21 Day Gluten Free Menu

WHOLESUM
FOOD CALCULATOR

Total individuals: 16
Total servings: 16.0
Dietary Restrictions: Wheat/Gluten (16)

Shopping / Packing List

	Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
☐	32.0	whole	Tamales Calbacitas (PM)	Dinner Calabacitas Tamales (PM) (32.0)	Artisan's Kitchen	Meat Cooler		$ 156.16
☐	45.0	loaf	Gluten Free Bread	Breakfast (GF) Scrommlets and Bacon (6.0), Lunch Cold Cut Sammies 2nd Half (3.0), Lunch (GF) Peanut Butter and Jelly (3.0), Breakfast (GF) Egg Sammies (6.0), Dinner (GF) Fettuccine Alfredo with Chicken (2.0), Dinner (GF) Chicken Pesto Pasta (6.0), Breakfast (GF) Scrommlets and Breakfast Sausage (2.0), Dinner (GF) Spaghetti and (GF) Meatballs (2.0), Lunch (GF) BLTA (6.0), Lunch (GF) Cold Cut Sammies (3.0), Lunch Caprese Salad Sandwich (3.0), Dinner (GF) Grilled Cheese and Tomato (3.0)	Bread	Gluten Free Box		$ 450.00
☐	24.0	bag(s)	Gluten Free Bagels	(GF) Breakfast Salmon Lox on Bagels (6.0), Lunch (GF) Lox on Bagels with Cream Cheese (3.0), Lunch (GF) Veggie Bagel Sandwiches (6.0), Breakfast (GF) Bagels with Hard Boiled Eggs (6.0), Breakfast (GF) Cold Cereal with (GF) Bagels (3.0)	Bread	Gluten Free Box		$ 240.00
☐	8.0	box(es)	Milk	Breakfast (GF) Oatmeal (1.0), Breakfast (GF) Cold Cereal with (GF) Bagels (4.0), Breakfast (GF) Cereal with Hard Boiled Eggs (3.0)	Dollar Store	Day Box		$ 10.00
☐	1.0	jar(s)	Kalamata Olives	Lunch Mediterranean Tuna Salad (1.0)	Fry's	Day Box		$ 5.99
☐	6.0	bag(s)	Gluten Free Chips	Lunch (GF) Roast Beef Wraps (1.0), Lunch (GF) Peanut Butter and Jelly (1.0), Lunch (GF) Veggie Bagel Sandwiches (2.0), Lunch (GF) BLTA (2.0)	Fry's	Gluten Free Box		$ 35.94
☐	5.0	jar(s)	Pickles	Lunch (GF) Roast Beef Wraps (1.0), Lunch Cold Cut Sammies 2nd Half (1.0), Lunch Cold Cut Wraps 2nd Half (1.0), Lunch Cold Cut Lettuce Wraps (1.0), Lunch (GF) Cold Cut Sammies (1.0)	Fry's	Day Box		$ 13.45
☐	4.0	can(s)	Canned Spinach	Breakfast (GF) Scrommlets and Bacon (2.0), Breakfast Quick Bacon Scramble (1.0), Breakfast (GF) Scrommlets and Breakfast Sausage (1.0)	Fry's	Day Box		$ 6.36
☐	3.0	jar(s)	Capers	(GF) Breakfast Salmon Lox on Bagels (2.0), Lunch (GF) Lox on Bagels with Cream Cheese (1.0)	Fry's	Day Box		$ 13.47
☐	4.0	jar(s)	Pepperoncinis	Lunch Cold Cut Sammies 2nd Half (1.0), Lunch Cold Cut Wraps 2nd Half (1.0), Lunch Cold Cut Lettuce Wraps (1.0), Lunch (GF) Cold Cut Sammies (1.0)	Fry's	Day Box		$ 10.76
☐	8.0	package(s)	Taco Seasoning	Lunch Mexi Wraps (1.0), Dinner Fish Tacos (1.0), Dinner (GF) Beef Tacos (4.0), Dinner (GF) Shrimp Tacos (2.0)	Fry's	Day Box		$ 5.60
☐	2.0	package(s)	Cookies	Lunch Mexi Wraps (1.0), Lunch Cold Cut Lettuce Wraps (1.0)	Fry's	Day Box		$ 9.00
☐	5.0	jar(s)	Green Curry Paste	Dinner Cauliflower and Potato Curry 2nd Half (3.0), Dinner Chicken Curry (2.0)	Fry's	Day Box		$ 24.95
☐	7.0	jar(s)	Minced Garlic	Dinner Cauliflower and Potato Curry 2nd Half (1.0), Dinner Grilled Teriyaki Chicken (1.0), Dinner Chicken Curry (1.0), Dinner (GF) Fettuccine Alfredo with Chicken (1.0), Dinner (GF) Chicken Pesto Pasta (2.0), Dinner (GF) Spaghetti and (GF) Meatballs (1.0)	Fry's	Day Box		$ 13.93
☐	8.0	can(s)	Coconut Cream	Dinner Cauliflower and Potato Curry 2nd Half (4.0), Dinner Chicken Curry (4.0)	Fry's	Day Box		$ 40.00
☐	2.0	bag(s)	Jasmine Rice	Dinner Cauliflower and Potato Curry 2nd Half (1.0), Dinner Chicken Curry (1.0)	Fry's	Day Box		$ 8.78
☐	2.0	bottle(s)	Teriyaki Sauce	Dinner Grilled Teriyaki Chicken (2.0)	Fry's	Day Box		$ 5.98
☐	4.0	bottle(s)	Tamari Soy Sauce	Appetizer Edamame (2.0), Dinner Quick Chicken Stir Fry (2.0)	Fry's	Day Box		$ 14.76
☐	2.0	whole	Balsamic Glaze	Appetizer Tomato and Mozzarella Sliders (1.0), Lunch Caprese Salad Sandwich (1.0)	Fry's	Day Box		$ 10.00
☐	1.0	package(s)	Wooden Skewers x 100	Dinner Kabobs (1.0)	Fry's	Day Box		$ 6.00
☐	2.0	bottle(s)	Salad Dressing	Appetizer Spinach Salad (1.0), Appetizer Mixed Green Salad (1.0)	Fry's	Day Box		$ 7.38
☐	1.0	package(s)	Sunflower Seeds	Appetizer Spinach Salad (1.0)	Fry's	Day Box		$ 1.00
☐	3.0	jar(s)	Alfredo Sauce	Dinner (GF) Fettuccine Alfredo with Chicken (3.0)	Fry's	Day Box		$ 8.97
☐	3.0	jar(s)	Roasted Red Peppers	Dinner (GF) Fettuccine Alfredo with Chicken (1.0), Lunch (GF) River Pasta Salad (2.0)	Fry's	Day Box		$ 7.17
☐	3.0	package(s)	Gluten Free Fettuccini Noodles	Dinner (GF) Fettuccine Alfredo with Chicken (3.0)	Fry's	Gluten Free Box		$ 12.00
☐	1.0	whole	Summer Sausage	Appetizer Smoked Gouda with Summer Sausage (1.0)	Fry's	Day Box		$ 7.49
☐	3.0	bottle(s)	Spicy Mustard	Appetizer Smoked Gouda with Summer Sausage (1.0), Lunch (GF) Crackers and Cheese With Salami (2.0)	Fry's	Day Box		$ 5.37
☐	3.0	box(es)	Gluten Free Oatmeal	Breakfast (GF) Oatmeal (3.0)	Fry's	Gluten Free Box		$ 18.00
☐	4.0	bag(s)	Certified Gluten-Free Cereal	Breakfast (GF) Cold Cereal with (GF) Bagels (2.0), Breakfast (GF) Cereal with Hard Boiled Eggs (2.0)	Fry's	Day Box		$ 15.96
☐	12.0	can(s)	Refried Beans	Dinner (GF) Beef Tacos (8.0), Dinner (GF) Cheese and Chicken Quesadillas (4.0)	Fry's	Day Box		$ 13.98
☐	1.0	bottle(s)	Ranch Dressing	Appetizer Veggies and Dip (1.0)	Fry's	Day Box		$ 3.69

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Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
4.0	can(s)	Canned Cannellini Beans	Dinner (GF) White Bean and Sausage Penne (4.0)	Fry's	Day Box		$ 6.00
2.0	bag(s)	Gluten Free Trail Mix	Lunch (GF) Crackers and Cheese With Salami (2.0)	Fry's	Gluten Free Box		$ 18.00
1.0	bottle(s)	Caesar Dressing	Lunch Chicken Caesar Wraps (1.0)	Fry's	Day Box		$ 3.99
6.0	package(s)	Gluten Free Pepperidge Farms Cookies	Dessert (GF) Pepperidge Farms Cookies (6.0)	Fry's	Day Box		$ 30.00
1.0	jar(s)	Chocolate Frosting	Dessert (GF) Chocolate Cake (1.0)	Fry's	Day Box		$ 2.50
2.0	box(es)	Gluten Free Chocolate Cake	Dessert (GF) Chocolate Cake (2.0)	Fry's	Day Box		$ 12.98
4.0	box(es)	Gluten Free Yellow Cake Mix	Dessert (GF) Apple Cobbler (DO) (2.0), Dessert (GF) Mixed Berry Cobbler (DO) (2.0)	Fry's	Day Box		$ 16.00
4.0	box(es)	Tomato Soup	Dinner (GF) Grilled Cheese and Tomato (4.0)	Fry's	Day Box		$ 17.96
2.0	jar(s)	Sun Dried Tomatoes	Lunch (GF) River Pasta Salad (2.0)	Fry's	Day Box		$ 10.98
2.0	can(s)	Canned Artichoke Hearts	Lunch (GF) River Pasta Salad (2.0)	Fry's	Day Box		$ 7.98
16.0	can(s)	Stax	Lunch Mediterranean Tuna Salad (2.0), Lunch Healthy Tuna Salad Lettuce Wraps (2.0), Lunch Cold Cut Sammies 2nd Half (2.0), Lunch (GF) Lox on Bagels with Cream Cheese (2.0), Lunch Cold Cut Wraps 2nd Half (2.0), Lunch Cold Cut Lettuce Wraps (2.0), Lunch Chicken Caesar Wraps (2.0), Lunch Caprese Salad Sandwich (2.0)	Fry's	Day Box		$ 40.00
6.0	package(s)	Gluten Free Pancake Mix	Breakfast (GF) Berry Pancakes, and Eggs with Bacon (2.0), Breakfast (GF) Pancakes, Eggs, and Bacon (2.0), Breakfast (GF) Pancakes, Eggs, and Sausage (2.0)	Fry's	Gluten Free Box		$ 32.94
1.0	bottle(s)	Lemon Juice	Lunch Healthy Tuna Salad Lettuce Wraps (1.0)	Fry's	Day Box		$ 0.99
4.0	package(s)	Instant Garlic Mashed Potatoes	Dinner Grilled Wild Salmon (4.0)	Fry's	Day Box		$ 11.16
4.0	jar(s)	Jelly	Lunch (GF) Peanut Butter and Jelly (1.0), Breakfast (GF) Bagels with Hard Boiled Eggs (2.0), Breakfast (GF) Cold Cereal with (GF) Bagels (1.0)	Fry's	Day Box		$ 27.96
13.0	box(es)	Gluten Free Penne Pasta	Dinner (GF) Chicken Pesto Pasta (6.0), Dinner (GF) White Bean and Sausage Penne (3.0), Lunch (GF) River Pasta Salad (4.0)	Fry's	Gluten Free Box		$ 52.00
1.0	bottle(s)	Caesar Dressing	Appetizer Caesar Salad (1.0)	Fry's	Day Box		$ 3.99
3.0	package(s)	Gluten Free Spaghetti Noodles	Dinner (GF) Spaghetti and (GF) Meatballs (3.0)	Fry's	Gluten Free Box		$ 12.00
2.0	box(es)	Instant Brown Rice	Dinner Quick Chicken Stir Fry (1.0), Dinner (GF) Cheese and Chicken Quesadillas (1.0)	Fry's	Day Box		$ 3.38
2.0	jar(s)	Mango Salsa	Appetizer Mango Salsa and Chips (2.0)	Fry's	Day Box		$ 8.98
31.0	package(s)	Gluten Free Tortillas	Lunch Mediterranean Tuna Salad (3.0), Breakfast (GF) Burritos (4.0), Lunch (GF) Roast Beef Wraps (4.0), Breakfast (GF) Quick Steak Burritos (4.0), Lunch Steak and Black Bean Wraps (3.0), Lunch Cold Cut Wraps 2nd Half (3.0), Lunch Mexi Wraps (3.0), Dinner (GF) Cheese and Chicken Quesadillas (4.0), Lunch Chicken Caesar Wraps (3.0)	Fry's Dairy	Gluten Free Box		$ 232.19
2.0	can(s)	Frozen Juice	(GF) Breakfast Salmon Lox on Bagels (2.0)	Fry's Dairy	Meat Cooler		$ 4.58
6.0	package(s)	Veggie Flavored Cream Cheese	Lunch (GF) Veggie Bagel Sandwiches (6.0)	Fry's Dairy	Day Box		$ 26.94
4.0	pound(s)	Gluten Free Meatballs	Dinner (GF) Spaghetti and (GF) Meatballs (4.0)	Fry's Dairy	Meat Cooler	63.89 oz (3.99 lb)	$ 23.96
1.0	bag(s)	Cheese Cubes	Lunch (GF) River Pasta Salad (1.0)	Fry's Dairy	Diary Cooler		$ 6.00
77.0	whole	Tomatoes	Lunch Mediterranean Tuna Salad (4.0), Lunch (GF) Roast Beef Wraps (3.0), (GF) Breakfast Salmon Lox on Bagels (6.0), Lunch Steak and Black Bean Wraps (4.0), Lunch (GF) Lox on Bagels with Cream Cheese (3.0), Lunch (GF) Veggie Bagel Sandwiches (6.0), Dinner (GF) Steak Fajitas (3.0), Dinner Fish Tacos (3.0), Appetizer Tomato and Mozzarella Sliders (6.0), Breakfast (GF) Egg Sammies (6.0), Dinner (GF) Shrimp Tacos (4.0), Lunch (GF) BLTA (10.0), Lunch Cold Cut Lettuce Wraps (3.0), Appetizer Mixed Green Salad (3.0), Lunch (GF) Cold Cut Sammies (3.0), Lunch Caprese Salad Sandwich (6.0), Dinner (GF) Grilled Cheese and Tomato (4.0)	Produce	Produce Cooler		$ 77.00
51.0	whole	Yellow Bell Pepper	Lunch Mediterranean Tuna Salad (2.0), Breakfast (GF) Burritos (2.0), Breakfast (GF) Scrommlets and Bacon (4.0), Breakfast (GF) Quick Steak Burritos (2.0), Lunch Healthy Tuna Salad Lettuce Wraps (2.0), Lunch (GF) Veggie Bagel Sandwiches (6.0), Dinner (GF) Steak Fajitas (4.0), Breakfast (GF) Quick Steak Tacos (4.0), Dinner Chicken Curry (2.0), Breakfast Quick Bacon Scramble (3.0), Dinner Kabobs (4.0), Dinner (GF) Fettuccine Alfredo with Chicken (2.0), Breakfast (GF) Scrommlets and Breakfast Sausage (2.0), Dinner (GF) Spaghetti and (GF) Meatballs (2.0), Appetizer Veggies and Dip (4.0), Dinner (GF) Shrimp Tacos (2.0), Appetizer Pesto Cream Cheese and Veggies (4.0)	Produce	Produce Cooler		$ 76.50
13.0	whole	Cucumbers	Lunch Mediterranean Tuna Salad (2.0), Lunch Steak and Black Bean Wraps (3.0), Lunch (GF) Veggie Bagel Sandwiches (6.0), Appetizer Veggies and Dip (2.0)	Produce	Produce		$ 6.50
18.0	whole	Red Onion	Lunch Mediterranean Tuna Salad (1.0), Lunch (GF) Roast Beef Wraps (1.0), (GF) Breakfast Salmon Lox on Bagels (2.0), Lunch Healthy Tuna Salad Lettuce Wraps (1.0), Lunch Cold Cut Sammies 2nd Half (1.0), Lunch (GF) Lox on Bagels with Cream Cheese (1.0), Lunch Cold Cut Wraps 2nd Half (1.0), Dinner Chicken Fajitas 2nd Half (2.0), Dinner (GF) Steak Fajitas (2.0), Dinner Fish Tacos (1.0), Appetizer Spinach Salad (1.0), Appetizer Caesar Salad (1.0), Lunch Cold Cut Lettuce Wraps (1.0), Lunch Chicken Caesar Wraps (1.0), Lunch (GF) Cold Cut Sammies (1.0)	Produce	Produce Crate		$ 18.00
39.0	whole	Red Bell Pepper	Breakfast (GF) Burritos (2.0), Breakfast (GF) Scrommlets and Bacon (4.0), Breakfast (GF) Quick Steak Burritos (2.0), Lunch (GF) Veggie Bagel Sandwiches (6.0), Dinner (GF) Steak Fajitas (4.0), Breakfast (GF) Quick Steak Tacos (4.0), Breakfast Quick Bacon Scramble (3.0), Dinner Kabobs (4.0), Appetizer Spinach Salad (2.0), Breakfast (GF) Scrommlets and Breakfast Sausage (2.0), Dinner (GF) Shrimp Tacos (2.0), Appetizer Pesto Cream Cheese and Veggies (4.0)	Produce	Produce Cooler		$ 45.24

Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
48.0	dozen(s)	Eggs	Breakfast (GF) Burritos (3.0), Breakfast (GF) Berry Pancakes, and Eggs with Bacon (3.0), Breakfast (GF) Scrommlets and Bacon (6.0), Breakfast (GF) Quick Steak Burritos (3.0), Breakfast (GF) Bagels with Hard Boiled Eggs (6.0), Breakfast (GF) Quick Steak Tacos (6.0), Breakfast Quick Bacon Scramble (3.0), Breakfast (GF) Egg Sammies (6.0), Breakfast (GF) Scrommlets and Breakfast Sausage (3.0), Breakfast (GF) Pancakes, Eggs, and Bacon (3.0), Breakfast (GF) Cereal with Hard Boiled Eggs (3.0), Breakfast (GF) Pancakes, Eggs, and Sausage (3.0)	Produce	Egg Can		$ 144.00
20.0	whole	Yellow Onion	Breakfast (GF) Burritos (1.0), Breakfast (GF) Scrommlets and Bacon (2.0), Breakfast (GF) Quick Steak Burritos (1.0), Dinner Grilled Wild Salmon (2.0), Dinner Cauliflower and Potato Curry 2nd Half (1.0), Breakfast (GF) Quick Steak Tacos (2.0), Dinner Chicken Curry (2.0), Breakfast Quick Bacon Scramble (1.0), Dinner Kabobs (3.0), Dinner (GF) Beef Tacos (2.0), Breakfast (GF) Scrommlets and Breakfast Sausage (1.0), Dinner (GF) Shrimp Tacos (1.0), Dinner (GF) Cheese and Chicken Quesadillas (1.0)	Produce	Produce Crate		$ 10.00
20.0	whole	Potatoes	Breakfast (GF) Burritos (6.0), Dinner Cauliflower and Potato Curry 2nd Half (8.0), Dinner Chicken Curry (6.0)	Produce	Produce Crate		$ 12.00
9.0	head(s)	Romaine Lettuce	Lunch (GF) Roast Beef Wraps (2.0), Lunch Healthy Tuna Salad Lettuce Wraps (3.0), Appetizer Caesar Salad (2.0), Lunch Chicken Caesar Wraps (2.0)	Produce	Produce Cooler		$ 24.30
52.0	whole	Avocados	Lunch (GF) Roast Beef Wraps (3.0), Lunch (GF) Veggie Bagel Sandwiches (6.0), Dinner (GF) Steak Fajitas (3.0), Breakfast Quick Bacon Scramble (4.0), Dinner Fish Tacos (3.0), Breakfast (GF) Egg Sammies (6.0), Appetizer Spinach Salad (2.0), Dinner (GF) Shrimp Tacos (4.0), Lunch (GF) BLTA (8.0), Lunch Cold Cut Lettuce Wraps (3.0), Appetizer Mixed Green Salad (3.0), Lunch (GF) Cold Cut Sammies (3.0), Dinner (GF) Grilled Cheese and Tomato (4.0)	Produce	Produce Cooler		$ 78.00
0.5	bunch(es)	Celery	Lunch Healthy Tuna Salad Lettuce Wraps (0.5)	Produce	Produce Cooler		$ 1.00
10.0	head(s)	Iceberg Lettuce	Lunch Steak and Black Bean Wraps (1.0), Lunch (GF) Veggie Bagel Sandwiches (2.0), Lunch (GF) BLTA (4.0), Lunch Cold Cut Lettuce Wraps (2.0), Lunch (GF) Cold Cut Sammies (1.0)	Produce	Produce Cooler		$ 22.40
4.0	pound(s)	Asparagus	Dinner Grilled Wild Salmon (4.0)	Produce	Produce Cooler	63.89 oz (3.99 lb)	$ 16.00
4.0	whole	Lemons	Dinner Grilled Wild Salmon (4.0)	Produce	Produce Crate		$ 2.40
2.5	pound(s)	Carrots	Dinner Cauliflower and Potato Curry 2nd Half (1.0), Dinner Chicken Curry (1.0), Appetizer Mixed Green Salad (0.5)	Produce	Produce Cooler	39.93 oz (2.5 lb)	$ 3.72
4.0	whole	Limes	Dinner Fish Tacos (4.0)	Produce	Produce Crate		$ 2.36
4.0	head(s)	Green Cabbage	Dinner Fish Tacos (1.0), Dinner (GF) Beef Tacos (2.0), Dinner Quick Chicken Stir Fry (1.0)	Produce	Produce Crate		$ 5.20
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
6.0	whole	Zucchini	Dinner Kabobs (4.0), Dinner (GF) Fettuccine Alfredo with Chicken (2.0)	Produce	Produce Cooler		$ 10.32
4.0	whole	Yellow Squash	Dinner Kabobs (4.0)	Produce	Produce Cooler		$ 8.48
1.0	package(s)	Fresh Mushrooms	Dinner Kabobs (1.0)	Produce	Produce Cooler		$ 5.88
4.0	bag(s)	Baby Carrots	Appetizer Veggies and Dip (2.0), Appetizer Pesto Cream Cheese and Veggies (2.0)	Produce	Produce Cooler		$ 7.16
10.0	whole	Granny Smith Apples	Dessert (GF) Apple Cobbler (DO) (10.0)	Produce	Produce Crate		$ 8.00
28.0	pound(s)	Bacon	Breakfast (GF) Burritos (4.0), Breakfast (GF) Berry Pancakes, and Eggs with Bacon (4.0), Breakfast (GF) Scrommlets and Bacon (8.0), Breakfast (GF) Egg Sammies (8.0), Breakfast (GF) Pancakes, Eggs, and Bacon (4.0)	Randal's	Meat Cooler	447.21 oz (27.95 lb)	$ 280.00
4.0	pound(s)	Sliced Roast Beef	Lunch (GF) Roast Beef Wraps (4.0)	Randal's	Meat Cooler	63.89 oz (3.99 lb)	$ 27.96
14.0	pound(s)	Pre-cooked Steak Strips	Breakfast (GF) Quick Steak Burritos (4.0), Lunch Steak and Black Bean Wraps (2.0), Breakfast (GF) Quick Steak Tacos (8.0)	Randal's	Meat Cooler	223.61 oz (13.98 lb)	$ 224.00
16.0	pound(s)	Sliced Deli Meat	Lunch Cold Cut Sammies 2nd Half (4.0), Lunch Cold Cut Wraps 2nd Half (4.0), Lunch Cold Cut Lettuce Wraps (4.0), Lunch (GF) Cold Cut Sammies (4.0)	Randal's	Meat Cooler	255.55 oz (15.97 lb)	$ 108.00
5.0	pound(s)	Wild Salmon	Dinner Grilled Wild Salmon (5.0)	Randal's	Meat Cooler	79.86 oz (4.99 lb)	$ 89.95
4.0	pound(s)	Chicken Fajita Meat	Dinner Chicken Fajitas 2nd Half (4.0)	Randal's	Meat Cooler	63.89 oz (3.99 lb)	$ 40.00
18.0	whole	Chicken Breasts	Dinner Grilled Teriyaki Chicken (18.0)	Randal's	Meat Cooler		$ 81.00
4.0	pound(s)	Steak Fajita Meat	Dinner (GF) Steak Fajitas (4.0)	Randal's	Meat Cooler	63.89 oz (3.99 lb)	$ 63.96
18.0	pound(s)	Cubed Chicken	Dinner Chicken Curry (4.0), Dinner Kabobs (2.0), Dinner (GF) Fettuccine Alfredo with Chicken (4.0), Dinner (GF) Chicken Pesto Pasta (8.0)	Randal's	Meat Cooler	287.49 oz (17.97 lb)	$ 161.82
2.0	pound(s)	Cubed Beef	Dinner Kabobs (2.0)	Randal's	Meat Cooler	31.94 oz (2.0 lb)	$ 31.98
8.0	pound(s)	Ground Beef	Dinner (GF) Beef Tacos (8.0)	Randal's	Meat Cooler	127.77 oz (7.99 lb)	$ 63.92

	Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
☐	8.0	pound(s)	Breakfast Sausage	Breakfast (GF) Scrommlets and Breakfast Sausage (4.0), Breakfast (GF) Pancakes, Eggs, and Sausage (4.0)	Randal's	Meat Cooler	127.77 oz (7.99 lb)	$ 63.92
☐	16.0	whole	Andouille Sausage	Dinner (GF) White Bean and Sausage Penne (16.0)	Randal's	Meat Cooler		$ 56.00
☐	11.0	pound(s)	Sliced Salami	Lunch (GF) Crackers and Cheese With Salami (8.0), Lunch Caprese Salad Sandwich (3.0)	Randal's	Meat Cooler	175.69 oz (10.98 lb)	$ 98.89
☐	4.0	pound(s)	Sliced Ham	Dinner (GF) Grilled Cheese and Tomato (4.0)	Randal's	Meat Cooler	63.89 oz (3.99 lb)	$ 24.00
☐	16.0	whole	Safeway Lunch Stop	Safeway Lunch (16.0)	Safeway			$ 0.00
☐	1.0	bottle(s)	Vinaigrette	Lunch Mediterranean Tuna Salad (1.0)	Sam's	Day Box		$ 3.69
☐	15.0	jar(s)	Salsa	Breakfast (GF) Burritos (1.0), Breakfast (GF) Quick Steak Burritos (1.0), Lunch Steak and Black Bean Wraps (1.0), Lunch Mexi Wraps (1.0), Dinner Chicken Fajitas 2nd Half (1.0), Dinner (GF) Steak Fajitas (1.0), Appetizer Tortilla Chips, Salsa, and Guacamole (2.0), Breakfast (GF) Quick Steak Tacos (2.0), Breakfast Quick Bacon Scramble (1.0), Dinner Fish Tacos (1.0), Appetizer Train Wreck (1.0), Dinner (GF) Cheese and Chicken Quesadillas (1.0), Dinner Calabacitas Tamales (PM) (1.0)	Sam's	Day Box		$ 79.35
☐	31.0	can(s)	Black Beans	Breakfast (GF) Burritos (3.0), Breakfast (GF) Quick Steak Burritos (3.0), Lunch Steak and Black Bean Wraps (4.0), Lunch Mexi Wraps (2.0), Dinner Chicken Fajitas 2nd Half (3.0), Breakfast (GF) Quick Steak Tacos (6.0), Dinner Fish Tacos (4.0), Appetizer Train Wreck (2.0), Dinner (GF) Shrimp Tacos (4.0)	Sam's	Day Box		$ 1.94
☐	1.0	bag(s)	Frozen Strawberries	Breakfast (GF) Berry Pancakes, and Eggs with Bacon (1.0)	Sam's	Meat Cooler		$ 4.13
☐	10.0	can(s)	Canned Mushrooms	Breakfast (GF) Scrommlets and Bacon (4.0), Breakfast Quick Bacon Scramble (2.0), Breakfast (GF) Scrommlets and Breakfast Sausage (2.0), Dinner (GF) Spaghetti and (GF) Meatballs (2.0)	Sam's	Day Box		$ 11.07
☐	6.0	package(s)	Salmon Lox	(GF) Breakfast Salmon Lox on Bagels (4.0), Lunch (GF) Lox on Bagels with Cream Cheese (2.0)	Sam's	Meat Cooler		$ 83.88
☐	20.0	can(s)	Diced Green Chiles	Lunch Steak and Black Bean Wraps (2.0), Lunch Mexi Wraps (1.0), Dinner Chicken Fajitas 2nd Half (2.0), Dinner (GF) Steak Fajitas (2.0), Dinner Fish Tacos (2.0), Breakfast (GF) Egg Sammies (4.0), Dinner (GF) Beef Tacos (4.0), Appetizer Train Wreck (1.0), Dinner (GF) Cheese and Chicken Quesadillas (2.0)	Sam's	Day Box		$ 20.00
☐	3.0	can(s)	Pinto Beans	Lunch Mexi Wraps (3.0)	Sam's	Day Box		$ 2.99
☐	11.0	can(s)	Black Olives	Lunch Mexi Wraps (1.0), Dinner (GF) Beef Tacos (4.0), Dinner (GF) Shrimp Tacos (2.0), Lunch Chicken Caesar Wraps (2.0), Lunch (GF) River Pasta Salad (2.0)	Sam's	Day Box		$ 22.00
☐	10.0	can(s)	Diced Tomatoes	Lunch Mexi Wraps (1.0), Dinner (GF) Beef Tacos (6.0), Dinner (GF) Shrimp Tacos (3.0)	Sam's	Day Box		$ 7.48
☐	1.0	can(s)	Canned Corn	Lunch Mexi Wraps (1.0)	Sam's	Day Box		$ 0.87
☐	5.0	bag(s)	Tortilla Chips	Appetizer Tortilla Chips, Salsa, and Guacamole (2.0), Appetizer Train Wreck (1.0), Dinner Calabacitas Tamales (PM) (1.0), Appetizer Mango Salsa and Chips (1.0)	Sam's	Day Box		$ 22.40
☐	3.0	package(s)	Pre-cooked Bacon	Breakfast Quick Bacon Scramble (1.0), Lunch (GF) BLTA (2.0)	Sam's	Day Box		$ 46.41
☐	3.0	package(s)	Croutons	Appetizer Spinach Salad (1.0), Appetizer Caesar Salad (1.0), Appetizer Mixed Green Salad (1.0)	Sam's	Day Box		$ 2.97
☐	1.0	package(s)	Dried Fruit	Breakfast (GF) Oatmeal (1.0)	Sam's	Day Box		$ 4.00
☐	1.0	package(s)	Walnuts	Breakfast (GF) Oatmeal (1.0)	Sam's	Day Box		$ 1.00
☐	2.0	box(es)	Almond Milk	Breakfast (GF) Oatmeal (1.0), Breakfast (GF) Cereal with Hard Boiled Eggs (1.0)	Sam's	Day Box		$ 6.00
☐	3.0	jar(s)	Marinara Sauce	Dinner (GF) Spaghetti and (GF) Meatballs (3.0)	Sam's	Day Box		$ 7.98
☐	4.0	can(s)	Canned Stewed Tomatoes	Dinner (GF) White Bean and Sausage Penne (4.0)	Sam's	Day Box		$ 3.47
☐	4.0	can(s)	Canned Chicken	Lunch Chicken Caesar Wraps (4.0)	Sam's	Day Box		$ 8.00
☐	1.0	package(s)	Dark Chocolate Mints	Dessert Dark Chocolate Mints (1.0)	Sam's	Day Box		$ 6.00
☐	16.0	whole	Dark Chocolate Bars	Dessert Dark Chocolate Bars (16.0)	Sam's	Day Box		$ 47.84
☐	3.0	bottle(s)	Maple Syrup	Breakfast (GF) Berry Pancakes, and Eggs with Bacon (1.0), Breakfast (GF) Pancakes, Eggs, and Bacon (1.0), Breakfast (GF) Pancakes, Eggs, and Sausage (1.0)	Sam's	Day Box		$ 38.94
☐	2.0	package(s)	Dried Cranberries	Appetizer Brie and (GF) Crackers (1.0), Appetizer Spinach Salad (1.0)	Sam's	Day Box		$ 4.00
☐	4.0	jar(s)	Peanut Butter	Lunch (GF) Peanut Butter and Jelly (1.0), Breakfast (GF) Bagels with Hard Boiled Eggs (2.0), Breakfast (GF) Cold Cereal with (GF) Bagels (1.0)	Sam's	Day Box		$ 16.24
☐	1.0	package(s)	Mixed Nuts	Appetizer Mixed Nuts (1.0)	Sam's	Day Box		$ 11.98
☐	1.0	package(s)	Feta Cheese	Lunch Mediterranean Tuna Salad (1.0)	Sam's Dairy	Day Box		$ 7.28
☐	14.0	tub(s)	Sour Cream	Breakfast (GF) Burritos (1.0), Breakfast (GF) Quick Steak Burritos (1.0), Lunch Steak and Black Bean Wraps (1.0), Dinner Grilled Wild Salmon (1.0), Lunch Mexi Wraps (1.0), Dinner Chicken Fajitas 2nd Half (1.0), Dinner (GF) Steak Fajitas (1.0), Breakfast (GF) Quick Steak Tacos (2.0), Dinner Fish Tacos (1.0), Dinner (GF) Beef Tacos (2.0), Dinner (GF) Shrimp Tacos (1.0), Dinner (GF) Cheese and Chicken Quesadillas (1.0)	Sam's Dairy	Dairy Cooler		$ 32.76

Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
26.0	pound(s)	Shredded Cheese	Breakfast (GF) Burritos (1.0), Breakfast (GF) Scrommlets and Bacon (2.0), Breakfast (GF) Quick Steak Burritos (1.0), Lunch Steak and Black Bean Wraps (1.0), Lunch Mexi Wraps (1.0), Dinner Chicken Fajitas 2nd Half (2.0), Dinner (GF) Steak Fajitas (2.0), Breakfast (GF) Quick Steak Tacos (2.0), Breakfast Quick Bacon Scramble (1.0), Dinner Fish Tacos (1.0), Dinner (GF) Beef Tacos (4.0), Breakfast (GF) Scrommlets and Breakfast Sausage (1.0), Breakfast (GF) Pancakes, Eggs, and Bacon (1.0), Dinner (GF) Shrimp Tacos (1.0), Dinner (GF) Cheese and Chicken Quesadillas (4.0), Breakfast (GF) Pancakes, Eggs, and Sausage (1.0)	Sam's Dairy	Dairy Cooler	415.27 oz (25.95 lb)	$ 77.74
160.0	ounce(s)	Butter	Breakfast (GF) Berry Pancakes, and Eggs with Bacon (8.0), Breakfast (GF) Scrommlets and Bacon (8.0), Dinner Grilled Wild Salmon (8.0), Dinner Cauliflower and Potato Curry 2nd Half (8.0), Breakfast (GF) Bagels with Hard Boiled Eggs (8.0), Breakfast Quick Bacon Scramble (4.0), Breakfast (GF) Egg Sammies (8.0), Dinner (GF) Fettuccine Alfredo with Chicken (8.0), Dinner (GF) Chicken Pesto Pasta (16.0), Breakfast (GF) Scrommlets and Breakfast Sausage (4.0), Dinner (GF) Spaghetti and (GF) Meatballs (8.0), Breakfast (GF) Pancakes, Eggs, and Bacon (16.0), Dessert (GF) Apple Cobbler (DO) (8.0), Dinner (GF) Grilled Cheese and Tomato (16.0), Breakfast (GF) Pancakes, Eggs, and Sausage (16.0), Dessert (GF) Mixed Berry Cobbler (DO) (16.0)	Sam's Dairy	Dairy Cooler	160.0 oz (10.0 lb)	$ 35.00
1.0	package(s)	Brie Cheese	Appetizer Brie and (GF) Crackers (1.0)	Sam's Dairy	Dairy Cooler		$ 6.98
2.0	pound(s)	Sliced Cheddar Cheese	Lunch (GF) Roast Beef Wraps (2.0)	Sam's Dairy	Dairy Cooler	31.94 oz (2.0 lb)	$ 7.29
12.0	package(s)	Guacamole	Breakfast (GF) Quick Steak Burritos (1.0), Lunch Steak and Black Bean Wraps (1.0), Lunch Cold Cut Sammies 2nd Half (1.0), Lunch Cold Cut Wraps 2nd Half (1.0), Lunch Mexi Wraps (1.0), Appetizer Tortilla Chips, Salsa, and Guacamole (2.0), Breakfast (GF) Quick Steak Tacos (2.0), Dinner (GF) Beef Tacos (2.0), Dinner (GF) Cheese and Chicken Quesadillas (1.0)	Sam's Dairy	Produce Cooler		$ 26.28
16.0	package(s)	Cream Cheese	(GF) Breakfast Salmon Lox on Bagels (4.0), Lunch (GF) Lox on Bagels with Cream Cheese (2.0), Breakfast (GF) Bagels with Hard Boiled Eggs (4.0), Breakfast (GF) Cold Cereal with (GF) Bagels (2.0), Appetizer Train Wreck (2.0), Appetizer Pesto Cream Cheese and Veggies (2.0)	Sam's Dairy	Dairy Cooler		$ 47.84
16.0	pound(s)	Sliced Cheese	Lunch Cold Cut Sammies 2nd Half (2.0), Lunch Cold Cut Wraps 2nd Half (2.0), Breakfast (GF) Egg Sammies (4.0), Lunch Cold Cut Lettuce Wraps (2.0), Lunch (GF) Cold Cut Sammies (2.0), Dinner (GF) Grilled Cheese and Tomato (4.0)	Sam's Dairy	Dairy Cooler	255.55 oz (15.97 lb)	$ 62.96
22.0	package(s)	Corn Tortillas	Dinner Chicken Fajitas 2nd Half (2.0), Dinner (GF) Steak Fajitas (3.0), Breakfast (GF) Quick Steak Tacos (6.0), Dinner Fish Tacos (2.0), Dinner (GF) Beef Tacos (6.0), Dinner (GF) Shrimp Tacos (3.0)	Sam's Dairy	Bread Box		$ 55.00
5.0	package(s)	Fresh Mozzarella	Appetizer Tomato and Mozzarella Sliders (2.0), Lunch Caprese Salad Sandwich (3.0)	Sam's Dairy	Dairy Cooler		$ 20.70
2.0	bag(s)	Fresh Spinach	Appetizer Spinach Salad (2.0)	Sam's Dairy	Produce Cooler		$ 3.92
4.5	whole	Parmesan Cheese Block	Dinner (GF) Fettuccine Alfredo with Chicken (1.0), Appetizer Caesar Salad (0.5), Dinner (GF) Spaghetti and (GF) Meatballs (1.0), Dinner (GF) White Bean and Sausage Penne (1.0), Lunch Chicken Caesar Wraps (1.0)	Sam's Dairy	Dairy Cooler		$ 29.61
2.0	whole	Block Gouda Cheese	Appetizer Smoked Gouda with Summer Sausage (1.0), Appetizer Smoked Gouda and (GF) Crackers (1.0)	Sam's Dairy	Dairy Cooler		$ 41.88
4.0	jar(s)	Pesto	Dinner (GF) Chicken Pesto Pasta (2.0), Appetizer Pesto Cream Cheese and Veggies (1.0), Lunch Caprese Salad Sandwich (1.0)	Sam's Dairy	Produce Cooler		$ 31.92
1.0	tub(s)	Spinach Dip	Appetizer Spinach Dip (GF) Crackers (1.0)	Sam's Dairy	Dairy Cooler		$ 6.98
6.0	whole	Cheese Block	Appetizer Cheese and (GF) Crackers (2.0), Lunch (GF) Crackers and Cheese With Salami (4.0)	Sam's Dairy	Dairy Cooler		$ 120.00
2.0	bag(s)	Mixed Greens	Appetizer Mixed Green Salad (2.0)	Sam's Dairy	Produce Cooler		$ 3.88
1.0	can(s)	Whipped Cream	Dessert (GF) Mixed Berry Cobbler (DO) (1.0)	Sam's Dairy	Dairy Cooler		$ 2.83
4.0	bag(s)	Shrimp	Dinner Kabobs (1.0), Dinner (GF) Shrimp Tacos (3.0)	Sam's Frozen	Meat Cooler		$ 57.92
6.0	pound(s)	Frozen Mixed Berries	Breakfast (GF) Pancakes, Eggs, and Bacon (2.0), Breakfast (GF) Pancakes, Eggs, and Sausage (2.0), Dessert (GF) Mixed Berry Cobbler (DO) (2.0)	Sam's Frozen	Meat Cooler	95.83 oz (5.99 lb)	$ 16.32
32.0	package(s)	Gluten Free Cookies	Lunch Mediterranean Tuna Salad (2.0), Lunch (GF) Roast Beef Wraps (1.0), Lunch Healthy Tuna Salad Lettuce Wraps (1.0), Lunch Steak and Black Bean Wraps (2.0), Lunch Cold Cut Sammies 2nd Half (2.0), Lunch (GF) Lox on Bagels with Cream Cheese (2.0), Lunch Cold Cut Wraps 2nd Half (2.0), Lunch (GF) Peanut Butter and Jelly (2.0), Lunch (GF) Veggie Bagel Sandwiches (4.0), Lunch (GF) BLTA (4.0), Lunch (GF) Crackers and Cheese With Salami (4.0), Lunch Chicken Caesar Wraps (2.0), Lunch (GF) Cold Cut Sammies (2.0), Lunch Caprese Salad Sandwich (2.0)	Target	Gluten Free Box		$ 105.28
38.0	box(es)	Gluten Free Crackers	Appetizer Brie and (GF) Crackers (4.0), Appetizer Bruschetta and (GF) Crackers (4.0), Appetizer Olive Tapenade (GF) Crackers (4.0), Appetizer Smoked Gouda with Summer Sausage (4.0), Appetizer Smoked Gouda and (GF) Crackers (4.0), Appetizer Spinach Dip (GF) Crackers (4.0), Appetizer Cheese and (GF) Crackers (4.0), Lunch (GF) Crackers and Cheese With Salami (8.0), Lunch (GF) Cold Cut Sammies (2.0)	Target	Gluten Free Box		$ 190.00
20.0	pound(s)	Coffee	Breakfast (GF) Burritos (1.0), Breakfast (GF) Berry Pancakes, and Eggs with Bacon (1.0), Breakfast (GF) Scrommlets and Bacon (2.0), Breakfast (GF) Quick Steak Burritos (1.0), (GF) Breakfast Salmon Lox on Bagels (2.0), Breakfast (GF) Bagels with Hard Boiled Eggs (2.0), Breakfast (GF) Quick Steak Tacos (2.0), Breakfast Quick Bacon Scramble (1.0), Breakfast (GF) Egg Sammies (2.0), Breakfast (GF) Oatmeal (1.0), Breakfast (GF) Cold Cereal with (GF) Bagels (1.0), Breakfast (GF) Scrommlets and Breakfast Sausage (1.0), Breakfast (GF) Pancakes, Eggs, and Bacon (1.0), Breakfast (GF) Cereal with Hard Boiled Eggs (1.0), Breakfast (GF) Pancakes, Eggs, and Sausage (1.0)	Toucanet	Day Box	319.44 oz (19.96 lb)	$ 240.00
2.0	package(s)	Tuna	Lunch Mediterranean Tuna Salad (1.0), Lunch Healthy Tuna Salad Lettuce Wraps (1.0)	U.S. Foods	Day Box		$ 21.96
7.0	bottle(s)	Mayonnaise	Lunch (GF) Roast Beef Wraps (1.0), Lunch Cold Cut Sammies 2nd Half (1.0), Lunch Cold Cut Wraps 2nd Half (1.0), Lunch (GF) BLTA (2.0), Lunch Cold Cut Lettuce Wraps (1.0), Lunch (GF) Cold Cut Sammies (1.0)	U.S. Foods	Day Box		$ 32.83
5.0	bottle(s)	Mustard	Lunch (GF) Roast Beef Wraps (1.0), Lunch Cold Cut Sammies 2nd Half (1.0), Lunch Cold Cut Wraps 2nd Half (1.0), Lunch Cold Cut Lettuce Wraps (1.0), Lunch (GF) Cold Cut Sammies (1.0)	U.S. Foods	Day Box		$ 10.95
1.0	package(s)	Frozen Peppers and Onions	Dinner Chicken Fajitas 2nd Half (1.0)	U.S. Foods	Meat Cooler		$ 10.00
4.0	pound(s)	Frozen Cauliflower	Dinner Cauliflower and Potato Curry 2nd Half (4.0)	U.S. Foods	Meat Cooler	63.89 oz (3.99 lb)	$ 9.00
2.0	package(s)	Frozen Stir Fry Veggies	Dinner Grilled Teriyaki Chicken (1.0), Dinner Quick Chicken Stir Fry (1.0)	U.S. Foods	Meat Cooler		$ 22.00
2.0	box(es)	Long Grain and Wild Rice	Dinner Grilled Teriyaki Chicken (1.0), Dinner Kabobs (1.0)	U.S. Foods	Day Box		$ 21.32
8.0	bag(s)	Frozen Edamame	Appetizer Edamame (8.0)	U.S. Foods	Meat Cooler		$ 21.28
12.0	whole	Cod Fillets	Dinner Fish Tacos (12.0)	U.S. Foods	Meat Cooler		$ 42.00

	Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
☐	5.0	box(es)	Spanish Rice	Dinner Fish Tacos (1.0), Dinner (GF) Beef Tacos (2.0), Dinner (GF) Shrimp Tacos (1.0), Dinner Calabacitas Tamales (PM) (1.0)	U.S. Foods	Day Box		$ 40.00
☐	1.0	package(s)	Brown Sugar	Breakfast (GF) Oatmeal (1.0)	U.S. Foods	Day Box		$ 1.00
☐	1.0	bottle(s)	Honey	Breakfast (GF) Oatmeal (1.0)	U.S. Foods	Day Box		$ 6.00
☐	2.0	bottle(s)	Hot Sauce	Breakfast (GF) Cereal with Hard Boiled Eggs (1.0), Dinner (GF) Cheese and Chicken Quesadillas (1.0)	U.S. Foods	Day Box		$ 12.00
☐	8.0	pound(s)	Pre-cooked Chicken Strips	Dinner Quick Chicken Stir Fry (4.0), Dinner (GF) Cheese and Chicken Quesadillas (4.0)	U.S. Foods	Meat Cooler	127.77 oz (7.99 lb)	$ 35.92
☐	2.0	jar(s)	Bruschetta	Appetizer Bruschetta and (GF) Crackers (2.0)	Whole Foods	Day Box		$ 8.00
☐	2.0	jar(s)	Olive Tapenade	Appetizer Olive Tapenade (GF) Crackers (2.0)	Whole Foods	Day Box		$ 8.98
☐	1.0	whole	Food	Rig Night (BYO or Moe Meal-additional charge) (1.0)				$ 0.00
☐	1.0	whole	Any Leftover Food!	Breakfast Leftovers (1.0)				$ 0.00
☐	1.0	whole	Lunch on the road!	Lunch En Route to Flagstaff (1.0)				$ 0.00

Total cost $ 0

Calendar Planning

Day	Appetizer	Dinner	Breakfast	Lunch
Day 0	Safeway Lunch (16)	Rig Night (BYO or Moe Meal-additional charge) (16)	(GF) Breakfast Salmon Lox on Bagels (16)	Lunch (GF) BLTA (16)
Day 1	Appetizer Mixed Green Salad (16)	Dinner Calabacitas Tamales (PM) (16) Dessert Dark Chocolate Bars (16)	Breakfast (GF) Burritos (16)	Lunch Cold Cut Lettuce Wraps (16)
Day 2	Appetizer Brie and (GF) Crackers (16)	Dinner Grilled Wild Salmon (16) Dessert (GF) Mixed Berry Cobbler (DO) (16)	Breakfast (GF) Berry Pancakes, and Eggs with Bacon (16)	Lunch (GF) Roast Beef Wraps (16)
Day 3	Appetizer Bruschetta and (GF) Crackers (16)	Dinner (GF) Grilled Cheese and Tomato (16)	Breakfast (GF) Scrommlets and Bacon (16)	Lunch (GF) Veggie Bagel Sandwiches (16)
Day 4	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner (GF) Steak Fajitas (16)	Breakfast (GF) Bagels with Hard Boiled Eggs (16)	Lunch (GF) Cold Cut Sammies (16)
Day 5	Appetizer Edamame (16)	Dinner Chicken Curry (16) Dessert (GF) Pepperidge Farms Cookies (16)	Breakfast (GF) Quick Steak Tacos (16)	Lunch (GF) Peanut Butter and Jelly (16)
Day 6	Appetizer Tomato and Mozzarella Sliders (16)	Dinner Fish Tacos (16)	Breakfast Quick Bacon Scramble (16)	Lunch (GF) Lox on Bagels with Cream Cheese (16)
Day 7	Appetizer Spinach Salad (16)	Dinner Kabobs (16) Dessert (GF) Chocolate Cake (16)	Breakfast (GF) Egg Sammies (16)	Lunch Healthy Tuna Salad Lettuce Wraps (16)
Day 8	Appetizer Olive Tapenade (GF) Crackers (16)	Dinner (GF) Fettuccine Alfredo with Chicken (16)	Breakfast (GF) Quick Steak Burritos (16)	Lunch (GF) BLTA (16)
Day 9	Appetizer Smoked Gouda with Summer Sausage (16)	Dinner Chicken Fajitas 2nd Half (16)	Breakfast (GF) Pancakes, Eggs, and Sausage (16)	Lunch Cold Cut Wraps 2nd Half (16)
Day 10	Appetizer Caesar Salad (16)	Dinner (GF) Chicken Pesto Pasta (16) Dessert (GF) Pepperidge Farms Cookies (16)	(GF) Breakfast Salmon Lox on Bagels (16)	Lunch Mexi Wraps (16)
Day 11	Appetizer Smoked Gouda and (GF) Crackers (16)	Dinner Cauliflower and Potato Curry 2nd Half (16)	Breakfast (GF) Oatmeal (16)	Lunch (GF) River Pasta Salad (16)
Day 12	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner (GF) Beef Tacos (16) Dessert Dark Chocolate Mints (16)	Breakfast (GF) Cold Cereal with (GF) Bagels (16)	Lunch (GF) Veggie Bagel Sandwiches (16)
Day 13	Appetizer Veggies and Dip (16)	Dinner (GF) Spaghetti and (GF) Meatballs (16)	Breakfast (GF) Scrommlets and Breakfast Sausage (16)	Lunch (GF) Crackers and Cheese With Salami (16)
Day 14	Appetizer Train Wreck (16)	Dinner Grilled Teriyaki Chicken (16) Dessert (GF) Apple Cobbler (DO) (16)	Breakfast (GF) Pancakes, Eggs, and Bacon (16)	Lunch Caprese Salad Sandwich (16)
Day 15	Appetizer Spinach Dip (GF) Crackers (16)	Dinner (GF) White Bean and Sausage Penne (16)	Breakfast (GF) Cereal with Hard Boiled Eggs (16)	Lunch Chicken Caesar Wraps (16)
Day 16	Appetizer Mango Salsa and Chips (16)	Dinner (GF) Shrimp Tacos (16)	Breakfast (GF) Quick Steak Tacos (16)	Lunch Mediterranean Tuna Salad (16)
Day 17	Appetizer Cheese and (GF) Crackers (16)	Dinner (GF) Chicken Pesto Pasta (16) Dessert (GF) Pepperidge Farms Cookies (16)	Breakfast (GF) Bagels with Hard Boiled Eggs (16)	Lunch Steak and Black Bean Wraps (16)
Day 18	Appetizer Edamame (16)	Dinner Quick Chicken Stir Fry (16)	Breakfast (GF) Egg Sammies (16)	Lunch (GF) Crackers and Cheese With Salami (16)
Day 19	Appetizer Pesto Cream Cheese and Veggies (16)	Dinner (GF) Beef Tacos (16) Dessert Dark Chocolate Bars (16)	Breakfast (GF) Scrommlets and Bacon (16)	Lunch Cold Cut Sammies 2nd Half (16)
Day 20	Appetizer Mixed Nuts (16)	Dinner (GF) Cheese and Chicken Quesadillas (16)	Breakfast Leftovers (16)	Lunch En Route to Flagstaff (16)

Recipes details

Safeway Lunch

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	

(GF) 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 bagels with vegetables, capers, lox and cream cheese! Assemble as desired.

Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Salmon Lox	Meat Cooler
1.0	can(s)	Frozen Juice	Meat Cooler
2.0	package(s)	Cream Cheese	Dairy Cooler
3.0	whole	Tomatoes	Produce Cooler

Qty	Unit	Ingredient	Packing notes
3.0	bag(s)	Gluten Free Bagels	Bread Box
1.0	jar(s)	Capers	Day Box
1.0	pound(s)	Coffee	Day Box
1.0	whole	Red Onion	Produce Crate

Lunch (GF) BLTA

Lunch Day #0

Individuals served: **16**

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

Bacon is pre-cooked, crisp up if desired. Slice veggies and make sandwiches before leaving camp or stop somewhere pretty and assemble there. Serve with chips and cookies!
Hint: Put veggies in separate ziplock to avoid a soggy sammy.

Qty	Unit	Ingredient	Packing notes
2.0	head(s)	Iceberg Lettuce	Produce Cooler
5.0	whole	Tomatoes	Produce Cooler
4.0	whole	Avocados	Produce Cooler
3.0	loaf	Gluten Free Bread	Bread Box

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Pre-cooked Bacon	Day Box
1.0	bottle(s)	Mayonnaise	Day Box
2.0	package(s)	Gluten Free Cookies	Day Box
1.0	bag(s)	Gluten Free Chips	Day Box

Appetizer Mixed Green Salad

Appetizer Day #1

Individuals served: **16**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Slice and dice avocados, tomatoes, and carrots. Top mixed greens with veggies and croutons. Serve with dressing on side. Enjoy!

Qty	Unit	Ingredient	Packing notes
3.0	whole	Avocados	Produce Cooler
3.0	whole	Tomatoes	Produce Cooler
0.5	pound(s)	Carrots	Produce Cooler

Qty	Unit	Ingredient	Packing notes
2.0	bag(s)	Mixed Greens	Produce Cooler
1.0	package(s)	Croutons	Day Box
1.0	bottle(s)	Salad Dressing	Day Box

Dinner Calabacitas Tamales (PM)

Dinner Day #1

Individuals served: **16**

Alternative pre-made meals will be supplied for those with dietary restrictions. Check the cooler!!
Tamales are pre-made - See boil in a bag instructions! Cook rice according to directions on package, fluff rice with fork once finished cooking. Serve with chips and salsa and enjoy!

