21 Day Quick Prep Menu

WHOLESUM FOOD CALCULATOR

Total individuals: 16
Total servings: 16.0

Shopping / Packing List

Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
32.0	whole	Chicken Enchiladas (pm)	Dinner Chicken Enchiladas (PM) (32.0)	Artisan's Kitchen	Meat Cooler		$ 312.00
16.0	whole	Eggplant Parmesan	Dinner Eggplant Parmesan (PM) (16.0)	Artisan's Kitchen	Meat Cooler		$ 156.00
18.0	package(s)	Pita Bread	Lunch Healthy Tuna Salad 2nd Half (3.0), Lunch Hummus Pitas (3.0), Lunch Healthy Tuna Salad (3.0), Lunch Hummus Pitas 2nd Half (6.0), Lunch Chicken Salad Pitas 2nd Half (3.0)	Bread	Bread Box		$ 43.92
23.8	loaf	Bread	Lunch BLTA (2.6), Lunch Caprese Salad Sandwich (5.2), Lunch Cold Cut Sammies (5.2), Breakfast Quick Egg Sammies (5.2), Lunch Cold Cut Sammies 2nd Half (2.6), Lunch Peanut Butter and Jelly (3.0)	Bread	Bread Box		$ 124.47
25.6	bag(s)	Bagels	Lunch Bagel Sandwiches 2nd Half (6.4), Breakfast Cold Cereal with Bagels (6.4), Breakfast Salmon Lox on Bagels (6.4), Lunch Bagel Sandwiches (3.2), Breakfast Bagels with Hard Boiled Eggs (3.2)	Bread	Bread Box		$ 128.00
5.0	package(s)	English Muffins	Breakfast Yogurt and Granola with English Muffins (1.0), Breakfast Cold Cereal with English Muffins (4.0)	Bread	Bread Box		$ 18.25
8.0	loaf	Sourdough	Dinner Quick Pesto Chicken Gnocchi (2.0), Dinner Tortellini w/ Chicken (2.0), Dinner Spaghetti and Meatballs (2.0), Dinner Eggplant Parmesan (PM) (2.0)	Bread	Bread Box		$ 26.96
2.0	package(s)	Hamburger Buns	Dinner Cheeseburgers 2nd Half (2.0)	Bread	Bread Box		$ 6.74
20.0	box(es)	Milk	Breakfast Yogurt and Granola with English Muffins (1.0), Breakfast Cold Cereal with Bagels (8.0), Breakfast Yogurt and Granola, with Oatmeal (2.0), Breakfast Quick Kayaker Quinoa (1.0), Breakfast Cold Cereal with English Muffins (8.0)	Dollar Store	Day Box		$ 25.00
20.0	package(s)	Cookies	Lunch Healthy Tuna Salad 2nd Half (1.0), Lunch BLTA (1.0), Lunch Bagel Sandwiches 2nd Half (2.0), Lunch Caprese Salad Sandwich (2.0), Lunch Chicken Caesar Wraps (1.0), Lunch Cold Cut Sammies (2.0), Lunch Hummus Pitas (1.0), Lunch Healthy Tuna Salad (1.0), Lunch Bagel Sandwiches (1.0), Lunch Hummus Pitas 2nd Half (2.0), Lunch Cold Cut Sammies 2nd Half (1.0), Lunch Peanut Butter and Jelly (2.0), Lunch Chicken Salad Pitas 2nd Half (1.0), Lunch Chicken Caesar Wraps 2nd Half (1.0), Lunch Cuban Wrap (1.0)	Fry's	Day Box		$ 90.00
1.0	bottle(s)	Ranch Dressing	Appetizer Veggies and Dip (1.0)	Fry's	Day Box		$ 3.69
3.0	whole	Balsamic Glaze	Lunch Caprese Salad Sandwich (2.0), Appetizer Tomato and Mozzarella Sliders (1.0)	Fry's	Day Box		$ 15.00
2.0	bottle(s)	Caesar Dressing	Lunch Chicken Caesar Wraps (1.0), Lunch Chicken Caesar Wraps 2nd Half (1.0)	Fry's	Day Box		$ 7.98
7.0	jar(s)	Minced Garlic	Dinner Quick Pesto Chicken Gnocchi (1.0), Dinner Quick Beef Bowls (1.0), Dinner Tortellini w/ Chicken (1.0), Dinner Spaghetti and Meatballs (1.0), Dinner Eggplant Parmesan (PM) (1.0), Dinner Quick Thai Noodles 2nd Half (1.0), Dinner Quick Chicken Curry 2nd Half (1.0)	Fry's	Day Box		$ 13.93
5.0	package(s)	Gnocchi	Dinner Quick Pesto Chicken Gnocchi (5.0)	Fry's	Day Box		$ 14.95
11.0	can(s)	Refried Beans	Dinner Bean and Cheese Burritos (4.0), Dinner Chicken Enchiladas (PM) (3.0), Dinner Cheese and Chicken Quesadillas (4.0)	Fry's	Day Box		$ 12.82
6.0	package(s)	Taco Seasoning	Dinner Bean and Cheese Burritos (2.0), Dinner Quick Steak Fajitas (2.0), Dinner Taco Stuffed Bell Peppers (2.0)	Fry's	Day Box		$ 4.20
4.0	jar(s)	Pickles	Lunch Cold Cut Sammies (2.0), Lunch Cold Cut Sammies 2nd Half (1.0), Dinner Cheeseburgers 2nd Half (1.0)	Fry's	Day Box		$ 10.76
3.0	jar(s)	Pepperoncinis	Lunch Cold Cut Sammies (2.0), Lunch Cold Cut Sammies 2nd Half (1.0)	Fry's	Day Box		$ 8.07
6.0	bottle(s)	Tamari Soy Sauce	Dinner Quick Beef Bowls (1.0), Dinner Quick Chicken Stir Fry (2.0), Dinner Quick Teriyaki Chicken Bowls (1.0), Appetizer Edamame (1.0), Dinner Quick Thai Noodles 2nd Half (1.0)	Fry's	Day Box		$ 22.14
6.0	box(es)	Instant White Rice	Dinner Quick Beef Bowls (1.0), Breakfast Quick Gallo Pinto (2.0), Dinner Quick Sweet and Sour Chicken (1.0), Dinner Quick Teriyaki Chicken Bowls (1.0), Dinner Quick Chicken Curry 2nd Half (1.0)	Fry's	Day Box		$ 29.94
2.0	bottle(s)	Stir-Fry Sauce	Dinner Quick Chicken Stir Fry (2.0)	Fry's	Day Box		$ 6.58
4.0	jar(s)	Capers	Breakfast Salmon Lox on Bagels (2.0), Dinner Quick Seared Cod and Quinoa (1.0), Appetizer Smoked Oysters (1.0)	Fry's	Day Box		$ 17.96
3.0	can(s)	Canned Spinach	Breakfast Quick Steak Scramble (1.0), Breakfast Quick Bacon Scramble (1.0), Breakfast Quick Bacon Scramble 2nd Half (1.0)	Fry's	Day Box		$ 4.77
3.0	bottle(s)	Sweet and Sour Sauce	Dinner Quick Sweet and Sour Chicken (3.0)	Fry's	Day Box		$ 10.47
4.0	can(s)	Canned Pineapple	Dinner Quick Sweet and Sour Chicken (3.0), Dessert Pineapple Upside Down Cake (DO) (1.0)	Fry's	Day Box		$ 9.96
4.0	package(s)	Dried Tortellini	Dinner Tortellini w/ Chicken (4.0)	Fry's	Day Box		$ 24.00
4.0	package(s)	Onion Dip	Appetizer Chips and Dip (4.0)	Fry's	Dairy Cooler		$ 6.36
6.0	package(s)	Smoked Oysters	Appetizer Smoked Oysters (6.0)	Fry's	Meat Cooler		$ 11.34
1.0	bottle(s)	Relish	Lunch Chicken Salad Pitas 2nd Half (1.0)	Fry's	Day Box		$ 1.99
3.0	bottle(s)	Teriyaki Sauce	Dinner Quick Teriyaki Chicken Bowls (3.0)	Fry's	Day Box		$ 8.97
1.0	bottle(s)	Spicy Mustard	Lunch Cuban Wrap (1.0)	Fry's	Day Box		$ 1.79
1.0	jar(s)	Dill Pickle Spears	Lunch Cuban Wrap (1.0)	Fry's	Day Box		$ 3.99

