WITH A LADLE					
HAVE YOU CHECKED YOUR OARLOCKS LATELY? TIGHTEN THOSE SET SCREWS AND CHECK THE COTTER PINS!					
REMEMBER TO CHECK FOR TOMORROWS FROZEN MEAT. PULL IT OUT TO THAW IF NECESSARY.					

DAY 4 BOX					
		VEGGIES		COOLER ITEMS	
HOURS				DRY/CANNED GOODS	
guacamole & chips					
	1	avocado pulp		1 lg	chips, tortilla
	2	lime		2	salsa, 15 oz
	1	onion, yellow			
	3	tomato			
* dice tomatos, onion and add to avocado pulp. Squeeze lime, add salt, cumin, salsa to taste					
DINNER					
fish tacos					
	0.5	cabbage, green	1 lb	cheese, block your choice	2 fish taco seasoning
	1	cilantro	10	fish, orange roughy	1 salsa, 15 oz
	5	lime	1	sour cream, pint	1.5 tortillas, corn, 36 pkg
	2	onion, yellow			1.5 tortillas, flour, pkg of 8
	6	tomato			
Veggie options - see box contents for list, your choice! Mostly packed in Dairy cooler					
*Cook fish on griddle or in tinfoil on griddle with slices of onion and lime. Shred cabbage, dice tomatoes, cut lime wedges. Grate cheese, and build your own tacos. Heat the corn tortillas on the griddle. Saute up onion as an additional garnish if you like.					
*Baja sauce - mix equal parts mayo(in lunch cooler) & sour cream. Add lime juice, cumin, chili pwd, & cilantro!!					
Sides					
spanish rice/refried beans					
				4C	rice, white
				2	salsa, canned 5 oz
*Rice - 2 cups of H2O to 1 cup rice. Add water, canned salsa, cumin, chili pwd and 1 tsp salt to rice and bring to a boil. Turn down & simmer about 20 minutes till water is cooked away.					
* beans - heat beans, feel free to add some diced green chilis to them as well as chili & cumin! To make them a little thinner you can add beer or water or salsa.					
BREAKFAST					
hot cereal/english muffins					
		Bkst fruit	1	butter, stick	1bag coffee
		see totals available!	1	juice, frozen	0.5 dried fruit, berries, 12oz bag
					3 bread, english muffins, pkg of 6
					jelly, in staples
					1 milk, box
					1 milk, evap
				6oz	nuts, pecan
				8C	oats, rolled
				1C	raisons
* Rolled oats - 2C water to 1 C oats. Bring H2O to a boil, add oats. Don't forget to add salt(1 tsp per 5 Cups oats) to H2O and then add raisons, dried fruit, br sugar to cereal as it cooks if you like! Cook for about 10-15 minutes, You can always add a little more H2O as it's cooking if it starts to set up like drywall paste!					
LUNCH					
deli lunch					
	3	apple	1.5lb	cheese, sliced	2 bread, lunch loaf
	2	avocado	2 lb	deli meat	1 cookies
	1	cucumber			In Lunch resupply
	0.3	lettuce, iceburg			drink mix, gatorade
	3	orange			drink mix, lemonade
	0.5	onion, red			horseradish
	4	tomato			mayo
					mustard
		x-tra romaine for lettuce wraps			PB & J
					pepperocini
					pickles, sliced
DON'T FORGET ABOUT RESUPPLY OF LUNCH CONDIMENTS OUT OF LUNCH RESUPPLY STASH					
THESE INCLUDE GATORADE, LEMONADE, HORSERADISH, MAYO, MUSTARD, PB&J,					
PEPPEROCINI, PICKLES					
REMEMBER TO CHECK FOR TOMORROWS FROZEN MEAT. PULL IT OUT TO THAW IF NECESSARY.					