Qty	Unit	Ingredient	Packing notes
32.0	whole	Tamales Calbacitas (PM)	Meat Cooler
1.0	box(es)	Spanish Rice	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	jar(s)	Salsa	Day Box
1.0	bag(s)	Tortilla Chips	Day Box

Dessert Dark Chocolate Bars

Dinner Day #1

Individuals served: **16**

Dietary restrictions / allergens: **Dairy**

Enjoy!

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

Breakfast (GF) Burritos

Breakfast Day #1

Individuals served: **16**

Dietary restrictions / allergens: **Dairy , Pork, Eggs**

Chop bell peppers, onion and potatoes separately. Start bacon in Dutch oven. Heat oil in pan for frying potatoes, add potatoes to hot pan, season before and after frying. Once potatoes are almost done, start on scrambled eggs. Heat up skillet with oil, add peppers and onion in a skillet (salt and pepper as desired) add scrambled eggs to skillet and stir. Drain, rinse and heat black beans. Assemble burritos! Good morning!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Bacon	Meat Cooler
1.0	tub(s)	Sour Cream	Dairy Cooler
1.0	pound(s)	Shredded Cheese	Dairy Cooler
2.0	whole	Yellow Bell Pepper	Produce Cooler
2.0	whole	Red Bell Pepper	Produce Cooler
4.0	package(s)	Gluten Free Tortillas	Bread Box

Qty	Unit	Ingredient	Packing notes
3.0	dozen(s)	Eggs	Egg Can
1.0	jar(s)	Salsa	Day Box
3.0	can(s)	Black Beans	Day Box
1.0	pound(s)	Coffee	Day Box
1.0	whole	Yellow Onion	Produce Crate
6.0	whole	Potatoes	Produce Crate

Lunch Cold Cut Lettuce Wraps

Lunch Day #1

Individuals served: **16**

Dietary restrictions / allergens: **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
4.0	pound(s)	Sliced Deli Meat	Meat Cooler
2.0	pound(s)	Sliced Cheese	Dairy Cooler
3.0	whole	Avocados	Produce Cooler
2.0	head(s)	Iceberg Lettuce	Produce Cooler
3.0	whole	Tomatoes	Produce Cooler
1.0	bottle(s)	Mayonnaise	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	bottle(s)	Mustard	Day Box
1.0	jar(s)	Pickles	Day Box
1.0	jar(s)	Pepperoncinis	Day Box
1.0	package(s)	Cookies	Day Box
2.0	can(s)	Stax	Day Box
1.0	whole	Red Onion	Produce Crate

Appetizer Brie and (GF) Crackers

Appetizer Day #2

Individuals served: **16**

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

*Note: Please check food notes for any possible adjustments or dietary modifications for the day
Open brie package. White rind is fine to consume, cut off if desired. Pour dried cranberries on top. Serve on plate with crackers. Hint: Place brie and cranberries in skillet and warm on low with lid on for a 5-star appetizer!

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

Dinner Grilled Wild Salmon

Dinner Day #2

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
5.0	pound(s)	Wild Salmon	Meat Cooler
8.0	ounce(s)	Butter	Dairy Cooler
1.0	tub(s)	Sour Cream	Dairy Cooler
4.0	pound(s)	Asparagus	Produce Cooler

Qty	Unit	Ingredient	Packing notes
4.0	package(s)	Instant Garlic Mashed Potatoes	Day Box
4.0	whole	Lemons	Produce Crate
2.0	whole	Yellow Onion	Produce Crate

Dessert (GF) Mixed Berry Cobbler (DO)

Dinner Day #2

Individuals served: **16**

Dietary restrictions / allergens: **Dairy**

Empty Berries into Dutch Oven. Spread dry cake mix over top of berries, in an even layer. Then cut butter into equal size pieces and arrange on top of berries. Put Dutch Oven lid on arrange briquettes in a checkerboard pattern above and below oven. (14 on top, 10 underneath, and rotate D.O. on coals, as well as lid on D.O. in order to avoid hotspots)

Qty	Unit	Ingredient	Packing notes
2.0	pound(s)	Frozen Mixed Berries	Meat Cooler
16.0	ounce(s)	Butter	Dairy Cooler

Qty	Unit	Ingredient	Packing notes
1.0	can(s)	Whipped Cream	Dairy Cooler
2.0	box(es)	Gluten Free Yellow Cake Mix	Day Box

Breakfast (GF) Berry Pancakes, and Eggs with Bacon

Breakfast Day #2

Individuals served: **16**

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

Mix pancakes according to directions on package. Cook pancakes with butter or oil on griddle. While pancakes are being made, start bacon in frying pan or dutch oven. Prepare scrambled eggs with salt and pepper in Dutch oven. Heat up strawberries if desired. Note: if pancake batter becomes thick, add more water. Enjoy!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Bacon	Meat Cooler
1.0	bag(s)	Frozen Strawberries	Meat Cooler
8.0	ounce(s)	Butter	Dairy Cooler
3.0	dozen(s)	Eggs	Egg Can

Qty	Unit	Ingredient	Packing notes
1.0	bottle(s)	Maple Syrup	Day Box
1.0	pound(s)	Coffee	Day Box
2.0	package(s)	Gluten Free Pancake Mix	Day Box

Lunch (GF) Roast Beef Wraps

Lunch Day #2

Individuals served: **16**

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

Either make wraps at camp or prepare to stop somewhere during the day. We think this dish is best made on the river to avoid a soggy tortilla. Stop somewhere pretty, chop veggies and assemble wraps as desired!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Roast Beef	Meat Cooler
2.0	pound(s)	Sliced Cheddar Cheese	Dairy Cooler
2.0	head(s)	Romaine Lettuce	Produce Cooler
3.0	whole	Tomatoes	Produce Cooler
3.0	whole	Avocados	Produce Cooler
4.0	package(s)	Gluten Free Tortillas	Bread Box

Qty	Unit	Ingredient	Packing notes
1.0	bag(s)	Gluten Free Chips	Day Box
1.0	bottle(s)	Mayonnaise	Day Box
1.0	bottle(s)	Mustard	Day Box
1.0	jar(s)	Pickles	Day Box
1.0	package(s)	Gluten Free Cookies	Day Box
1.0	whole	Red Onion	Produce Crate

Appetizer Bruschetta and (GF) Crackers

Appetizer Day #3

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 crackers and enjoy!

Qty	Unit	Ingredient	Packing notes
2.0	jar(s)	Bruschetta	Day Box
4.0	box(es)	Gluten Free Crackers	Day Box

Dinner (GF) Grilled Cheese and Tomato

Dinner Day #3

Individuals served: **16**

Dietary restrictions / allergens: **Pork, 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 on outside of bread helps prevent any burnt sammies.

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Ham	Meat Cooler
4.0	pound(s)	Sliced Cheese	Dairy Cooler
16.0	ounce(s)	Butter	Dairy Cooler
4.0	whole	Tomatoes	Produce Cooler

Qty	Unit	Ingredient	Packing notes
4.0	whole	Avocados	Produce Cooler
3.0	loaf	Gluten Free Bread	Bread Box
4.0	box(es)	Tomato Soup	Day Box

Breakfast (GF) Scrommlets and Bacon

Breakfast Day #3

Individuals served: **16**

Dietary restrictions / allergens: **Pork, Dairy , Eggs**

Start bacon in skillet. Drain all canned ingredients, chop onion and bell peppers, add ingredients to dutch oven with a touch of oil to saute (4-6 min). Crack and beat the eggs, season with salt and pepper. Add eggs to dutch oven and fold in ingredients. Cook until eggs are finished. While scrommlet is cooking, toast english muffins on griddle with butter. Optional: chop up cooked bacon and add to scrommlet! Good morning!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Bacon	Meat Cooler
4.0	ounce(s)	Butter	Dairy Cooler
1.0	pound(s)	Shredded Cheese	Dairy Cooler
2.0	whole	Yellow Bell Pepper	Produce Cooler
2.0	whole	Red Bell Pepper	Produce Cooler
3.0	loaf	Gluten Free Bread	Bread Box

Qty	Unit	Ingredient	Packing notes
3.0	dozen(s)	Eggs	Egg Can
1.0	can(s)	Canned Spinach	Day Box
2.0	can(s)	Canned Mushrooms	Day Box
1.0	pound(s)	Coffee	Day Box
1.0	whole	Yellow Onion	Produce Crate

Lunch (GF) Veggie Bagel Sandwiches

Lunch Day #3

Individuals served: **16**

Dietary restrictions / allergens: **Dairy**

Slice veggies and pile onto bagels!

Qty	Unit	Ingredient	Packing notes
3.0	package(s)	Veggie Flavored Cream Cheese	Dairy Cooler
3.0	whole	Red Bell Pepper	Produce Cooler
3.0	whole	Yellow Bell Pepper	Produce Cooler
3.0	whole	Cucumbers	Produce Cooler
3.0	whole	Tomatoes	Produce Cooler

Qty	Unit	Ingredient	Packing notes
3.0	whole	Avocados	Produce Cooler
1.0	head(s)	Iceberg Lettuce	Produce Cooler
3.0	bag(s)	Gluten Free Bagels	Bread Box
2.0	package(s)	Gluten Free Cookies	Day Box
1.0	bag(s)	Gluten Free Chips	Day Box

Appetizer Tortilla Chips, Salsa, and Guacamole

Appetizer Day #4

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 (GF) Steak Fajitas

Dinner Day #4

Individuals served: **16**

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

Steak is precooked and seasoned, just heat and add seasonings to taste! Slice onion and peppers. Saute onions and peppers with steak or on 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
4.0	pound(s)	Steak Fajita Meat	Meat Cooler
2.0	pound(s)	Shredded Cheese	Dairy Cooler
1.0	tub(s)	Sour Cream	Dairy Cooler
3.0	whole	Tomatoes	Produce Cooler
3.0	whole	Avocados	Produce Cooler
4.0	whole	Red Bell Pepper	Produce Cooler

Qty	Unit	Ingredient	Packing notes
4.0	whole	Yellow Bell Pepper	Produce Cooler
3.0	package(s)	Corn Tortillas	Bread Box
1.0	jar(s)	Salsa	Day Box
2.0	can(s)	Diced Green Chiles	Day Box
2.0	whole	Red Onion	Produce Crate

Breakfast (GF) Bagels with Hard Boiled Eggs

Breakfast Day #4

Individuals served: **16**

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

Add cold water to pot, carefully place eggs to pot and more 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. While eggs cook, toast bagels on griddle or serve cold with cream cheese and PB&J. Yum!

Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Cream Cheese	Dairy Cooler
4.0	ounce(s)	Butter	Dairy Cooler
3.0	bag(s)	Gluten Free Bagels	Bread Box
3.0	dozen(s)	Eggs	Egg Can

Qty	Unit	Ingredient	Packing notes
1.0	jar(s)	Peanut Butter	Day Box
1.0	jar(s)	Jelly	Day Box
1.0	pound(s)	Coffee	Day Box

Lunch (GF) Cold Cut Sammies

Lunch Day #4

Individuals served: **16**

Dietary restrictions / allergens: **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!
Hint: Put veggies in a separate ziplock to avoid a soggy sammie!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Deli Meat	Meat Cooler
2.0	pound(s)	Sliced Cheese	Dairy Cooler
1.0	head(s)	Iceberg Lettuce	Produce Cooler
3.0	whole	Avocados	Produce Cooler
3.0	whole	Tomatoes	Produce Cooler
1.0	bottle(s)	Mayonnaise	Day Box
1.0	bottle(s)	Mustard	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	jar(s)	Pickles	Day Box
1.0	jar(s)	Pepperoncinis	Day Box
2.0	box(es)	Gluten Free Crackers	Day Box
2.0	package(s)	Gluten Free Cookies	Day Box
3.0	loaf	Gluten Free Bread	Day Box
1.0	whole	Red Onion	Produce Crate

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 Chicken Curry

Dinner Day #5

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
4.0	pound(s)	Cubed Chicken	Meat Cooler
2.0	whole	Yellow Bell Pepper	Produce Cooler
1.0	pound(s)	Carrots	Produce Cooler
2.0	jar(s)	Green Curry Paste	Day Box
4.0	can(s)	Coconut Cream	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	jar(s)	Minced Garlic	Day Box
1.0	bag(s)	Jasmine Rice	Day Box
2.0	whole	Yellow Onion	Produce Crate
6.0	whole	Potatoes	Produce Crate

Dessert (GF) Pepperidge Farms Cookies

Dinner Day #5

Individuals served: **16**

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

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

Breakfast (GF) Quick Steak Tacos

Breakfast Day #5

Individuals served: **16**

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

Meat is pre-cooked, just needs to be reheated in a skillet or dutch oven! Saute bell peppers and onions in a lightly oiled pan or dutch oven. Add scrambled eggs to bell peppers and onion and stir until cooked.Heat tortillas on Dutch oven lid or pan. Warm black beans if preferred. Set up buffet line with all ingredients and toppings to make your own burrito. Enjoy the beautiful canyon!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Pre-cooked Steak Strips	Meat Cooler
1.0	package(s)	Guacamole	Dairy Cooler
1.0	tub(s)	Sour Cream	Dairy Cooler
1.0	pound(s)	Shredded Cheese	Dairy Cooler
2.0	whole	Yellow Bell Pepper	Produce Cooler
2.0	whole	Red Bell Pepper	Produce Cooler

Qty	Unit	Ingredient	Packing notes
3.0	package(s)	Corn Tortillas	Bread Box
3.0	dozen(s)	Eggs	Egg Can
1.0	jar(s)	Salsa	Day Box
3.0	can(s)	Black Beans	Day Box
1.0	pound(s)	Coffee	Day Box
1.0	whole	Yellow Onion	Produce Crate

Lunch (GF) Peanut Butter and Jelly

Lunch Day #5

Individuals served: **16**

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

Make the perfect childhood treat! Enjoy with chips, cookies, and a piece of fruit. Yum!