21 Day Quick Prep Menu

WHOLESUM FOOD CALCULATOR

Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
2.0	bottle(s)	Thai Peanut Sauce	Dinner Quick Thai Noodles 2nd Half (2.0)	Fry's	Day Box		$ 7.58
2.0	can(s)	Canned Water Chestnuts	Dinner Quick Thai Noodles 2nd Half (2.0)	Fry's	Day Box		$ 2.98
2.0	can(s)	Canned Baby Corn	Dinner Quick Thai Noodles 2nd Half (2.0)	Fry's	Day Box		$ 4.98
1.0	jar(s)	Roasted Red Peppers	Dinner Quick Thai Noodles 2nd Half (1.0)	Fry's	Day Box		$ 2.39
2.0	jar(s)	Green Curry Paste	Dinner Quick Chicken Curry 2nd Half (2.0)	Fry's	Day Box		$ 9.98
4.0	can(s)	Coconut Cream	Dinner Quick Chicken Curry 2nd Half (4.0)	Fry's	Day Box		$ 20.00
4.0	box(es)	Fortune Cookies	Dessert Fortune Cookies (4.0)	Fry's	Day Box		$ 9.16
1.0	box(es)	Vegetable Broth	Dinner Quick Chicken and Quinoa (1.0)	Fry's	Day Box		$ 1.99
2.0	loaf	Angel Food Cake	Dessert Angel Food Cake (2.0)	Fry's	Day Box		$ 8.00
3.0	can(s)	Canned Blueberries	Dessert Angel Food Cake (3.0)	Fry's	Day Box		$ 21.87
2.0	package(s)	Pepperidge Farms Cookies	Dessert Pepperidge Farms Cookies (2.0)	Fry's	Day Box		$ 9.98
2.0	box(es)	Pineapple Upside Down Cake Mix	Dessert Pineapple Upside Down Cake (DO) (2.0)	Fry's	Day Box		$ 4.98
16.0	whole	Lil Debbie Cakes	Dessert Little Debbie Cakes (16.0)	Fry's	Day Box		$ 44.64
2.0	box(es)	No Bake Cheesecake	Dessert No Bake Cheesecake (2.0)	Fry's	Day Box		$ 7.98
30.0	can(s)	Stax	Lunch Healthy Tuna Salad 2nd Half (2.0), Lunch BLTA (2.0), Lunch Caprese Salad Sandwich (4.0), Lunch Chicken Caesar Wraps (2.0), Lunch Cold Cut Sammies (4.0), Lunch Hummus Pitas (2.0), Lunch Healthy Tuna Salad (2.0), Lunch Hummus Pitas 2nd Half (4.0), Lunch Cold Cut Sammies 2nd Half (2.0), Lunch Peanut Butter and Jelly (2.0), Lunch Chicken Salad Pitas 2nd Half (2.0), Lunch Chicken Caesar Wraps 2nd Half (2.0)	Fry's	Day Box		$ 75.00
3.0	bottle(s)	Lemon Juice	Lunch Healthy Tuna Salad 2nd Half (1.0), Dinner Quick Seared Cod and Quinoa (1.0), Lunch Healthy Tuna Salad (1.0)	Fry's	Day Box		$ 2.97
4.0	package(s)	Instant Garlic Mashed Potatoes	Dinner Grilled Wild Salmon (4.0)	Fry's	Day Box		$ 11.16
7.0	jar(s)	Jelly	Breakfast Yogurt and Granola with English Muffins (1.0), Breakfast Cold Cereal with Bagels (2.0), Breakfast Cold Cereal with English Muffins (2.0), Lunch Peanut Butter and Jelly (1.0), Breakfast Bagels with Hard Boiled Eggs (1.0)	Fry's	Day Box		$ 48.93
2.0	jar(s)	Mango Salsa	Appetizer Shrimp and Mango Salsa Shuttles (2.0)	Fry's	Day Box		$ 8.98
1.0	box(es)	Instant Brown Rice	Dinner Quick Chicken Stir Fry (1.0)	Fry's	Day Box		$ 1.69
4.0	bag(s)	Thai Noodles	Dinner Quick Thai Noodles 2nd Half (4.0)	Fry's	Day Box		$ 9.96
1.0	bottle(s)	Lime Juice	Dinner Quick Thai Noodles 2nd Half (1.0)	Fry's	Day Box		$ 0.99
9.0	package(s)	Veggie Flavored Cream Cheese	Lunch Bagel Sandwiches 2nd Half (6.0), Lunch Bagel Sandwiches (3.0)	Fry's Dairy	Day Box		$ 40.41
1.3	cup(s)	Heavy Whipping Cream	Dinner Quick Pesto Chicken Gnocchi (1.3)	Fry's Dairy	Dairy Cooler	10.39 fl oz	$ 3.89
2.0	package(s)	Herb and Cheese Dip	Appetizer Pretzels and Cheese Dip (2.0)	Fry's Dairy	Dairy Cooler		$ 14.98
40.0	whole	Yellow Bell Pepper	Lunch Healthy Tuna Salad 2nd Half (2.0), Appetizer Veggies and Dip (4.0), Dinner Bean and Cheese Burritos (2.0), Breakfast Quick Steak Burritos (4.0), Breakfast Quick Steak Scramble (3.0), Dinner Quick Steak Fajitas (4.0), Dinner Quick Sweet and Sour Chicken (3.0), Lunch Hummus Pitas (3.0), Lunch Healthy Tuna Salad (2.0), Lunch Hummus Pitas 2nd Half (8.0), Dinner Spaghetti and Meatballs (2.0), Breakfast Quick Bacon Scramble (3.0)	Produce	Produce Cooler		$ 60.00
13.0	whole	Red Onion	Lunch Healthy Tuna Salad 2nd Half (1.0), Lunch Chicken Caesar Wraps (1.0), Dinner Bean and Cheese Burritos (1.0), Lunch Cold Cut Sammies (2.0), Breakfast Salmon Lox on Bagels (2.0), Lunch Healthy Tuna Salad (1.0), Lunch Cold Cut Sammies 2nd Half (1.0), Lunch Chicken Salad Pitas 2nd Half (1.0), Lunch Chicken Caesar Wraps 2nd Half (1.0), Dinner Cheeseburgers 2nd Half (2.0)	Produce	Produce Crate		$ 13.00
8.5	head(s)	Green Cabbage	Lunch Healthy Tuna Salad 2nd Half (1.0), Lunch Bagel Sandwiches 2nd Half (2.0), Dinner Bean and Cheese Burritos (0.5), Dinner Chicken Enchiladas (PM) (0.5), Dinner Quick Chicken Stir Fry (1.0), Dinner Taco Stuffed Bell Peppers (1.0), (SS) Lunch Black Bean Wraps (0.5), Lunch Chicken Caesar Wraps 2nd Half (1.0), Dinner Quick Thai Noodles 2nd Half (1.0)	Produce	Produce Crate		$ 11.05
5.0	head(s)	Iceberg Lettuce	Lunch BLTA (2.0), Lunch Cold Cut Sammies (2.0), Dinner Taco Stuffed Bell Peppers (1.0)	Produce	Produce Cooler		$ 11.20
55.0	whole	Tomatoes	Lunch BLTA (5.0), Lunch Caprese Salad Sandwich (12.0), Dinner Bean and Cheese Burritos (3.0), Lunch Cold Cut Sammies (6.0), Breakfast Quick Egg Sammies (6.0), Breakfast Salmon Lox on Bagels (6.0), Lunch Hummus Pitas (4.0), Appetizer Tomato and Mozzarella Sliders (6.0), Dinner Taco Stuffed Bell Peppers (4.0), Lunch Bagel Sandwiches (3.0)	Produce	Produce Cooler		$ 55.00
25.0	whole	Avocados	Lunch BLTA (4.0), Dinner Bean and Cheese Burritos (3.0), Lunch Cold Cut Sammies (6.0), Breakfast Quick Steak Scramble (4.0), Dinner Taco Stuffed Bell Peppers (4.0), Breakfast Quick Bacon Scramble (4.0)	Produce	Produce Cooler		$ 37.50
16.0	bag(s)	Baby Carrots	Appetizer Veggies and Dip (2.0), Lunch Bagel Sandwiches 2nd Half (8.0), Lunch Hummus Pitas (2.0), Lunch Hummus Pitas 2nd Half (4.0)	Produce	Produce Cooler		$ 28.64
8.0	whole	Cucumbers	Appetizer Veggies and Dip (2.0), Lunch Hummus Pitas (3.0), Lunch Bagel Sandwiches (3.0)	Produce	Produce		$ 4.00
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

Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
19.0	whole	Yellow Onion	Dinner Grilled Wild Salmon (2.0), Breakfast Quick Steak Burritos (2.0), Breakfast Quick Gallo Pinto (2.0), Breakfast Quick Steak Scramble (1.0), Dinner Quick Steak Fajitas (2.0), Dinner Quick Sweet and Sour Chicken (2.0), Dinner Quick Steak Tacos (1.0), Dinner Cheese and Chicken Quesadillas (1.0), Breakfast Quick Bacon Scramble (1.0), Breakfast Quick Bacon Scramble 2nd Half (1.0), Dinner Quick Thai Noodles 2nd Half (2.0), Dinner Quick Chicken Curry 2nd Half (2.0)	Produce	Produce Crate		$ 9.50
12.0	ounce(s)	Fresh Basil	Lunch Caprese Salad Sandwich (8.0), Appetizer Tomato and Mozzarella Sliders (4.0)	Produce	Produce Cooler	12.0 oz	$ 9.02
3.0	head(s)	Romaine Lettuce	Lunch Chicken Caesar Wraps (2.0), Lunch Bagel Sandwiches (1.0)	Produce	Produce Cooler		$ 8.10
1.0	pound(s)	Snap Peas	Dinner Quick Pesto Chicken Gnocchi (1.0)	Produce	Produce Cooler	15.97 oz	$ 5.98
47.0	whole	Red Bell Pepper	Dinner Quick Pesto Chicken Gnocchi (3.0), Breakfast Quick Steak Burritos (4.0), Breakfast Quick Steak Scramble (3.0), Dinner Quick Steak Fajitas (4.0), Dinner Quick Sweet and Sour Chicken (3.0), Lunch Hummus Pitas (3.0), Dinner Taco Stuffed Bell Peppers (16.0), Lunch Bagel Sandwiches (4.0), Breakfast Quick Bacon Scramble (3.0), Dinner Quick Chicken and Quinoa (4.0)	Produce	Produce Cooler		$ 54.52
33.5	dozen(s)	Eggs	Breakfast Quick Steak Burritos (6.0), Breakfast Quick Egg Sammies (6.0), Breakfast Quick Gallo Pinto (6.0), Breakfast Quick Steak Scramble (3.0), Breakfast Bagels with Hard Boiled Eggs (3.0), Breakfast Quick Bacon Scramble (3.0), Breakfast Quick Bacon Scramble 2nd Half (3.0), Breakfast Quick Steak Burritos 2nd Half (3.0), Dessert Pineapple Upside Down Cake (DO) (0.5)	Produce	Egg Can		$ 100.50
1.0	head(s)	Red Cabbage	Appetizer Shrimp and Mango Salsa Shuttles (1.0)	Produce	Produce Crate		$ 1.30
1.0	bunch(es)	Radish	Dinner Quick Beef Bowls (1.0)	Produce	Produce Cooler		$ 2.10
0.5	bunch(es)	Celery	Lunch Healthy Tuna Salad (0.5)	Produce	Produce Cooler		$ 1.00
8.0	whole	Potatoes	Dinner Quick Chicken Curry 2nd Half (8.0)	Produce	Produce Crate		$ 4.80
4.0	whole	Zucchini	Dinner Quick Chicken and Quinoa (4.0)	Produce	Produce Cooler		$ 6.88
4.0	whole	Yellow Squash	Dinner Quick Chicken and Quinoa (4.0)	Produce	Produce Cooler		$ 8.48
5.0	pound(s)	Wild Salmon	Dinner Grilled Wild Salmon (5.0)	Randal's	Meat Cooler	79.86 oz (4.99 lb)	$ 89.95
15.0	pound(s)	Sliced Ham	Lunch Bagel Sandwiches 2nd Half (8.0), Lunch Bagel Sandwiches (4.0), Lunch Cuban Wrap (3.0)	Randal's	Meat Cooler	239.58 oz (14.97 lb)	$ 90.00
6.0	pound(s)	Sliced Salami	Lunch Caprese Salad Sandwich (6.0)	Randal's	Meat Cooler	95.83 oz (5.99 lb)	$ 53.94
12.0	pound(s)	Sliced Deli Meat	Lunch Cold Cut Sammies (8.0), Lunch Cold Cut Sammies 2nd Half (4.0)	Randal's	Meat Cooler	191.66 oz (11.98 lb)	$ 81.00
28.0	pound(s)	Pre-cooked Steak Strips	Breakfast Quick Steak Burritos (8.0), Dinner Quick Beef Bowls (4.0), Breakfast Quick Steak Scramble (4.0), Dinner Quick Steak Fajitas (4.0), Dinner Quick Steak Tacos (4.0), Breakfast Quick Steak Burritos 2nd Half (4.0)	Randal's	Meat Cooler	447.21 oz (27.95 lb)	$ 448.00
4.0	pound(s)	Ground Beef	Dinner Taco Stuffed Bell Peppers (4.0)	Randal's	Meat Cooler	63.89 oz (3.99 lb)	$ 31.96
6.0	pound(s)	Sliced Turkey	Lunch Hummus Pitas 2nd Half (6.0)	Randal's	Meat Cooler	95.83 oz (5.99 lb)	$ 89.94
20.0	whole	Hamburger Patties	Dinner Cheeseburgers 2nd Half (20.0)	Randal's	Meat Cooler		$ 53.40
16.0	whole	Safeway Lunch Stop	Safeway Lunch (16.0)	Safeway			$ 0.00
8.0	package(s)	Pre-cooked Bacon	Lunch BLTA (1.0), Breakfast Quick Egg Sammies (2.0), Breakfast Quick Gallo Pinto (2.0), Breakfast Quick Bacon Scramble (1.0), Breakfast Quick Bacon Scramble 2nd Half (1.0), Lunch Cuban Wrap (1.0)	Sam's	Day Box		$ 123.76
4.0	bag(s)	Chips	Lunch Bagel Sandwiches 2nd Half (2.0), Lunch Bagel Sandwiches (1.0), Lunch Cuban Wrap (1.0)	Sam's	Day Box		$ 16.00
2.0	bag(s)	Granola	Breakfast Yogurt and Granola with English Muffins (1.0), Breakfast Yogurt and Granola, with Oatmeal (1.0)	Sam's	Day Box		$ 12.96
14.0	can(s)	Canned Chicken	Lunch Chicken Caesar Wraps (4.0), Lunch Chicken Salad Pitas 2nd Half (5.0), Lunch Chicken Caesar Wraps 2nd Half (5.0)	Sam's	Day Box		$ 28.00
6.0	can(s)	Black Olives	Lunch Chicken Caesar Wraps (2.0), Dinner Bean and Cheese Burritos (2.0), Lunch Chicken Caesar Wraps 2nd Half (2.0)	Sam's	Day Box		$ 12.00
4.0	bag(s)	Tortilla Chips	Appetizer Tortilla Chips, Salsa, and Guacamole (3.0), Dinner Taco Stuffed Bell Peppers (1.0)	Sam's	Day Box		$ 17.92
17.0	jar(s)	Salsa	Appetizer Tortilla Chips, Salsa, and Guacamole (3.0), Dinner Bean and Cheese Burritos (1.0), Breakfast Quick Steak Burritos (2.0), Dinner Chicken Enchiladas (PM) (1.0), Breakfast Quick Gallo Pinto (2.0), Breakfast Quick Steak Scramble (1.0), Dinner Quick Steak Fajitas (1.0), Dinner Quick Steak Tacos (1.0), Dinner Cheese and Chicken Quesadillas (1.0), Dinner Taco Stuffed Bell Peppers (1.0), Breakfast Quick Bacon Scramble (1.0), Breakfast Quick Bacon Scramble 2nd Half (1.0), Breakfast Quick Steak Burritos 2nd Half (1.0)	Sam's	Day Box		$ 89.93
32.0	can(s)	Black Beans	Dinner Bean and Cheese Burritos (3.0), Breakfast Quick Steak Burritos (6.0), Breakfast Quick Gallo Pinto (8.0), Dinner Quick Steak Fajitas (2.0), Dinner Quick Steak Tacos (4.0), (SS) Lunch Black Bean Wraps (6.0), Breakfast Quick Steak Burritos 2nd Half (3.0)	Sam's	Day Box		$ 2.00
11.0	can(s)	Diced Green Chiles	Dinner Bean and Cheese Burritos (2.0), Breakfast Quick Egg Sammies (4.0), Dinner Cheese and Chicken Quesadillas (3.0), (SS) Lunch Black Bean Wraps (2.0)	Sam's	Day Box		$ 11.00
6.0	bag(s)	Cold Cereal	Breakfast Cold Cereal with Bagels (2.0), Breakfast Cold Cereal with English Muffins (4.0)	Sam's	Day Box		$ 23.94
5.0	can(s)	Diced Tomatoes	Dinner Chicken Enchiladas (PM) (3.0), Lunch Chicken Salad Pitas 2nd Half (2.0)	Sam's	Day Box		$ 3.74

Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
1.0	box(es)	Oatmeal	Breakfast Yogurt and Granola, with Oatmeal (1.0)	Sam's	Day Box		$ 2.00
2.0	bottle(s)	Worcestershire Sauce	Breakfast Quick Gallo Pinto (2.0)	Sam's	Day Box		$ 6.00
4.0	package(s)	Salmon Lox	Breakfast Salmon Lox on Bagels (4.0)	Sam's	Meat Cooler		$ 55.92
10.0	can(s)	Canned Mushrooms	Breakfast Quick Steak Scramble (2.0), Dinner Spaghetti and Meatballs (2.0), Breakfast Quick Bacon Scramble (2.0), Breakfast Quick Bacon Scramble 2nd Half (2.0), Dinner Quick Thai Noodles 2nd Half (2.0)	Sam's	Day Box		$ 11.07
1.0	package(s)	Dried Fruit	Breakfast Quick Kayaker Quinoa (1.0)	Sam's	Day Box		$ 4.00
1.0	package(s)	Almonds	Breakfast Quick Kayaker Quinoa (1.0)	Sam's	Day Box		$ 2.99
5.0	jar(s)	Marinara Sauce	Dinner Tortellini w/ Chicken (2.0), Dinner Spaghetti and Meatballs (3.0)	Sam's	Day Box		$ 13.30
9.0	can(s)	Canned Green Beans	Dinner Tortellini w/ Chicken (5.0), Dinner Eggplant Parmesan (PM) (4.0)	Sam's	Day Box		$ 7.63
1.0	bag(s)	Trail Mix	Lunch Hummus Pitas (1.0)	Sam's	Day Box		$ 12.98
3.0	bag(s)	Beef Jerky	Lunch Hummus Pitas (1.0), Lunch Hummus Pitas 2nd Half (2.0)	Sam's	Day Box		$ 48.00
8.0	box(es)	Spaghetti Noodles	Dinner Spaghetti and Meatballs (4.0), Dinner Eggplant Parmesan (PM) (4.0)	Sam's	Day Box		$ 15.92
1.0	bag(s)	Pretzels	Appetizer Pretzels and Cheese Dip (1.0)	Sam's	Day Box		$ 6.99
4.0	can(s)	Baked Beans	Dinner Cheeseburgers 2nd Half (4.0)	Sam's	Day Box		$ 5.61
1.0	bottle(s)	Cinnamon	Dessert Churros (1.0)	Sam's	Spice Box		$ 1.00
7.0	jar(s)	Peanut Butter	Breakfast Yogurt and Granola with English Muffins (1.0), Breakfast Cold Cereal with Bagels (2.0), Breakfast Cold Cereal with English Muffins (2.0), Lunch Peanut Butter and Jelly (1.0), Breakfast Bagels with Hard Boiled Eggs (1.0)	Sam's	Day Box		$ 28.42
2.0	bag(s)	Potato Chips	Appetizer Chips and Dip (2.0)	Sam's	Day Box		$ 11.98
1.0	package(s)	Mixed Nuts	Appetizer Mixed Nuts (1.0)	Sam's	Day Box		$ 11.98
1.0	package(s)	Dried Cranberries	Appetizer Brie and Crackers (1.0)	Sam's	Day Box		$ 2.00
1.0	bag(s)	Assorted Candy Bars	Dessert Mini Candy Bars (1.0)	Sam's	Day Box		$ 5.99
1.0	bottle(s)	Sugar	Dessert Churros (1.0)	Sam's	Spice Box		$ 2.06
56.0	ounce(s)	Butter	Dinner Grilled Wild Salmon (8.0), Breakfast Quick Steak Scramble (4.0), Breakfast Cold Cereal with English Muffins (16.0), Dinner Tortellini w/ Chicken (4.0), Dinner Spaghetti and Meatballs (8.0), Breakfast Quick Bacon Scramble (4.0), Breakfast Quick Bacon Scramble 2nd Half (4.0), Dinner Eggplant Parmesan (PM) (8.0)	Sam's Dairy	Dairy Cooler	56.0 oz (3.5 lb)	$ 12.25
14.5	tub(s)	Sour Cream	Dinner Grilled Wild Salmon (1.0), Dinner Bean and Cheese Burritos (1.0), Breakfast Quick Steak Burritos (2.0), Dinner Chicken Enchiladas (PM) (1.0), Dinner Quick Steak Fajitas (1.0), Dinner Quick Steak Tacos (1.0), Dinner Cheese and Chicken Quesadillas (1.0), Dinner Taco Stuffed Bell Peppers (1.0), Appetizer Chips and Dip (4.0), (SS) Lunch Black Bean Wraps (0.5), Breakfast Quick Steak Burritos 2nd Half (1.0)	Sam's Dairy	Dairy Cooler		$ 33.93
4.0	tub(s)	Yogurt	Breakfast Yogurt and Granola with English Muffins (2.0), Breakfast Yogurt and Granola, with Oatmeal (2.0)	Sam's Dairy	Dairy Cooler		$ 17.12