DAY 5 BOX					
VEGGIES		COOLER ITEMS		DRY/CANNED GOODS	
HORS					
hummus, carrots, olives & pita					
	1 carrot, baby 1lb bag	1 lg	hummus	1	bread, pita, pkg of 6
				2	olives, stuffed
				1	crackers, GF
DINNER					
grilled chicken					
		20	chicken breasts	1	charcoal, 7lb bag
				1	marinade, chicken
*Marinade chicken as soon as you start cooking.					
Veggie options - see box contents for list, your choice! Mostly packed in Dairy cooler					
Sides					
orzo/veggie salad					
	1 carrot, 1 lb bag	1	cheese, feta, 8 oz	1	salad dressing
	2 cucumber			2	veggies, corn, 15 oz
	1 onion, red				
	6 tomato				
*Veggie salad - dice up carrots, cucumber, onion, tomato, add canned corn & feta and dress with salad dressing					
*Orzo pasta - cook according to directions, toast pine nuts in saucepan (be careful don't take your eyes off them!!)					
drain orzo, toss with lemon juice, pine nuts & olive oil.					
CHARCOAL: Start with coals in a pile (not spread out) and light. (Matchlite needs to be lit right away)					
If they need help, use the barrel air pump to give them air. Don't spread them out					
or start grilling with them until they are at least 75% grey. Close up remaining bag immediately.					
DUTCH OVENS: Ring the outer edge of the lid with coals and 2-3 in the center, and place					
about 8-10 coals underneath.					
BREAKFAST					
bagels/lox/creamcheese					
	4 tomato	1	cream cheese, 8 oz	2.5	Bread, bagels, pkg of 6
		1	juice, frozen	1bag	coffee
		0.25	margarine, tub		jelly, in staples
	Bkst fruit	1.5lb	fish, smoked salmon	1	milk, evap
	see totals available!				
There is always x-tra cereal available					
Toast bagels by buttering and grilling on the griddle, slice tomatos.					
Leftover toasted bagels make a great alternative bread at lunch					
LUNCH					
cashew chicken salad					
	3 apple	1.5lb	cheese, sliced	2	bread, pita, pkg of 6
	0.5 celery			5	chicken, canned 13 oz
	0.5 lettuce, iceburg			2	chips, pringles
	0.5 onion, red			1	cookies
	3 orange			1	fruit, pineapple chunk
	4 tomato			1	mayo
				12oz	nuts, cashews
				1	veggies, water chestnuts
In Lunch resupply					
* Add dice red onions, celery, cashews, and pineapple to chicken salad mix					
Dress with mayo, some mustard if you like.					
Any spices you feel the desire for! Try some curry powder.					
					drink mix, gatorade
					drink mix, lemonade
					horseradish
					mayo
					mustard
					PB & J
					pepperoni
REMEMBER TO CHECK FOR TOMORROWS FROZEN MEAT. PULL IT OUT TO THAW IF NECESSARY.					

DAY 7 BOX				
		VEGGIES	COOLER ITEMS	DRY/CANNED GOODS
HORS				
		chips & salsa		
				1 lg chips, tortilla
				2 salsa, 15 oz
DINNER				
burritos fajita style w/ meat/fixings				
	1 cilantro	1.5lb	cheese, block your choice	2 green chillis, diced 4oz
	0.5 lettuce, iceburg	5 lb	chicken strips	1 salsa, 15 oz
	2 lime	1	sour cream, pint	1.5 tortillas, flour, pkg of 8
	2 onion, yellow			0.5 tortillas, corn pkg of 36
	3 pepper, green bell			
	3 pepper, red bell			
	4 tomato			
*Saute diced peppers & onions. Grate cheese, dice tomatoes, shred lettuce, lime wedges for condiments.				
*Cook meat on hot griddle w/ oil. Add cumin, chili pwd, & garlic.				
Sides				
spanish rice/black beans				
				4 beans, black, 15 oz
				4C rice, white
				2 salsa, canned 5 oz
*Rice - 2 cups of H2O to 1 cup rice. Add water, canned salsa, cumin, chili pwd and 1 tsp salt to rice and bring to a boil. Turn down & simmer about 20 minutes till water is cooked away.				
* beans - heat beans in juice, feel free to add some diced green chillis to them as well as chili & cumin!				
BREAKFAST				
cold cereal/bagels				
			1 cream cheese, 8 oz	2.5 bread, bagels, pkg of 6
			1 juice, frozen	1 cereal, box
		0.25	margarine, tub	1 cereal, granola
	Bkst fruit	1	yogurt, qt	1bag coffee
	see totals available!			jelly, in staples
				2 milk, box
Toast bagels by buttering and grilling on the griddle				
Leftover toasted bagels make a great alternative bread at lunch				
LUNCH				
veggie salad wraps				
	3 apple	8 oz	parmesan shredded	2 beans, northern
	1 cucumber			1 cookies
	1 lettuce, romaine			2 olives, black sliced
	0.5 onion, red			1 peppers, roasted red
	3 orange			1 pesto, 8 oz
	2 pepper, green bell			1 tomatoes, sundried
	4 tomato			2.5 tortillas, flavored pkg of 6
	xtra romaine for wraps			
chop lettuce, mix all veggies & canned goods together, dress with pesto & parmesan cheese. You can always add a little more vinegar or leftover salad dressing if you like. Wrap up in a tortilla!				
HAVE YOU CHECKED YOUR OARLOCKS LATELY? TIGHTEN THOSE SET SCREWS AND CHECK THE COTTER PINS!				