Qty	Unit	Ingredient	Packing notes
3.0	loaf	Gluten Free Bread	Bread Box
1.0	jar(s)	Peanut Butter	Day Box
1.0	jar(s)	Jelly	Day Box

Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Gluten Free Cookies	Day Box
1.0	bag(s)	Gluten Free Chips	Day Box

Appetizer Tomato and Mozzarella Sliders

Appetizer Day #6

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
2.0	package(s)	Fresh Mozzarella	Dairy Cooler
6.0	whole	Tomatoes	Produce Cooler

Qty	Unit	Ingredient	Packing notes
4.0	ounce(s)	Fresh Basil	Produce Cooler
1.0	whole	Balsamic Glaze	Day Box

Dinner Fish Tacos

Dinner Day #6

Individuals served: **16**

Dietary restrictions / allergens: **Fish**

Chop/dice tomatoes, red onion, cabbage, avocado, and limes. Cook rice according to directions on box. Cook fish in Dutch oven or skillet, adding taco seasoning. Warm up beans and season to taste. Heat tortillas on upside down Dutch oven lid on stove or on griddle. Serve with side of black beans, chopped veggies, sour cream, chiles, cheese and salsa. Yum!

Qty	Unit	Ingredient	Packing notes
12.0	whole	Cod Fillets	Meat Cooler
1.0	tub(s)	Sour Cream	Dairy Cooler
1.0	pound(s)	Shredded Cheese	Dairy Cooler
3.0	whole	Tomatoes	Produce Cooler
4.0	whole	Limes	Produce Cooler
3.0	whole	Avocados	Produce Cooler
2.0	package(s)	Corn Tortillas	Bread Box

Qty	Unit	Ingredient	Packing notes
2.0	can(s)	Diced Green Chiles	Day Box
1.0	jar(s)	Salsa	Day Box
1.0	box(es)	Spanish Rice	Day Box
4.0	can(s)	Black Beans	Day Box
1.0	package(s)	Taco Seasoning	Day Box
1.0	whole	Red Onion	Produce Crate
1.0	head(s)	Green Cabbage	Produce Crate

Breakfast Quick Bacon Scramble

Breakfast Day #6

Individuals served: **16**

Dietary restrictions / allergens: **Dairy , Eggs, Pork**

Bacon is fully cooked, just reheat in pan! Chop peppers onion and drain spinach and mushroom. Sauté all veggies with oil or butter in a Dutch oven. Add cracked eggs and mix together until desired doneness. Throw in chopped bacon or serve on the side with slices of avocados. Yum!

Qty	Unit	Ingredient	Packing notes
4.0	ounce(s)	Butter	Dairy Cooler
1.0	pound(s)	Shredded Cheese	Dairy Cooler
3.0	whole	Red Bell Pepper	Produce Cooler
3.0	whole	Yellow Bell Pepper	Produce Cooler
4.0	whole	Avocados	Produce Cooler
3.0	dozen(s)	Eggs	Egg Can

Qty	Unit	Ingredient	Packing notes
2.0	can(s)	Canned Mushrooms	Day Box
1.0	can(s)	Canned Spinach	Day Box
1.0	jar(s)	Salsa	Day Box
1.0	package(s)	Pre-cooked Bacon	Day Box
1.0	pound(s)	Coffee	Day Box
1.0	whole	Yellow Onion	Produce Crate

Lunch (GF) Lox on Bagels with Cream Cheese

Lunch Day #6

Individuals served: **16**

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

Before leaving camp, make sure your lox packages are thawed! Either premake sandwiches at camp or slice up veggies and put into ziplock for an easy lunch later in the day.
Fun Fact: Capers can reduce cancer risk and promote eye, bone, brain, and digestive health. Eat up!

Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Salmon Lox	Meat Cooler
2.0	package(s)	Cream Cheese	Dairy Cooler
3.0	whole	Tomatoes	Produce Cooler
3.0	bag(s)	Gluten Free Bagels	Bread Box

Qty	Unit	Ingredient	Packing notes
1.0	jar(s)	Capers	Day Box
2.0	can(s)	Stax	Day Box
2.0	package(s)	Gluten Free Cookies (substitute for Cookies)	
1.0	whole	Red Onion	Produce Crate

Appetizer Spinach Salad

Appetizer Day #7

Individuals served: **16**

Dietary restrictions / allergens: **Tree Nuts**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Slice red onion, bell peppers, and avocados. Place spinach in large bowl, mix in veggies. Top with croutons, cranberries and sunflower seeds. Serve with dressing on side or toss together. Enjoy!

Qty	Unit	Ingredient	Packing notes
2.0	bag(s)	Fresh Spinach	Produce Cooler
2.0	whole	Avocados	Produce Cooler
2.0	whole	Red Bell Pepper	Produce Cooler
1.0	bottle(s)	Salad Dressing	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Dried Cranberries	Day Box
1.0	package(s)	Sunflower Seeds	Day Box
1.0	package(s)	Croutons	Day Box
1.0	whole	Red Onion	Produce Crate

Dinner Kabobs

Dinner Day #7

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
2.0	pound(s)	Cubed Beef	Meat Cooler
2.0	pound(s)	Cubed Chicken	Meat Cooler
1.0	bag(s)	Shrimp	Meat Cooler
4.0	whole	Zucchini	Produce Cooler
4.0	whole	Yellow Squash	Produce Cooler
4.0	whole	Yellow Bell Pepper	Produce Cooler

Qty	Unit	Ingredient	Packing notes
4.0	whole	Red Bell Pepper	Produce Cooler
1.0	package(s)	Fresh Mushrooms	Produce Cooler
1.0	package(s)	Wooden Skewers x 100	Day Box
1.0	box(es)	Long Grain and Wild Rice	Day Box
3.0	whole	Yellow Onion	Produce Crate

Dessert (GF) Chocolate Cake

Dinner Day #7

Individuals served: **16**

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

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
1.0	jar(s)	Chocolate Frosting	Day Box
2.0	box(es)	Gluten Free Chocolate Cake	Day Box

Breakfast (GF) Egg Sammies

Breakfast Day #7

Individuals served: **16**

Dietary restrictions / allergens: **Pork, Dairy , Eggs**

Heat bacon on stovetop or dutch oven. Make eggs as desired (sunny-side up, fried, scrambled). Slice avocado and tomatoes. Toast bread with butter or oil on griddle, and assemble sandwiches with egg, cheese, avocado, tomato and bacon as desired!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Bacon	Meat Cooler
4.0	ounce(s)	Butter	Dairy Cooler
2.0	pound(s)	Sliced Cheese	Dairy Cooler
3.0	whole	Avocados	Produce Cooler
3.0	whole	Tomatoes	Produce Cooler

Qty	Unit	Ingredient	Packing notes
3.0	loaf	Gluten Free Bread	Bread Box
3.0	dozen(s)	Eggs	Egg Can
2.0	can(s)	Diced Green Chiles	Day Box
1.0	pound(s)	Coffee	Day Box

Lunch Healthy Tuna Salad Lettuce Wraps

Lunch Day #7

Individuals served: **16**

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

Before you leave camp (optional): Mix tuna with chopped celery, red onion, and peppers (flavor with lemon juice, spices, and olive oil to taste). Place in zip lock bag in lunch cooler. Stop somewhere pretty and serve in pita bread. Enjoy!

Qty	Unit	Ingredient	Packing notes
0.5	bunch(es)	Celery	Produce Cooler
2.0	whole	Yellow Bell Pepper	Produce Cooler
1.0	package(s)	Tuna	Day Box
2.0	can(s)	Stax	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Gluten Free Cookies (substitute for Cookies)	
1.0	bottle(s)	Lemon Juice	Day Box
1.0	whole	Red Onion	Produce Crate
3.0	head(s)	Romaine Lettuce	Produce Crate

Appetizer Olive Tapenade (GF) Crackers

Appetizer Day #8

Individuals served: **16**

*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	box(es)	Gluten Free Crackers	Day Box

Dinner (GF) Fettuccine Alfredo with Chicken

Dinner Day #8

Individuals served: **16**

Dietary restrictions / allergens: **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
4.0	pound(s)	Cubed Chicken	Meat Cooler
1.0	whole	Parmesan Cheese Block	Dairy Cooler
8.0	ounce(s)	Butter	Dairy Cooler
2.0	whole	Yellow Bell Pepper	Produce Cooler
2.0	whole	Zucchini	Produce Cooler

Qty	Unit	Ingredient	Packing notes
2.0	loaf	Gluten Free Bread	Bread Box
3.0	jar(s)	Alfredo Sauce	Day Box
1.0	jar(s)	Roasted Red Peppers	Day Box
1.0	jar(s)	Minced Garlic	Day Box
3.0	package(s)	Gluten Free Fettuccini Noodles	Day Box

Breakfast (GF) Quick Steak Burritos

Breakfast Day #8

Individuals served: **16**

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

Meat is pre-cooked, just needs to be reheated in a skillet or dutch oven! Saute bell peppers and onions in a lightly oiled pan or dutch oven. Add scrambled eggs to bell peppers and onion and stir until cooked. Heat tortillas on Dutch oven lid or pan. Warm black beans if preferred. Set up buffet line with all ingredients and toppings to make your own burrito. Enjoy the beautiful canyon!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Pre-cooked Steak Strips	Meat Cooler
1.0	package(s)	Guacamole	Dairy Cooler
1.0	tub(s)	Sour Cream	Dairy Cooler
1.0	pound(s)	Shredded Cheese	Dairy Cooler
2.0	whole	Yellow Bell Pepper	Produce Cooler
2.0	whole	Red Bell Pepper	Produce Cooler

Qty	Unit	Ingredient	Packing notes
4.0	package(s)	Gluten Free Tortillas	Bread Box
3.0	dozen(s)	Eggs	Egg Can
1.0	jar(s)	Salsa	Day Box
3.0	can(s)	Black Beans	Day Box
1.0	pound(s)	Coffee	Day Box
1.0	whole	Yellow Onion	Produce Crate

Lunch (GF) BLTA

Lunch Day #8

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
2.0	head(s)	Iceberg Lettuce	Produce Cooler
5.0	whole	Tomatoes	Produce Cooler
4.0	whole	Avocados	Produce Cooler
3.0	loaf	Gluten Free Bread	Bread Box

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Pre-cooked Bacon	Day Box
1.0	bottle(s)	Mayonnaise	Day Box
2.0	package(s)	Gluten Free Cookies	Day Box
1.0	bag(s)	Gluten Free Chips	Day Box

Appetizer Smoked Gouda with Summer Sausage

Appetizer Day #9

Individuals served: **16**

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

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Slice gouda and summer sausage. Serve with spicy mustard and crackers. Enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	whole	Block Gouda Cheese	Dairy Cooler
1.0	whole	Summer Sausage	Day Box
4.0	box(es)	Gluten Free Crackers (substitute for Crackers)	
1.0	bottle(s)	Spicy Mustard	Day Box

Dinner Chicken Fajitas 2nd Half

Dinner Day #9

Individuals served: **16**

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

Chicken is precooked and seasoned. Just heat and add seasonings to taste. Saute onions and peppers with chicken or separate griddle. Warm tortillas on skillet or Dutch oven lid. Serve with sliced red onion, green chiles, salsa, sour cream, and cheese. !OLE!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Chicken Fajita Meat	Meat Cooler
1.0	package(s)	Frozen Peppers and Onions	Meat Cooler
2.0	pound(s)	Shredded Cheese	Dairy Cooler
1.0	tub(s)	Sour Cream	Dairy Cooler
2.0	package(s)	Corn Tortillas (substitute for Flour Tortillas)	
1.0	jar(s)	Salsa	Day Box
3.0	can(s)	Black Beans	Day Box
2.0	can(s)	Diced Green Chiles	Day Box
2.0	whole	Red Onion	Produce Crate

Breakfast (GF) Pancakes, Eggs, and Sausage

Breakfast Day #9

Individuals served: **16**

Dietary restrictions / allergens: **Dairy , Pork, Eggs**

Mix pancakes according to directions on package. Cook pancakes with butter or oil on griddle. While pancakes are being made, start sausage in frying pan and in dutch oven prepare scrambled eggs with salt and pepper and cheese! Heat up berries if desired. Serve with maple syrup. Enjoy!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Breakfast Sausage	Meat Cooler
2.0	pound(s)	Frozen Mixed Berries	Meat Cooler
16.0	ounce(s)	Butter	Dairy Cooler
1.0	pound(s)	Shredded Cheese	Dairy Cooler
3.0	dozen(s)	Eggs	Egg Can
1.0	bottle(s)	Maple Syrup	Day Box
1.0	pound(s)	Coffee	Day Box
2.0	package(s)	Gluten Free Pancake Mix	Day Box

Lunch Cold Cut Wraps 2nd Half

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 tomatoes, onions, and assemble sammies as desired with condiments and guacamole. Serve with chips and cookies!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Deli Meat	Meat Cooler
1.0	package(s)	Guacamole	Dairy Cooler
2.0	pound(s)	Sliced Cheese	Dairy Cooler
3.0	package(s)	Gluten Free Tortillas (substitute for Flour Tortillas)	
1.0	bottle(s)	Mayonnaise	Day Box
1.0	bottle(s)	Mustard	Day Box
1.0	jar(s)	Pickles	Day Box
1.0	jar(s)	Pepperoncinis	Day Box
2.0	package(s)	Gluten Free Cookies (substitute for Cookies)	
2.0	can(s)	Stax	Day Box
1.0	whole	Red Onion	Produce Crate

Appetizer Caesar Salad

Appetizer Day #10

Individuals served: **16**

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

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Slice onion, chop romaine lettuce, toss in bowl with Caesar dressing. Top with croutons and shaved parmesan on top!