5.0	jar(s)	Pesto	Lunch Caprese Salad Sandwich (2.0), Dinner Quick Pesto Chicken Gnocchi (2.0), Appetizer Pesto Cream Cheese (1.0)	Sam's Dairy	Produce Cooler		$ 39.90
8.0	package(s)	Fresh Mozzarella	Lunch Caprese Salad Sandwich (6.0), Appetizer Tomato and Mozzarella Sliders (2.0)	Sam's Dairy	Dairy Cooler		$ 33.12
5.0	whole	Parmesan Cheese Block	Lunch Chicken Caesar Wraps (1.0), Dinner Quick Pesto Chicken Gnocchi (0.5), Dinner Tortellini w/ Chicken (0.5), Dinner Spaghetti and Meatballs (1.0), Lunch Chicken Caesar Wraps 2nd Half (1.0), Dinner Quick Chicken and Quinoa (1.0)	Sam's Dairy	Dairy Cooler		$ 32.90
9.75	package(s)	Flour Tortillas	Lunch Chicken Caesar Wraps (0.75), Dinner Bean and Cheese Burritos (0.75), Breakfast Quick Steak Burritos (1.5), Breakfast Quick Gallo Pinto (1.5), Dinner Quick Steak Fajitas (0.75), Dinner Cheese and Chicken Quesadillas (1.5), (SS) Lunch Black Bean Wraps (0.75), Breakfast Quick Steak Burritos 2nd Half (0.75), Lunch Chicken Caesar Wraps 2nd Half (0.75), Lunch Cuban Wrap (0.75)	Sam's Dairy	Bread Box		$ 58.30
19.0	package(s)	Guacamole	Appetizer Tortilla Chips, Salsa, and Guacamole (3.0), Breakfast Quick Steak Burritos (2.0), Breakfast Quick Egg Sammies (2.0), Dinner Chicken Enchiladas (PM) (1.0), Breakfast Quick Gallo Pinto (2.0), Dinner Quick Steak Fajitas (1.0), Dinner Quick Steak Tacos (1.0), Dinner Cheese and Chicken Quesadillas (1.0), Lunch Cold Cut Sammies 2nd Half (1.0), Lunch Chicken Salad Pitas 2nd Half (1.0), Breakfast Quick Bacon Scramble 2nd Half (1.0), (SS) Lunch Black Bean Wraps (1.0), Breakfast Quick Steak Burritos 2nd Half (1.0), Dinner Cheeseburgers 2nd Half (1.0)	Sam's Dairy	Produce Cooler		$ 41.61
20.0	pound(s)	Shredded Cheese	Dinner Bean and Cheese Burritos (2.0), Breakfast Quick Steak Burritos (2.0), Breakfast Quick Gallo Pinto (2.0), Breakfast Quick Steak Scramble (1.0), Dinner Quick Steak Fajitas (2.0), Dinner Quick Steak Tacos (1.0), Dinner Cheese and Chicken Quesadillas (4.0), Dinner Taco Stuffed Bell Peppers (2.0), Breakfast Quick Bacon Scramble (1.0), Breakfast Quick Bacon Scramble 2nd Half (1.0), (SS) Lunch Black Bean Wraps (1.0), Breakfast Quick Steak Burritos 2nd Half (1.0)	Sam's Dairy	Dairy Cooler	319.44 oz (19.96 lb)	$ 59.80
12.0	package(s)	Cream Cheese	Breakfast Cold Cereal with Bagels (4.0), Breakfast Salmon Lox on Bagels (4.0), Appetizer Pesto Cream Cheese (2.0), Breakfast Bagels with Hard Boiled Eggs (2.0)	Sam's Dairy	Dairy Cooler		$ 35.88
19.0	pound(s)	Sliced Cheese	Lunch Cold Cut Sammies (4.0), Breakfast Quick Egg Sammies (4.0), Lunch Hummus Pitas (2.0), Lunch Hummus Pitas 2nd Half (4.0), Lunch Cold Cut Sammies 2nd Half (2.0), Lunch Chicken Salad Pitas 2nd Half (1.0), Dinner Cheeseburgers 2nd Half (2.0)	Sam's Dairy	Dairy Cooler	303.46 oz (18.97 lb)	$ 74.76
2.0	tub(s)	Spinach Dip	Appetizer Spinach Dip (2.0)	Sam's Dairy	Dairy Cooler		$ 13.96
2.0	package(s)	Corn Tortillas	Dinner Quick Steak Tacos (2.0)	Sam's Dairy	Bread Box		$ 5.00
5.0	tub(s)	Hummus	Lunch Hummus Pitas (1.0), Lunch Hummus Pitas 2nd Half (4.0)	Sam's Dairy	Dairy Cooler		$ 22.40
3.0	whole	Cheese Block	Appetizer Cheese and Crackers (2.0), Appetizer Smoked Oysters (1.0)	Sam's Dairy	Dairy Cooler		$ 60.00