DAY 6 BOX

VEGGIES		COOLER ITEMS		DRY/CANNED GOODS	
HORS					
cheese, apples, crackers					
3	apple	1.5lb	cheese, hors	2	crackers, 1 GF
* cheese for Hors is fancier cheese than the standard 1lb blocks!! Look for notes on inside of cooler lid.					
blue cheese & feta is usually for a specific salad on the trip					
DINNER					
stir fry w/ rice					
2 lb	broccoli	5 lb	chicken, strips	12oz	nuts, cashews
2 lb	carrot, 1 lb bag				
	2 cauliflower				
	5 garlic, cloves				
	1.5 onion, yellow				
	3 pepper, green bell				
	3 pepper, red bell				
2 lb	yellow squash				
1 lb	zucchini				
Veggie options - see box contents for list, your choice! Mostly packed in Dairy cooler					
*Dice veggies, saute all together in a DO. Cook chicken either w/ veggies or separate					
add soy sauce, garlic, chili pwd, cashews, to cooking mixture!					
Sides					
white rice					
				5C	rice, white
*Rice - 2 cups of H2O to 1 cup rice. Add water and 1 tsp salt to rice and bring to a boil. Turn down & simmer about 20 minutes till water is cooked away.					
BREAKFAST					
breakfast burritos					
1	onion, yellow	1 lb	cheese, cheddar block	3	beans, refried 15 oz
	Bkst fruit		3 eggs, doz	1bag	coffee
	see totals available!	1	juice, frozen	2	green chilis, diced 4 oz
		3 lb	chorizo	1	milk, evap
				1	salsa, 15 oz
				1.5	tortillas, flour pkg of 8
				0.25	tortillas, corn, pkg of 36
grate cheese, cook chorizo in DO, heat beans in small pot, scramble eggs & serve up in tortillas					
LUNCH					
peanutbutter & jelly					
3	apple			2	bread, lunch loaf
3	orange			2	chips, pringles
				1	cookies
				1	jelly
				2	peanut butter
REMEMBER TO CHECK FOR TOMORROWS FROZEN MEAT. PULL IT OUT TO THAW IF NECESSARY.					