Qty	Unit	Ingredient	Packing notes
0.5	whole	Parmesan Cheese Block	Dairy Cooler
2.0	head(s)	Romaine Lettuce	Produce Cooler
1.0	package(s)	Croutons	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	bottle(s)	Caesar Dressing	Day Box
1.0	whole	Red Onion	Produce Crate

Dinner (GF) Chicken Pesto Pasta

Dinner Day #10

Individuals served: **16**

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

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
4.0	pound(s)	Cubed Chicken	Meat Cooler
1.0	jar(s)	Pesto	Dairy Cooler
8.0	ounce(s)	Butter	Dairy Cooler

Qty	Unit	Ingredient	Packing notes
3.0	loaf	Gluten Free Bread	Bread Box
1.0	jar(s)	Minced Garlic	Day Box
3.0	box(es)	Gluten Free Penne Pasta	Day Box

Dessert (GF) Pepperidge Farms Cookies

Dinner Day #10

Individuals served: **16**

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

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

(GF) Breakfast Salmon Lox on Bagels

Breakfast Day #10

Individuals served: **16**

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

Toast bagels with butter or oil if desired. Slice tomatoes and onion. Serve bagels with vegetables, capers, lox and cream cheese! Assemble as desired.

Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Salmon Lox	Meat Cooler
1.0	can(s)	Frozen Juice	Meat Cooler
2.0	package(s)	Cream Cheese	Dairy Cooler
3.0	whole	Tomatoes	Produce Cooler

Qty	Unit	Ingredient	Packing notes
3.0	bag(s)	Gluten Free Bagels	Bread Box
1.0	jar(s)	Capers	Day Box
1.0	pound(s)	Coffee	Day Box
1.0	whole	Red Onion	Produce Crate

Lunch Mexi Wraps

Lunch Day #10

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
1.0	tub(s)	Sour Cream	Dairy Cooler
1.0	package(s)	Guacamole	Dairy Cooler
1.0	pound(s)	Shredded Cheese	Dairy Cooler
3.0	package(s)	Gluten Free Tortillas (substitute for Flour Tortillas)	
2.0	can(s)	Black Beans	Day Box
3.0	can(s)	Pinto Beans	Day Box
1.0	can(s)	Black Olives	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	can(s)	Diced Green Chiles	Day Box
1.0	can(s)	Diced Tomatoes	Day Box
1.0	can(s)	Canned Corn	Day Box
1.0	jar(s)	Salsa	Day Box
1.0	package(s)	Taco Seasoning	Day Box
1.0	package(s)	Cookies	Day Box

Appetizer Smoked Gouda and (GF) Crackers

Appetizer Day #11

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 up gouda, serve with gluten free crackers, enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	whole	Block Gouda Cheese	Dairy Cooler
4.0	box(es)	Gluten Free Crackers	Day Box

Dinner Cauliflower and Potato Curry 2nd Half

Dinner Day #11

Individuals served: **16**

Dietary restrictions / allergens: **Tree Nuts**

Chop onions, potatoes, carrots, and cauliflower in bite sized pieces. Saute onions in 4 tbs of butter until soft (4-6 min), add garlic until fragrant. 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 with remaining butter for the perfect jasmine rice! Yum!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Frozen Cauliflower	Meat Cooler
8.0	ounce(s)	Butter	Dairy Cooler
1.0	pound(s)	Carrots	Produce Crate
3.0	jar(s)	Green Curry Paste	Day Box
1.0	jar(s)	Minced Garlic	Day Box

Qty	Unit	Ingredient	Packing notes
4.0	can(s)	Coconut Cream	Day Box
1.0	bag(s)	Jasmine Rice	Day Box
8.0	whole	Potatoes	Produce Crate
1.0	whole	Yellow Onion	Produce Crate

Breakfast (GF) Oatmeal

Breakfast Day #11

Individuals served: **16**

Cook oatmeal by using 2 parts water to 1 part oatmeal. Add oats to boiling water and stir. Cook over medium heat until tender. Add toppings as desired. *Hint: Use almond milk to make oats creamy and add dried fruit to oatmeal while cooking to rehydrate!

Qty	Unit	Ingredient	Packing notes
1.0	box(es)	Milk	Day Box
1.0	package(s)	Dried Fruit	Day Box
1.0	package(s)	Walnuts	Day Box
1.0	package(s)	Brown Sugar	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	bottle(s)	Honey	Day Box
1.0	pound(s)	Coffee	Day Box
1.0	box(es)	Almond Milk	Day Box
3.0	box(es)	Gluten Free Oatmeal	Day Box

Lunch (GF) River Pasta Salad

Lunch Day #11

Individuals served: **16**

Dietary restrictions / allergens: **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
1.0	bag(s)	Cheese Cubes	Dairy Cooler
2.0	jar(s)	Sun Dried Tomatoes	Day Box
2.0	can(s)	Black Olives	Day Box

Qty	Unit	Ingredient	Packing notes
2.0	can(s)	Canned Artichoke Hearts	Day Box
2.0	jar(s)	Roasted Red Peppers	Day Box
4.0	box(es)	Gluten Free Penne Pasta	Day Box

Appetizer Tortilla Chips, Salsa, and Guacamole

Appetizer Day #12

Individuals served: **16**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Open, serve, and enjoy!

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 (GF) Beef Tacos

Dinner Day #12

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
4.0	pound(s)	Ground Beef	Meat Cooler
2.0	pound(s)	Shredded Cheese	Dairy Cooler
1.0	tub(s)	Sour Cream	Dairy Cooler
1.0	package(s)	Guacamole	Dairy Cooler
3.0	package(s)	Corn Tortillas	Bread Box
2.0	can(s)	Diced Green Chiles	Day Box
2.0	can(s)	Black Olives	Day Box

Qty	Unit	Ingredient	Packing notes
3.0	can(s)	Diced Tomatoes	Day Box
4.0	can(s)	Refried Beans	Day Box
1.0	box(es)	Spanish Rice	Day Box
2.0	package(s)	Taco Seasoning	Day Box
1.0	whole	Yellow Onion	Produce Crate
1.0	head(s)	Green Cabbage	Produce Crate

Dessert Dark Chocolate Mints

Dinner Day #12

Individuals served: **16**

Yum!

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Dark Chocolate Mints	Day Box

Breakfast (GF) Cold Cereal with (GF) Bagels

Breakfast Day #12

Individuals served: **16**

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

Toast bagels with butter on griddle. Make assembly line of bagels, pb&j, cream cheese and cereal bar. Milk or cereal first? You decide!

Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Cream Cheese	Dairy Cooler
3.0	bag(s)	Gluten Free Bagels	Bread Box
4.0	box(es)	Milk	Day Box
1.0	jar(s)	Jelly	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	jar(s)	Peanut Butter	Day Box
1.0	pound(s)	Coffee	Day Box
2.0	bag(s)	Certified Gluten-Free Cereal	Day Box

Lunch (GF) Veggie Bagel Sandwiches

Lunch Day #12

Individuals served: **16**

Dietary restrictions / allergens: **Dairy**

Slice veggies and pile onto bagels!

Qty	Unit	Ingredient	Packing notes
3.0	package(s)	Veggie Flavored Cream Cheese	Dairy Cooler
3.0	whole	Red Bell Pepper	Produce Cooler
3.0	whole	Yellow Bell Pepper	Produce Cooler
3.0	whole	Cucumbers	Produce Cooler
3.0	whole	Tomatoes	Produce Cooler

Qty	Unit	Ingredient	Packing notes
3.0	whole	Avocados	Produce Cooler
1.0	head(s)	Iceberg Lettuce	Produce Cooler
3.0	bag(s)	Gluten Free Bagels	Bread Box
2.0	package(s)	Gluten Free Cookies	Day Box
1.0	bag(s)	Gluten Free Chips	Day Box

Appetizer Veggies and Dip

Appetizer Day #13

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

Dinner (GF) Spaghetti and (GF) Meatballs

Dinner Day #13

Individuals served: **16**

Dietary restrictions / allergens: **Dairy**

Dice bell peppers and add to Dutch oven with drained can off mushrooms to saute until tender, add garlic to taste and cook until fragrant. Next, add sauce and meatballs. Warm sauce until meatballs are heated through. Boil noodles according to directions on box, add oil to water and stir frequently to prevent noodles from sticking together. On griddle melt butter and add the rest of the garlic and spices, place bread on top of butter and brown. Serve with shredded parmesan on top! Yum!

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

Breakfast (GF) Scrommlets and Breakfast Sausage

Breakfast Day #13

Individuals served: **16**

Dietary restrictions / allergens: **Pork, Dairy , Eggs**

Start sausage in skillet. Drain all canned ingredients, chop onion and bell peppers, add ingredients to dutch oven with a touch of oil to saute (4-6 min). Crack and beat the eggs, season with salt and pepper. Add eggs to dutch oven and fold in ingredients. Cook until eggs are finished. While scrommlet is cooking, toast english muffins on griddle with butter. Optional: chop up cooked sausage and add to scrommlet! Good morning!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Breakfast Sausage	Meat Cooler
4.0	ounce(s)	Butter	Dairy Cooler
1.0	pound(s)	Shredded Cheese	Dairy Cooler
2.0	whole	Yellow Bell Pepper	Produce Cooler
2.0	whole	Red Bell Pepper	Produce Cooler
2.0	loaf	Gluten Free Bread	Bread Box
3.0	dozen(s)	Eggs	Egg Can
1.0	can(s)	Canned Spinach	Day Box
1.0	pound(s)	Coffee	Day Box
2.0	can(s)	Canned Mushrooms	Day Box
1.0	whole	Yellow Onion	Produce Crate

Lunch (GF) Crackers and Cheese With Salami

Lunch Day #13

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
4.0	pound(s)	Sliced Salami	Meat Cooler
2.0	whole	Cheese Block	Dairy Cooler
1.0	bottle(s)	Spicy Mustard	Day Box
1.0	bag(s)	Gluten Free Trail Mix	Day Box
4.0	box(es)	Gluten Free Crackers	Day Box
2.0	package(s)	Gluten Free Cookies	Day Box

Appetizer Train Wreck

Appetizer Day #14

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

Dinner Grilled Teriyaki Chicken

Dinner Day #14

Individuals served: **16**

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

Start coals! Marinade chicken in teriyaki sauce and garlic to taste while coals heat up. Get rice cooking before chicken hits the grill (Follow directions on package). Heat corn on stove. Serve and enjoy the view!

Qty	Unit	Ingredient	Packing notes
18.0	whole	Chicken Breasts	Meat Cooler
1.0	package(s)	Frozen Stir Fry Veggies	Meat Cooler
2.0	bottle(s)	Teriyaki Sauce	Day Box
1.0	box(es)	Long Grain and Wild Rice	Day Box
1.0	jar(s)	Minced Garlic	Day Box

Dessert (GF) Apple Cobbler (DO)

Dinner Day #14

Individuals served: **16**

Start your coals! Slice apples and place in dutch oven in even layer, top with cinnamon from the spice kit if desired. Spread dry cake mix on top of fruit in an even layer. Add cinnamon on top of cake mix layer to taste. Cut butter into slices and arrange on top of dry cake mix. Put lid on dutch oven and arrange coals above and below. Rotate coals while cooking to avoid hot spots on cake. Bake until done (this can be anywhere from 10 to 45 minutes depending on how hot your coals are). Enjoy!

Qty	Unit	Ingredient	Packing notes
8.0	ounce(s)	Butter	Dairy Cooler
2.0	box(es)	Gluten Free Yellow Cake Mix	Day Box
10.0	whole	Granny Smith Apples	Produce Crate

Breakfast (GF) Pancakes, Eggs, and Bacon

Breakfast Day #14

Individuals served: **16**

Dietary restrictions / allergens: **Dairy , Pork, Eggs**

Mix pancakes according to directions on package. Cook pancakes with butter or oil on griddle. While pancakes are being made, start bacon in frying pan and in dutch oven prepare scrambled eggs with salt and pepper and cheese! Heat up berries if desired. Enjoy!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Bacon	Meat Cooler
2.0	pound(s)	Frozen Mixed Berries	Meat Cooler
16.0	ounce(s)	Butter	Dairy Cooler
1.0	pound(s)	Shredded Cheese	Dairy Cooler
3.0	dozen(s)	Eggs	Egg Can
1.0	bottle(s)	Maple Syrup	Day Box
2.0	package(s)	Gluten Free Pancake Mix	Day Box
1.0	pound(s)	Coffee	Day Box

Lunch Caprese Salad Sandwich

Lunch Day #14

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
3.0	pound(s)	Sliced Salami	Meat Cooler
1.0	jar(s)	Pesto	Dairy Cooler
3.0	package(s)	Fresh Mozzarella	Dairy Cooler
6.0	whole	Tomatoes	Produce Cooler
4.0	ounce(s)	Fresh Basil	Produce Cooler
3.0	loaf	Gluten Free Bread (substitute for Bread)	
2.0	can(s)	Stax	Day Box
2.0	package(s)	Gluten Free Cookies (substitute for Cookies)	
1.0	whole	Balsamic Glaze	Day Box

Appetizer Spinach Dip (GF) Crackers

Appetizer Day #15

Individuals served: **16**

Dietary restrictions / allergens: **Dairy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Serve with gluten free crackers and enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	tub(s)	Spinach Dip	Dairy Cooler
4.0	box(es)	Gluten Free Crackers	Day Box

Dinner (GF) White Bean and Sausage Penne

Dinner Day #15

Individuals served: **16**

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

Cook pasta according to directions. Cut sausage into bite sized pieces and add to an oiled pot to brown add spices to taste. Once brown, lower heat and add tomatoes and drained beans. When heated through, toss with pasta and add grated parmesan cheese!