Qty	Unit	Item	Meal(s)	Store	Notes	US	Cost
1.0	package(s)	Brie Cheese	Appetizer Brie and Crackers (1.0)	Sam's Dairy	Dairy Cooler		$ 6.98
2.0	pound(s)	Sliced Swiss Cheese	Lunch Cuban Wrap (2.0)	Sam's Dairy	Dairy Cooler	31.94 oz (2.0 lb)	$ 7.86
1.0	can(s)	Whipped Cream	Dessert Angel Food Cake (1.0)	Sam's Dairy	Dairy Cooler		$ 2.83
1.0	bag(s)	Shrimp	Appetizer Shrimp and Mango Salsa Shuttles (1.0)	Sam's Frozen	Meat Cooler		$ 14.48
4.0	pound(s)	Frozen Meatballs	Dinner Spaghetti and Meatballs (4.0)	Sam's Frozen	Meat Cooler	63.89 oz (3.99 lb)	$ 13.33
19.0	pound(s)	Coffee	Breakfast Yogurt and Granola with English Muffins (1.0), Breakfast Cold Cereal with Bagels (2.0), Breakfast Quick Steak Burritos (2.0), Breakfast Quick Egg Sammies (2.0), Breakfast Quick Gallo Pinto (2.0), Breakfast Salmon Lox on Bagels (2.0), Breakfast Quick Steak Scramble (1.0), Breakfast Quick Kayaker Quinoa (1.0), Breakfast Cold Cereal with English Muffins (2.0), Breakfast Bagels with Hard Boiled Eggs (1.0), Breakfast Quick Bacon Scramble (1.0), Breakfast Quick Bacon Scramble 2nd Half (1.0), Breakfast Quick Steak Burritos 2nd Half (1.0)	Toucanet	Day Box	303.46 oz (18.97 lb)	$ 228.00
2.0	package(s)	Tuna	Lunch Healthy Tuna Salad 2nd Half (1.0), Lunch Healthy Tuna Salad (1.0)	U.S. Foods	Day Box		$ 21.96
6.0	bottle(s)	Mayonnaise	Lunch BLTA (1.0), Lunch Cold Cut Sammies (2.0), Dinner Quick Beef Bowls (1.0), Lunch Cold Cut Sammies 2nd Half (1.0), Lunch Chicken Salad Pitas 2nd Half (1.0)	U.S. Foods	Day Box		$ 28.14
36.0	package(s)	Crackers	Appetizer Olive Tapenade (12.0), Appetizer Spinach Dip (8.0), Appetizer Cheese and Crackers (4.0), Appetizer Smoked Oysters (4.0), Appetizer Brie and Crackers (4.0), Appetizer Pesto Cream Cheese (4.0)	U.S. Foods	Day Box		$ 54.00
32.0	pound(s)	Pre-cooked Chicken Strips	Dinner Quick Pesto Chicken Gnocchi (4.0), Dinner Quick Chicken Stir Fry (4.0), Dinner Quick Sweet and Sour Chicken (4.0), Dinner Tortellini w/ Chicken (4.0), Dinner Cheese and Chicken Quesadillas (4.0), Dinner Quick Teriyaki Chicken Bowls (4.0), Dinner Quick Thai Noodles 2nd Half (4.0), Dinner Quick Chicken Curry 2nd Half (4.0)	U.S. Foods	Meat Cooler	511.1 oz (31.94 lb)	$ 143.68
5.0	box(es)	Spanish Rice	Dinner Bean and Cheese Burritos (1.0), Dinner Chicken Enchiladas (PM) (1.0), Dinner Quick Steak Tacos (1.0), Dinner Cheese and Chicken Quesadillas (1.0), Dinner Taco Stuffed Bell Peppers (1.0)	U.S. Foods	Day Box		$ 40.00
3.0	bottle(s)	Mustard	Lunch Cold Cut Sammies (2.0), Lunch Cold Cut Sammies 2nd Half (1.0)	U.S. Foods	Day Box		$ 6.57
5.0	package(s)	Frozen Stir Fry Veggies	Dinner Quick Beef Bowls (1.0), Dinner Quick Chicken Stir Fry (1.0), Dinner Quick Seared Cod and Quinoa (1.0), Dinner Quick Teriyaki Chicken Bowls (1.0), Dinner Quick Chicken Curry 2nd Half (1.0)	U.S. Foods	Meat Cooler		$ 55.00
1.0	bottle(s)	Sriracha	Dinner Quick Beef Bowls (1.0)	U.S. Foods	Day Box		$ 3.49
2.0	bottle(s)	Honey	Breakfast Yogurt and Granola, with Oatmeal (1.0), Breakfast Quick Kayaker Quinoa (1.0)	U.S. Foods	Day Box		$ 12.00
20.0	whole	Cod Fillets	Dinner Quick Seared Cod and Quinoa (20.0)	U.S. Foods	Meat Cooler		$ 70.00
8.0	pound(s)	Frozen Quinoa Blend	Dinner Quick Seared Cod and Quinoa (4.0), Dinner Quick Chicken and Quinoa (4.0)	U.S. Foods	Meat Cooler	127.77 oz (7.99 lb)	$ 24.00
1.0	bag(s)	Frozen Breakfast Quinoa	Breakfast Quick Kayaker Quinoa (1.0)	U.S. Foods	Meat Cooler		$ 20.00
1.0	package(s)	Brown Sugar	Breakfast Quick Kayaker Quinoa (1.0)	U.S. Foods	Day Box		$ 1.00
1.0	bottle(s)	Hot Sauce	Dinner Cheese and Chicken Quesadillas (1.0)	U.S. Foods	Day Box		$ 6.00
4.0	pound(s)	Frozen Cauliflower	Dinner Quick Teriyaki Chicken Bowls (2.0), Dinner Quick Chicken and Quinoa (2.0)	U.S. Foods	Meat Cooler	63.89 oz (3.99 lb)	$ 9.00
1.0	package(s)	Frozen Peppers and Potatoes	Breakfast Quick Steak Burritos 2nd Half (1.0)	U.S. Foods	Meat Cooler		$ 10.00
4.0	bag(s)	Frozen Edamame	Appetizer Edamame (4.0)	U.S. Foods	Meat Cooler		$ 10.64
1.0	bag(s)	Frozen Green Beans	Dinner Cheeseburgers 2nd Half (1.0)	U.S. Foods	Meat Cooler		$ 8.00
1.0	bottle(s)	Ketchup	Dinner Cheeseburgers 2nd Half (1.0)	U.S. Foods	Day Box		$ 1.50
4.0	pound(s)	Pre-cooked Chicken Breasts	Dinner Quick Chicken and Quinoa (4.0)	U.S. Foods	Meat Cooler	63.89 oz (3.99 lb)	$ 17.96
20.0	whole	Churros	Dessert Churros (20.0)	U.S. Foods	Meat Cooler		$ 20.00
6.0	jar(s)	Olive Tapenade	Appetizer Olive Tapenade (6.0)	Whole Foods	Day Box		$ 26.94
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
1.0	whole	Food	Rig Night (BYO or Moe Meal-additional charge) (1.0)				$ 0.00