DAY 8 BOX					
VEGGIES		COOLER ITEMS		DRY/CANNED GOODS	
HORS					
cheese, smoked oysters, crackers					
		1 lb	cheese, hors	2	crackers, 1 GF
				2	oysters, smoked
* cheese for Hors is fancier cheese than the standard 1lb blocks!! Look for notes on inside of cooler lid.					
blue cheese & feta is usually for a specific salad on the trip					
DINNER					
vegetable curry					
2 lb	carrot, 1lb bag	4	tofu	4	curry sauce 16 oz
	2 onion, yellow			1	mushrooms, dried shitake
	0.5 cabbage, green			2	veggies, peas, 15 oz
				2	veggies, water chestnuts, sliced 8oz
				4	veggies, potatoes, 15 oz
*Saute carrots, onions, cabbage, add curry sauce, peas, water chestnuts, mushrooms, potatoes, tempeh, tofu or chicken. Add more curry pwd or chili to spice it up more. Follow directions on the dried mushrooms to fully hydrate them!					
Sides					
quinoa					
				5 1/3	quinoa
*Cook quinoa 1: 2 water. Bring to a boil and turn to low until fully cooked, just like rice.					
BREAKFAST					
pancakes					
	Bkst fruit	1	juice, frozen	1 bag	coffee
	see totals available!	0.25	margerine, tub	1	milk, evap
		4 lb	bacon	3.5 lb	pancake mix
				1	syrup, qt
				0.5	pancake mix, GF save rest for next pancake breakfast
LUNCH					
deli lunch					
3	apples	1.5lb	cheese, sliced	2	bread, lunch loaf
2	avocado	2 lb	deli meat	1	cookies
1	cucumber			In Lunch resupply	
0.3	lettuce, iceburg				drink mix, gatorade
3	oranges				drink mix, lemonade
0.5	onion, red				horseradish
4	tomato				mayo
					mustard
	xtra romaine for wraps				PB & J
					pepperocini
					pickles, sliced
DON'T FORGET ABOUT RESUPPLY OF LUNCH CONDIMENTS OUT OF LUNCH RESUPPLY STASH					
THESE INCLUDE GATORADE, LEMONADE, HORSERADISH, MAYO, MUSTARD, PB&J,					
PEPPEROCINI, PICKLES					

DAY 10 BOX					
VEGGIES		COOLER ITEMS		DRY/CANNED GOODS	
HORS					
mixed nuts & pretzels					
				16oz	nuts, mixed sm
				1	pretzels, GF
DINNER					
hearty soup					
1.5lb	carrot, 1lb bag			8 tsp	boullion, chicken
6	garlic, cloves			0.5	charcoal, 7.4lb bag
2	onion, yellow			6 C	lentils, Cup
				2	tomatoes, stewed 15 oz
Start the soup immediately, the longer it simmers the better it is!!				24C	H2O
* bring water, boullion & lentils to a boil. Meanwhile saute onions, carrots garlic & any leftover celery you have. Add veggies & canned tomatoes. Bring back to a boil and then simmer for a minimum of 50 min.					
Sides					
cornbread/couscous salad					
1	cucumber	2	butter, stick	2	corn bread mix, GF
2	lemon	1	cheese, feta, 8 oz	4C	couscous
					olive oil, in staples
				1	olives, kalamata
				4oz	nuts, pine, oz
				1	tomatoes, sundried in oil, 8oz
*Couscous is 1:1 with H2O. Boil water, add couscous and a little salt. Cover with lid, take off the heat and let set for 5 min. Fluff with a fork. Add diced cucumber, sundried tomatoes, kalamatas, olive oil, lemon juice, S & P, garlic, pine nuts, feta					
*corn bread - add 1/2 C H2O for every cup of mix. Bake in DO for about 35-45 minutes. Be creative and add shredded cheese or some green chilis to the mix!					
CHARCOAL: Start with coals in a pile (not spread out) and light. (Matchlite needs to be lit right away) If they need help, use the barrel air pump to give them air. Don't spread them out or start grilling with them until they are at least 75% grey. Close up remaining bag immediately.					
DUTCH OVENS: Ring the outer edge of the lid with coals and 2-3 in the center, and place about 8-10 coals underneath.					
BREAKFAST					
cold cereal/bagels					
		1	cream cheese, 8 oz	2.5	bread, bagels, pkg of 6
		1	juice, frozen	1	cereal, box
		0.25	margerine, tub	1	cereal, granola
	Bkst fruit	1	yogurt, qt	1bag	coffee
see totals available!					jelly, in staples
				2	milk, box
				1	milk, evap
Toast bagels by buttering and grilling on the griddle					
Leftover toasted bagels make a great alternative bread at lunch					
LUNCH					
deli lunch					
3	apples	1.5lb	cheese, sliced	2	bread, lunch loaf
2	avocado	2 lb	deli meat	1	cookies
1	cucumber			In Lunch resupply	
0.3	lettuce, iceburg			drink mix, gatorade	
3	oranges			drink mix, lemonade	
0.5	onion, red			horseradish	
4	tomato			mayo	
				mustard	
				PB & J	
				pepperocini	
				pickles, sliced	