Qty	Unit	Ingredient	Packing notes
16.0	whole	Andouille Sausage	Meat Cooler
1.0	whole	Parmesan Cheese Block	Dairy Cooler
4.0	can(s)	Canned Cannellini Beans	Day Box
4.0	can(s)	Canned Stewed Tomatoes	Day Box
3.0	box(es)	Gluten Free Penne Pasta	Day Box

Breakfast (GF) Cereal with Hard Boiled Eggs

Breakfast Day #15

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
3.0	dozen(s)	Eggs	Egg Can
3.0	box(es)	Milk	Day Box
2.0	bag(s)	Certified Gluten-Free Cereal	Day Box
1.0	box(es)	Almond Milk	Day Box
1.0	pound(s)	Coffee	Day Box
1.0	bottle(s)	Hot Sauce	Day Box

Lunch Chicken Caesar Wraps

Lunch Day #15

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 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
1.0	whole	Parmesan Cheese Block	Dairy Cooler
2.0	head(s)	Romaine Lettuce	Produce Cooler
3.0	package(s)	Gluten Free Tortillas (substitute for Flour Tortillas)	
4.0	can(s)	Canned Chicken	Day Box
1.0	bottle(s)	Caesar Dressing	Day Box
2.0	can(s)	Black Olives	Day Box
2.0	can(s)	Stax	Day Box
2.0	package(s)	Gluten Free Cookies (substitute for Cookies)	
1.0	whole	Red Onion	Produce Crate

Appetizer Mango Salsa and Chips

Appetizer Day #16

Individuals served: **16**

*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)	Mango Salsa	Day Box
1.0	bag(s)	Tortilla Chips	Day Box

Dinner (GF) Shrimp Tacos

Dinner Day #16

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
3.0	bag(s)	Shrimp	Meat Cooler
1.0	tub(s)	Sour Cream	Dairy Cooler
1.0	pound(s)	Shredded Cheese	Dairy Cooler
2.0	whole	Red Bell Pepper	Produce Cooler
2.0	whole	Yellow Bell Pepper	Produce Cooler
4.0	whole	Tomatoes	Produce Cooler
4.0	whole	Avocados	Produce Cooler

Qty	Unit	Ingredient	Packing notes
3.0	package(s)	Corn Tortillas	Bread Box
3.0	can(s)	Diced Tomatoes	Day Box
1.0	box(es)	Spanish Rice	Day Box
4.0	can(s)	Black Beans	Day Box
2.0	can(s)	Black Olives	Day Box
2.0	package(s)	Taco Seasoning	Day Box
1.0	whole	Yellow Onion	Produce Crate

Breakfast (GF) Quick Steak Tacos

Breakfast Day #16

Individuals served: **16**

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

Meat is pre-cooked, just needs to be reheated in a skillet or dutch oven! Saute bell peppers and onions in a lightly oiled pan or dutch oven. Add scrambled eggs to bell peppers and onion and stir until cooked.Heat tortillas on Dutch oven lid or pan. Warm black beans if preferred. Set up buffet line with all ingredients and toppings to make your own burrito. Enjoy the beautiful canyon!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Pre-cooked Steak Strips	Meat Cooler
1.0	package(s)	Guacamole	Dairy Cooler
1.0	tub(s)	Sour Cream	Dairy Cooler
1.0	pound(s)	Shredded Cheese	Dairy Cooler
2.0	whole	Yellow Bell Pepper	Produce Cooler
2.0	whole	Red Bell Pepper	Produce Cooler

Qty	Unit	Ingredient	Packing notes
3.0	package(s)	Corn Tortillas	Bread Box
3.0	dozen(s)	Eggs	Egg Can
1.0	jar(s)	Salsa	Day Box
3.0	can(s)	Black Beans	Day Box
1.0	pound(s)	Coffee	Day Box
1.0	whole	Yellow Onion	Produce Crate

Lunch Mediterranean Tuna Salad

Lunch Day #16

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
1.0	package(s)	Feta Cheese	Dairy Cooler
4.0	whole	Tomatoes	Produce Cooler
2.0	whole	Yellow Bell Pepper	Produce Cooler
2.0	whole	Cucumbers	Produce Cooler
3.0	package(s)	Gluten Free Tortillas (substitute for Pita Bread)	
1.0	package(s)	Tuna	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	jar(s)	Kalamata Olives	Day Box
1.0	bottle(s)	Vinaigrette	Day Box
2.0	can(s)	Stax	Day Box
2.0	package(s)	Gluten Free Cookies (substitute for Cookies)	
1.0	whole	Red Onion	Produce Crate

Appetizer Cheese and (GF) Crackers

Appetizer Day #17

Individuals served: **16**

Dietary restrictions / allergens: **Dairy**

*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	box(es)	Gluten Free Crackers	Day Box

Dinner (GF) Chicken Pesto Pasta

Dinner Day #17

Individuals served: **16**

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

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
4.0	pound(s)	Cubed Chicken	Meat Cooler
1.0	jar(s)	Pesto	Dairy Cooler
8.0	ounce(s)	Butter	Dairy Cooler

Qty	Unit	Ingredient	Packing notes
3.0	loaf	Gluten Free Bread	Bread Box
1.0	jar(s)	Minced Garlic	Day Box
3.0	box(es)	Gluten Free Penne Pasta	Day Box

Dessert (GF) Pepperidge Farms Cookies

Dinner Day #17

Individuals served: **16**

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

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

Breakfast (GF) Bagels with Hard Boiled Eggs

Breakfast Day #17

Individuals served: **16**

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

Add cold water to pot, carefully place eggs to pot and more 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. While eggs cook, toast bagels on griddle or serve cold with cream cheese and PB&J. Yum!

Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Cream Cheese	Dairy Cooler
4.0	ounce(s)	Butter	Dairy Cooler
3.0	bag(s)	Gluten Free Bagels	Bread Box
3.0	dozen(s)	Eggs	Egg Can

Qty	Unit	Ingredient	Packing notes
1.0	jar(s)	Peanut Butter	Day Box
1.0	jar(s)	Jelly	Day Box
1.0	pound(s)	Coffee	Day Box

Lunch Steak and Black Bean Wraps

Lunch Day #17

Individuals served: **16**

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

Night before: Make sure your pre cooked steak strips are thawed Before leaving camp prepare lunch! Chop cucumbers and tomatoes. Mix beans, chilies, olives, chopped veggies, spices as desired (salt, pepper, cumin, chili powder). Add thawed steak strips and veggies and place in a zip lock, store in cooler. Stop somewhere pretty for lunch and chop lettuce and serve with tortillas, salsa, sour cream, cheese and guacamole. Enjoy!

Qty	Unit	Ingredient	Packing notes
2.0	pound(s)	Pre-cooked Steak Strips	Meat Cooler
1.0	tub(s)	Sour Cream	Dairy Cooler
1.0	package(s)	Guacamole	Dairy Cooler
1.0	pound(s)	Shredded Cheese	Dairy Cooler
1.0	head(s)	Iceberg Lettuce	Produce Cooler
4.0	whole	Tomatoes	Produce Cooler

Qty	Unit	Ingredient	Packing notes
3.0	whole	Cucumbers	Produce Cooler
3.0	package(s)	Gluten Free Tortillas (substitute for Flour Tortillas)	
4.0	can(s)	Black Beans	Day Box
2.0	can(s)	Diced Green Chiles	Day Box
1.0	jar(s)	Salsa	Day Box
2.0	package(s)	Gluten Free Cookies (substitute for Cookies)	

Appetizer Edamame

Appetizer Day #18

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 Quick Chicken Stir Fry

Dinner Day #18

Individuals served: **16**

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

Cook rice according to directions on box. Chicken and veggies are fully cooked. Just heat through with bit of oil and seasonings of choice as well as stir fry sauce and tamari. Slice and dice cabbage and serve as a a topping. Serve chicken and veggies over rice and enjoy!
*Note: Vegan sausage will be sent for no-meat substitute, heat up chicken and substitute in separate pans

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Pre-cooked Chicken Strips	Meat Cooler
1.0	package(s)	Frozen Stir Fry Veggies	Meat Cooler
1.0	box(es)	Instant Brown Rice	Day Box
2.0	bottle(s)	Tamari Soy Sauce	Day Box
1.0	head(s)	Green Cabbage	Produce Crate

Breakfast (GF) Egg Sammies

Breakfast Day #18

Individuals served: **16**

Dietary restrictions / allergens: **Pork, Dairy , Eggs**

Heat bacon on stovetop or dutch oven. Make eggs as desired (sunny-side up, fried, scrambled). Slice avocado and tomatoes. Toast bread with butter or oil on griddle, and assemble sandwiches with egg, cheese, avocado, tomato and bacon as desired!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Bacon	Meat Cooler
4.0	ounce(s)	Butter	Dairy Cooler
2.0	pound(s)	Sliced Cheese	Dairy Cooler
3.0	whole	Avocados	Produce Cooler
3.0	whole	Tomatoes	Produce Cooler
3.0	loaf	Gluten Free Bread	Bread Box
3.0	dozen(s)	Eggs	Egg Can
2.0	can(s)	Diced Green Chiles	Day Box
1.0	pound(s)	Coffee	Day Box

Lunch (GF) Crackers and Cheese With Salami

Lunch Day #18

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
4.0	pound(s)	Sliced Salami	Meat Cooler
2.0	whole	Cheese Block	Dairy Cooler
1.0	bottle(s)	Spicy Mustard	Day Box
1.0	bag(s)	Gluten Free Trail Mix	Day Box
4.0	box(es)	Gluten Free Crackers	Day Box
2.0	package(s)	Gluten Free Cookies	Day Box

Appetizer Pesto Cream Cheese and Veggies

Appetizer Day #19

Individuals served: **16**

Dietary restrictions / allergens: **Wheat/Gluten, 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. Slice bell peppers. Enjoy dip with slices veggies and baby carrots!

Qty	Unit	Ingredient	Packing notes
1.0	jar(s)	Pesto	Dairy Cooler
2.0	package(s)	Cream Cheese	Dairy Cooler
4.0	whole	Yellow Bell Pepper	Produce Cooler
4.0	whole	Red Bell Pepper	Produce Cooler
2.0	bag(s)	Baby Carrots	Produce Cooler

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

Dessert Dark Chocolate Bars

Dinner Day #19

Individuals served: **16**

Dietary restrictions / allergens: **Dairy**

Enjoy!

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

Breakfast (GF) Scrommlets and Bacon

Breakfast Day #19

Individuals served: **16**

Dietary restrictions / allergens: **Pork, Dairy , Eggs**

Start bacon in skillet. Drain all canned ingredients, chop onion and bell peppers, add ingredients to dutch oven with a touch of oil to saute (4-6 min). Crack and beat the eggs, season with salt and pepper. Add eggs to dutch oven and fold in ingredients. Cook until eggs are finished. While scrommlet is cooking, toast english muffins on griddle with butter. Optional: chop up cooked bacon and add to scrommlet! Good morning!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Bacon	Meat Cooler
4.0	ounce(s)	Butter	Dairy Cooler
1.0	pound(s)	Shredded Cheese	Dairy Cooler
2.0	whole	Yellow Bell Pepper	Produce Cooler
2.0	whole	Red Bell Pepper	Produce Cooler
3.0	loaf	Gluten Free Bread	Bread Box
3.0	dozen(s)	Eggs	Egg Can
1.0	can(s)	Canned Spinach	Day Box
2.0	can(s)	Canned Mushrooms	Day Box
1.0	pound(s)	Coffee	Day Box
1.0	whole	Yellow Onion	Produce Crate

Lunch Cold Cut Sammies 2nd Half

Lunch Day #19

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
4.0	pound(s)	Sliced Deli Meat	Meat Cooler
2.0	pound(s)	Sliced Cheese	Dairy Cooler
1.0	package(s)	Guacamole	Dairy Cooler
3.0	loaf	Gluten Free Bread (substitute for Bread)	
1.0	bottle(s)	Mayonnaise	Day Box
1.0	bottle(s)	Mustard	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	jar(s)	Pickles	Day Box
1.0	jar(s)	Pepperoncinis	Day Box
2.0	package(s)	Gluten Free Cookies (substitute for Cookies)	
2.0	can(s)	Stax	Day Box
1.0	whole	Red Onion	Produce Crate

Appetizer Mixed Nuts

Appetizer Day #20

Individuals served: **16**

Dietary restrictions / allergens: **Tree Nuts**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Pop open and enjoy!

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Mixed Nuts	Day Box

Dinner (GF) Cheese and Chicken Quesadillas

Dinner Day #20

Individuals served: **16**

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

Chicken is fully cooked, just reheat and chop for a perfect bite! Cook rice according to directions on box. Heat refried beans adding a little water to prevent scorching. Heat griddle pan and add a small amount of oil, place a tortilla on griddle, add cheese, chopped chicken and toppings of choice. Fold over or add a second tortilla on top. Serve with hot sauce, sour cream and guacamole. Enjoy!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Pre-cooked Chicken Strips	Meat Cooler
1.0	package(s)	Guacamole	Dairy Cooler
1.0	tub(s)	Sour Cream	Dairy Cooler
4.0	pound(s)	Shredded Cheese	Dairy Cooler
4.0	package(s)	Gluten Free Tortillas	Bread Box
2.0	can(s)	Diced Green Chiles	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	box(es)	Instant Brown Rice	Day Box
1.0	bottle(s)	Hot Sauce	Day Box
4.0	can(s)	Refried Beans	Day Box
1.0	jar(s)	Salsa	Day Box
1.0	whole	Yellow Onion	Produce Crate

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!	