Total cost $ 0

Calendar Planning

Day	Appetizer	Dinner	Breakfast	Lunch
Day 0	Safeway Lunch (16)	Rig Night (BYO or Moe Meal-additional charge) (16)	Breakfast Salmon Lox on Bagels (16)	Lunch BLTA (16)
Day 1	Appetizer Veggies and Dip (16)	Dinner Grilled Wild Salmon (16) Dessert Fortune Cookies (16)	Breakfast Yogurt and Granola with English Muffins (16)	Lunch Caprese Salad Sandwich (16)
Day 2	Appetizer Olive Tapenade (16)	Dinner Quick Pesto Chicken Gnocchi (16)	Breakfast Quick Bacon Scramble (16)	Lunch Chicken Caesar Wraps (16)
Day 3	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner Bean and Cheese Burritos (16) Dessert Angel Food Cake (16)	Breakfast Cold Cereal with Bagels (16)	Lunch Cold Cut Sammies (16)
Day 4	Appetizer Spinach Dip (16)	Dinner Chicken Enchiladas (PM) (16)	Breakfast Quick Steak Burritos (16)	Lunch Caprese Salad Sandwich (16)
Day 5	Appetizer Shrimp and Mango Salsa Shuttles (16)	Dinner Quick Beef Bowls (16)	Breakfast Yogurt and Granola, with Oatmeal (16)	Lunch Hummus Pitas (16)
Day 6	Appetizer Tomato and Mozzarella Sliders (16)	Dinner Taco Stuffed Bell Peppers (16) Dessert Churros (16)	Breakfast Quick Egg Sammies (16)	Lunch Healthy Tuna Salad (16)
Day 7	Appetizer Chips and Dip (16)	Dinner Quick Chicken and Quinoa (16)	Breakfast Quick Gallo Pinto (16)	Lunch Bagel Sandwiches (16)
Day 8	Appetizer Spinach Dip (16)	Dinner Quick Chicken Stir Fry (16) Dessert Fortune Cookies (16)	Breakfast Salmon Lox on Bagels (16)	Lunch Cold Cut Sammies (16)
Day 9	Appetizer Mixed Nuts (16)	Dinner Quick Seared Cod and Quinoa (16) Dessert Pepperidge Farms Cookies (16)	Breakfast Quick Steak Scramble (16)	Lunch Chicken Caesar Wraps 2nd Half (16)
Day 10	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner Quick Steak Fajitas (16)	Breakfast Quick Kayaker Quinoa (16)	Lunch Cuban Wrap (16)
Day 11	Appetizer Cheese and Crackers (16)	Dinner Quick Sweet and Sour Chicken (16) Dessert Mini Candy Bars (16)	Breakfast Cold Cereal with English Muffins (16)	Lunch Hummus Pitas 2nd Half (16)
Day 12	Appetizer Olive Tapenade (16)	Dinner Quick Thai Noodles 2nd Half (16)	Breakfast Quick Bacon Scramble 2nd Half (16)	Lunch Cold Cut Sammies 2nd Half (16)
Day 13	Appetizer Smoked Oysters (16)	Dinner Tortellini w/ Chicken (16)	Breakfast Quick Egg Sammies (16)	Lunch Peanut Butter and Jelly (16)
Day 14	Appetizer Brie and Crackers (16)	Dinner Cheeseburgers 2nd Half (16) Dessert Pineapple Upside Down Cake (DO) (16)	Breakfast Bagels with Hard Boiled Eggs (16)	Lunch Chicken Salad Pitas 2nd Half (16)
Day 15	Appetizer Pesto Cream Cheese (16)	Dinner Spaghetti and Meatballs (16)	Breakfast Quick Gallo Pinto (16)	Lunch Bagel Sandwiches 2nd Half (16)
Day 16	Appetizer Olive Tapenade (16)	Dinner Quick Chicken Curry 2nd Half (16) Dessert Little Debbie Cakes (16)	Breakfast Quick Steak Burritos (16)	Lunch Healthy Tuna Salad 2nd Half (16)
Day 17	Appetizer Chips and Dip (16)	Dinner Quick Steak Tacos (16)	Breakfast Cold Cereal with Bagels (16)	(SS) Lunch Black Bean Wraps (16)
Day 18	Appetizer Pretzels and Cheese Dip (16)	Dinner Quick Teriyaki Chicken Bowls (16)	Breakfast Quick Steak Burritos 2nd Half (16)	Lunch Hummus Pitas 2nd Half (16)
Day 19	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner Cheese and Chicken Quesadillas (16)	Breakfast Cold Cereal with English Muffins (16)	Lunch Bagel Sandwiches 2nd Half (16)
Day 20	Appetizer Edamame (16)	Dinner Eggplant Parmesan (PM) (16) Dessert No Bake Cheesecake (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	