DAY 11 BOX				
		VEGGIES	COOLER ITEMS	DRY/CANNED GOODS
HORS				
antipasto				
			1 lb mozzarella, 8oz pkg	2 artichoke hearts, 15oz
				1 crackers
				1 mushrooms, marinated
				1 olives, stuffed
*drizzle a little olive oil & balsamic on your artichoke hearts				
DINNER				
pasta alfredo				
				4 alfredo sauce, 24-30 oz
				2 artichoke hearts, 15 oz
				8oz parmesan, oz
				64oz pasta, fettucinne half GF/ half regular
				1 peppers, red roasted, 16 oz
				2 veggies, corn, 15 oz
*boil water and cook pasta				
*make mix of corn, peppers, artichokes, add alfredo sauce and heat carefully, stirring regularly				
pour over pasta when ready!				
Sides				
endive salad				
	4	apple	12oz cheese, blue	12oz nuts, walnuts
	3lb	endive <i>Napa cabbage</i>		1 salad dressing, basalmic
chop endive, dice apples, crumble blue cheese, add walnuts, and dress salad				
BREAKFAST				
eggwiches				
	4	tomato	1lb cheese, sliced	1bag coffee
			3 eggs, doz	3 bread, english muffins, pkg of 6
			1 juice, frozen	jelly, in staples
		Bkst fruit	0.25 margerine, tub	0.5 milk, box
		see totals available!	32 canadian bacon	1 milk, evap
* sliced cheese is usually in the lunch cooler				
*Toast muffins w/ butter, fry up canadian bacon. Fry eggs on griddle and break the yolk(to avoid the spurt when you bite into it) Once you turn the egg over, cover w/ slice of cheese and serve on english muffin w/ slice of canadian bacon & tomato. Top with your favorite hot sauce!!				
LUNCH				
deli lunch				
	3	apple	1.5lb cheese, sliced	2 bread, lunch loaf
	2	avocado	2 lb dell meat	1 cookies
	1	cucumber		In Lunch resupply
	0.3	lettuce, iceburg		drink mix, gatorade
	3	orange		drink mix, lemonade
	0.5	onion, red		horseradish
	4	tomato		mayo
				mustard
				PB & J
				pepperocini
				pickles, sliced

DAY 12 BOX

		VEGGIES	COOLER ITEMS	DRY/CANNED GOODS
HORS				
	chips & dip		1 sour cream, pint	3 chip, pringles 1 dip mix
DINNER				
	chicken brats	25	chicken brats	3 buns, french rolls, pkg of 6 1 charcoal, 7lb bag ketchup, in staples 1 mayo 1 mustard 1 pickles, relish
*put left over condiments in lunch box				
Veggie options - see box contents for list, your choice! Mostly packed in Dairy cooler				
sides				
	potatoes/ratatouille			
	5 garlic, cloves	2	butter, stick	1 milk, box
	1 onion, yellow	1	sour cream, pint	4 tomatoes, stewed, 15 oz
	5 lb potatoes, idaho			
	3lb yellow squash			
	2lb zucchini			
*Ratatouille - dice onions, garlic, yellow squash, zucchini & saute in olive oil. Add stewed tomatoes & any Italian spices				
*Potatoes 3 choices here!				
1) mashed are the easiest!, dice potatoes and boil till tender, drain water & mash w/ butter, milk & sour cream to desired consistency				
2) baked potatoes - are baked in a DO w/ coals(about 45min-1 hr)Chop them in half, drizzle w/ olive oil,throw in a bunch of whole cloves of garlic and bake with heavy coals on top				
3) boiled potatoes - dice, boil in salted water till tender, serve w/ butter & sour cream				
BREAKFAST				
	hot cereal/english muffins			
	Bkst fruit	1	butter, stick	1bag coffee
	see totals available!	1	juice, frozen	0.5 dried fruit, berries, 12oz bag 3 bread, english muffins, pkg of 6 jelly, in staples 1 milk, box 1 milk, evap 6oz nuts, pecan 5.5C oats, steel cut 1C raisons brown sugar, in staples
*Steelcut oats take a little longer to cook. 3C H2O: 1 C oats.				
Bring H2O to a boil, add oats. Don't forget to add salt(1 tsp per 5 Cups oats) to H2O and then add raisons, dried fruit, br sugar to cereal as it cooks if you like! Cook for about 20 minutes, You can always add a little more H2O as it's cooking if it starts to set up like drywall paste!				
LUNCH				
	hummus & tabouli			
	3 apple	1.5lb	cheese, block your choice	2 chips, pringles
	2 cucumber	2	hummus	1 cookies
	2 lemon			0.5 pickles, whole sweet
	0.5 lettuce, iceburg			2 bread, pita, pkg of 6
	3 orange			4C tabouli, cup
	0.5 onion, red			
	4 tomato			
*tabouli - Boil 1.25 C water for each cup of mix. Pour boiliing water over tabouli in bowl & let set. Once water is absorbed add 2T olive oil. Store in a ziplock till lunch. Add diced tomatoes, cukes, and squeezed lemons to tabouli at lunch time.				

