

Meal Plans

from a presentation by Natasha Romoff at the KASK Forum 2011

Adjust meal components to suit calorific needs on your trip-go for more snacks through the day if you are paddling hard and far. Grazing ensures a steady supply of fuel is available to the body.

Weekend

Day	Breakfast	Snack	Lunch	Snack	Dinner
Fri					soup, ham sandwiches
Sat	oatmeal, milk, sugar	apple	salad, chicken, buns, apples	muesli bar	frozen chilli, loaf bread, salad, red wine
Sun	eggs, bacon, mushrooms, toast	muesli bar	Bread, peanut butter, jam, dried fruit	fruit	home

Pre-dinner nibbles
cheese, crackers, dried pears

Long Weekend

Day	Breakfast	Snack	Lunch	Snack	Dinner
Fri					buy takeaways on the way
Sat	muesli, milk, fruit pottle	Flask of tea and cookies	salad, cottage cheese, bread	fruit	frozen curry, rice, chutney, salad (chopped torn, capsicum, cucumber), beer
Sun	eggs, bacon, toast	muesli bar	tin chicken /tuna, whole wheat bread, carrot, apples	fruit	dehy bolognaise, pasta, red wine
Mon	oats, powder milk, raisins	muesli bar	salami, crackers, veggie sticks, boiled egg	fruit	home

Group nibbles
hummus, veggie sticks (carrot, capsicum, celery) cheese, crackers dessert for group orange cake

Sheet1

Adventure

Day	Breakfast	Snack	Lunch	Snack	Dinner	Nibble ideas
Day1	Pancake mix, powder milk, egg with jam	Fresh fruit	boiled eggs, fruit, carrots, bread	muesli bar	steak, mushrooms, garlic, butter, salad	Scroggin (selection sweet and savoury components)
Day 2	Soaked Muesli in fruit juice with nuts and fruit	Primo breakfast milk	bacon sandwiches and tomatoes	dried fruit	dehy bolognaise and pasta, parmesan	Cup of soup sachets
Day 3	Soaked Muesli in fruit juice with nuts and fruit	scroggin	PB and jam sandwiches, flask black sweet tea	fruit cake	dehy pork curry and rice, carrot sticks	Cookie selection
Day 4	oats, powder milk, brown sugar	Soup if it's cold	salami, cheese crackers, dried figs	scroggin	dehy chicken burritos with tortillas	hot chocolate
Day 5	oats, powder milk, brown sugar	scroggin	PB and jam sandwiches, flask black sweet tea	brownies	dehy beef stew, dehy mash, capsicum	Cappuccino instant coffee/milk straws
Day 6	oats, powder milk, brown sugar	scroggin	tortillas, left over stew	scroggin	dehy bolognaise, pasta and parmesan	fruit cake
Day 7	oats, powder milk, brown sugar	scroggin		scroggin	dehy and carb	Jerky /biltong