DAY 13 BOX				
		VEGGIES	COOLER ITEMS	DRY/CANNED GOODS
HORS				
		pesto cream cheese & pita		
			2 cream cheese, 8oz	1 pesto, jar 8oz
				1 bread, pita, pkg of 6
				1 crackers, GF
mash cream cheese and pesto together. Slice pita into wedges for dipping.				
DINNER				
grilled ham& cheese sandwiches/tomato basil soup				
		2 lb	cheese, sliced	2.5 bread, loaf
		0.25	margarine,tub	4 soup, tomato, 24oz
		2 lb	blackforest ham	4 tomato, stewed, 15 oz
*sliced cheese is probably in the lunch cooler				2 soup, chicken broth, box
* butter outside of bread for grilling on griddle!				
*Soup - Add all ingredients together & heat				
*season with a little lemon pepper				
sides				
Jicama, apple cabbage salad				
		3	apple	0.5 salad dressing
		1	cabbage, red	
		1	carrot, 1 lb bag	
		1	jicama	
*veggie salad -dice jicama, carrots, red cabbage, apple, dress with dressing!				
BREAKFAST - don't forget to boil eggs for lunch				
pancakes				
		Bkst	fruit	1 juice, frozen
		1bag	coffee	2 fruit, blueberries
		0.25	margerine, tub	1 milk, evap
				3.5 lb pancake mix
				1 syrup, qt
				0.5 pancake mix, GF left from other pancake morning
LUNCH				
Hardboiled eggs, cheese, jerky, crackers				
		5	apple	2lb cheese, block your choice
		5	orange	2 eggs, doz
				5 beef jerky
				3 crackers 1 GF
				1 cookies
*Hard boiled eggs - Put eggs in pan of cold water. Bring to a boil and let simmer for 1 minute.				
Remove from heat(or turn off heat) and let sit for 15 minutes. Drain & let cool or put in cool water.				

DAY 14 BOX					
VEGGIES		COOLER ITEMS		DRY/CANNED GOODS	
HORS					
chips & salsa				1 lg	chips, tortilla
				2	salsa, 15 oz
DINNER					
mexican casserole (dutch oven)					
4	lime	2 lb	cheese, block your choice	4	beans, black 15 oz
2	onion, yellow	1	sour cream, pint	0.5	charcoal, 7.4lb bag
				4	chicken, canned
				2	enchilada sauce, red 30 oz
				2	green chilis, whole, 30 oz
				2	olives, black sliced, 15 oz
				1	salsa, 15 oz
				2	tortillas, corn 36 pkg
*Saute onion					
Layer beans, corn tortillas, green chilis, chicken, enchilada sauce, cheese, olives, onion like a lasagne.					
The top layer should be a mix of thinly sliced tortillas and cheese.					
Make several layers and bake in DO for about 45-60 min.					
Garnish casserole w/ lime and sour cream!					
Sides					
mexican veggie salad/rice					
1	onion, red			1	beans, black
2	pepper, green bell			1	salad dressing
2	pepper, red bell			2	veggies, corn, 15 oz
4	tomato			4C	rice, white
*Salad of corn, beans, tomato, pepper, and onion. Add a little cumin and hot sauce to the dressing!					
rinse beans and add to salad					
*Rice - 2 cups of H2O to 1 cup rice. Add water and 1 tsp salt to rice and bring to a boil. Turn down & simmer about 20 minutes till water is cooked away.					
CHARCOAL: Start with coals in a pile (not spread out) and light. (Matchlite needs to be lit right away)					
If they need help, use the barrel air pump to give them air. Don't spread them out					
or start grilling with them until they are at least 75% grey. Close up remaining bag immediately.					
DUTCH OVENS: Ring the outer edge of the lid with coals and 2-3 in the center, and place					
about 8-10 coals underneath.					
BREAKFAST					
eggs/homefries/tortillas					
1	onion, yellow	3	eggs, doz	1bag	coffee
		1	juice, frozen	8C	hashbrowns. Dehydrated
	Bkst fruit			1	milk, evap
	see totals available!			1	salsa, 15 oz
				1.5	tortillas, pkg of 8
				0.25	tortillas, corn, pkg of 36
Dehydrated hashbrowns - cover with boiling water in a silver bowl, cover w/ a lid and let soak for 20 min.					
then fry up on griddle w/ oil or butter, diced onion & spices!					
LUNCH					
tuna salad wraps					
3	apples	1.5lb	cheese, sliced	2	chips, pringles
2	avocado			1	cookies
0.5	celery			1	mayo
0.5	lettuce, iceberg			2	tortillas, flavored pkg of 6
0.5	onion, red			8	tuna, canned, 6 oz
3	oranges			1	nori wraps
4	tomato				
In Lunch resupply					
					drink mix, gatorade
					drink mix, lemonade
					horseradish
					mayo
					mustard
					PB & J
					pepperocini

DAY 15 BOX				
VEGGIES		COOLER ITEMS		DRY/CANNED GOODS
HORS				
antipasto		1 lb	mozzarella, 8oz pkg	pickles, sliced
				2 artichoke hearts, 15oz
				2 crackers 1 GF
				1 asparagus, marinated
				1 olives, stuffed
*drizzle a little olive oil & balsamic on your artichoke hearts				
DINNER				
pesto pasta				8oz parmesan, oz
				64oz pasta, linguine half GF/ half regular
				3 pesto, 8oz
*pasta - boil water, add 2 tsp salt. Don't start cooking pasta until everything else is almost ready.				
Add pasta & cook till tender. Drain and then drizzle with a little olive oil to help it not get sticky.				
Toss pasta w/ pesto sauce and garnish w/ parmesan				
Sides				
garlic bread/3-bean salad				
		2	butter, stick	4 beans, 3-bean salad, 15 oz
				2 bread, french rolls, pkg of 6
				1 garlic, jar
*Easiest garlic bread is to slice rolls in half lengthwise, mash butter & diced garlic together, spread on bread and toast on the griddle.				
BREAKFAST				
cold cereal/bagels				
		1	cream cheese, 8 oz	2 bread, bagels, pkg of 6
		1	juice, frozen	1 cereal, box
		0.25	margarine, tub	1 cereal, granola
Bkst fruit		1	yogurt, qt	1bag coffee
see totals available!				jelly, in staples
				2 milk, box
				1 milk, evap
Toast bagels by buttering and grilling on the griddle				
Leftover toasted bagels make a great alternative bread at lunch				
LUNCH				
snack style/smoked oysters/cheese/crackers etc				
8	apple	2lb	cheese, block your choice	2 cookies
1	carrot, baby 1lb bag			3 crackers, 1 GF
1	celery			3 kippered snacks
8	orange			2 olives, stuffed
				3 oysters, smoked
				3 summer sausage

DAY 16 BOX					
		VEGGIES	COOLER ITEMS		DRY/CANNED GOODS
HORS					
veggies & dip					
	1	carrot, baby 1lb bag	1	sour cream, pint	1 dip mix
	0.5	celery			
	1	jicama			
	1	lime			
peel and slice jicama, squeeze lime on it! Yum!					
DINNER					
Falafel w/ hummus					
	2	cucumber	0.5	sour cream, pint	6C falafel mix
	0.5	lettuce, iceberg			2C hummus, dry
	4	tomato			1 oil, canola 24oz
					1.5 tortillas, flour, pkg of 8
					0.5 tortillas, corn, pkg of 36
*Falafel - Mix 3/4 C H2O per 1 C mix, stir well. Let stand 15 minutes to absorb water.					
Form into 2 " patties, 1/2" thick. Heat 1/2" canola oil in Dutch oven and fry patties in oil.					
Let drain on paper towel					
*Hummus - Mix 1.5C H2O for every 1C of hummus mix, plus 3T Olive oil for every 1C mix. Mix with a fork and add some chili pwd for spice if you like. Feel free to add more oil & H2O to desired spreadable consistency					
Use a little of the lemon juice in the hummus as well!					
*Dice tomatoes, cukes & lettuce for garnish. Mix sour cream w/a little dill, a glug of red wine vinegar & a little chili pwd as a dressing. Heat tortillas on the griddle & make falafel wraps					
Sides					
blue cheese slaw					
	2	apple	8oz	cheese, blue	1C mayo
	1	cabbage, green	0.5	sour cream, pint	3T vinegar, in staples
	.5lb	carrot, 1 lb bag			
slice cabbage finely, grate carrots, dice apple, mix dressing together (mayo, sour cream, blue cheese, vinegar, S & P)					
BREAKFAST					
cold cereal/bagels Leftovers					
			1	cream cheese, 8 oz	1 bread, bagels, pkg of 6
					1 cereal, box
					cereal, granola - Leftovers
		Bkst fruit			1bag coffee
		see totals available!			jelly, in staples
					2 milk, box
					1 milk, evap
Toast bagels by buttering and grilling on the griddle					
THERE IS PROBABLY LEFTOVER ENGLISH MUFFINS OR BREAD FOR TOAST					
FRY UP SOME EGGS IF YOU HAVE ANY LEFTOVER!!!					
TAKE OUT DAY!! PACK A PB & J FOR THE ROAD! IT'S A LONG DAY AND YOU DON'T WANT TO BONK!					

DESSERTS - amounts are per dessert

	VEGGIES/FRUIT	COOLER ITEMS	DRY/CANNED GOODS
BAKED DESSERTS			
1	Pineapple upsidedown cake		Day 2 Box
		1 butter, stick	brown sugar, in staples
		0.3 eggs, doz	2 cake mix, yellow
			0.3 charcoal, 7 lb bag
			1 fruit, pineapple rings
<p>*One method for the perfect cake, it to lay 1 paper towel in the DO and oil it till the entire paper is soaked with oil. Lay pinapple rings down. Slice pads of butter on top of each ring and sprinkle with brown sugar Then pour on cake batter, and bake. Once done cool for 5- 10 minutes...NOLONGER... and turn over onto cutting board. Peel off papere towel and there you have it!!!</p>			
1	brownies(dutch oven)		Day 5 Box
		0.3 eggs, doz	2 cake mix, brownies
			0.3 charcoal, 7 lb bag
1	fruit cobbler (dutch oven)		Day 16 Box
		1 whipped cream	1 bisquick, sm box
			0.5 box milk
			0.3 charcoal, 7 lb bag
			4 fruit peaches, 15 oz
			sugar, brown, in staples
<p>Mix bisquick according to package for bisquits. Add additional br sugar. Grease dutch oven. Plop bisquick into dutch by the large spoonful. Pour the fruit and juice on the top of it all. Bake about 25-40 min. Do not try to turn out of dutch oven.</p>			
1	smores - NEEDS COALS		Day 16 Box, chocolates in dairy cooler
			8 chocolate bars, thin
			1 crackers, graham, box
			1 marshmallows, lg
NON-BAKED DESSERTS			
2	pound cake w/ strawberries		Dairy Cooler
		2 pound cake, sara lee	
		48oz strawberries, frozen	
		1 whipped cream	
1	no-bake cheesecake		Day 16 Box
		0.25 margerine, tub	2 cheese cake mix
			1 milk, evap in spice box
2	cookies, dessert style		Day 16 Box
			3 cookies, pepperidge farm
			20 cookies, nonnies biscotti
3	chocolate treats		Wayne's Dairy Cooler
			1 chocolate treats