Breakfast Salmon Lox on Bagels

Breakfast Day #0

Individuals served: **16**

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

Toast bagels with butter or oil if desired. Slice tomatoes and onion. Serve with bagels with lox, capers and cream cheese. Yum!
Fun Fact: Capers can reduce cancer risk and promote eye, bone, brain, and digestive health.

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

Qty	Unit	Ingredient	Packing notes
1.0	jar(s)	Capers	Day Box
1.0	pound(s)	Coffee	Day Box
1.0	whole	Red Onion	Produce Crate

Lunch 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
2.0	can(s)	Stax	Day Box

Qty	Unit	Ingredient	Packing notes
2.6	loaf	Bread	Bread Box
1.0	package(s)	Cookies	Day Box
1.0	package(s)	Pre-cooked Bacon	Day Box
1.0	bottle(s)	Mayonnaise	Day Box

Appetizer Veggies and Dip

Appetizer Day #1

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 Grilled Wild Salmon

Dinner Day #1

Individuals served: **16**

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

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

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

Dessert Fortune Cookies

Dinner Day #1

Individuals served: **16**

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

This fortune determines the rest of your trip! Let the river gods speak!

Qty	Unit	Ingredient	Packing notes
2.0	box(es)	Fortune Cookies	Day Box

Breakfast Yogurt and Granola with English Muffins

Breakfast Day #1

Individuals served: **16**

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

Make assembly line for a quick and easy breakfast! Toast english muffins with butter or oil on griddle. Yum!

Qty	Unit	Ingredient	Packing notes
2.0	tub(s)	Yogurt	Dairy Cooler
1.0	package(s)	English Muffins	Bread Box
1.0	bag(s)	Granola	Day Box
1.0	box(es)	Milk	Day Box
1.0	jar(s)	Peanut Butter	Day Box
1.0	jar(s)	Jelly	Day Box
1.0	pound(s)	Coffee	Day Box

Lunch Caprese Salad Sandwich

Lunch Day #1

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
2.6	loaf	Bread	Bread Box
2.0	can(s)	Stax	Day Box
1.0	package(s)	Cookies	Day Box
1.0	whole	Balsamic Glaze	Day Box

Appetizer Olive Tapenade

Appetizer Day #2

Individuals served: **16**

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

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

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

Dinner Quick Pesto Chicken Gnocchi

Dinner Day #2

Individuals served: **16**

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

Chicken is fully cooked, just reheat! Cook gnocchi according to directions on package. Cut up peppers and sauté with peas and garlic to taste until warm. Add drained gnocchi, pesto, and 1 to 1/2 cups of cream. Top with parmesan and enjoy. *Toast bread on griddle for dipping.

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Pre-cooked Chicken Strips	Meat Cooler
1.3	cup(s)	Heavy Whipping Cream	Dairy Cooler
0.5	whole	Parmesan Cheese Block	Dairy Cooler
2.0	jar(s)	Pesto	Dairy Cooler
1.0	pound(s)	Snap Peas	Produce Cooler

Qty	Unit	Ingredient	Packing notes
3.0	whole	Red Bell Pepper	Produce Cooler
2.0	loaf	Sourdough	Bread Box
1.0	jar(s)	Minced Garlic	Day Box
5.0	package(s)	Gnocchi	Day Box

Breakfast Quick Bacon Scramble

Breakfast Day #2

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 Chicken Caesar Wraps

Lunch Day #2

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
0.75	package(s)	Flour Tortillas	Bread Box
4.0	can(s)	Canned Chicken	Day Box
1.0	bottle(s)	Caesar Dressing	Day Box

Qty	Unit	Ingredient	Packing notes
2.0	can(s)	Black Olives	Day Box
2.0	can(s)	Stax	Day Box
1.0	package(s)	Cookies	Day Box
1.0	whole	Red Onion	Produce Crate

Appetizer Tortilla Chips, Salsa, and Guacamole

Appetizer Day #3

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 Bean and Cheese Burritos

Dinner Day #3

Individuals served: **16**

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

Heat refried beans with taco seasoning on stove, add some water to prevent scorching. Add black beans to refried beans if desired or heat separately. Make rice according to directions on box, adding diced tomatoes. Chop and slice all veggies to add to your burrito! Heat tortillas. Set up a make your-own-burrito buffet line with veggies, sour cream, salsa, green chilies, olives and cheese!

Qty	Unit	Ingredient	Packing notes
2.0	pound(s)	Shredded Cheese	Dairy Cooler
1.0	tub(s)	Sour Cream	Dairy Cooler
2.0	whole	Yellow Bell Pepper	Produce Cooler
3.0	whole	Tomatoes	Produce Cooler
3.0	whole	Avocados	Produce Cooler
0.75	package(s)	Flour Tortillas	Bread Box
4.0	can(s)	Refried Beans	Day Box
1.0	jar(s)	Salsa	Day Box

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

Dessert Angel Food Cake

Dinner Day #3

Individuals served: **16**

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

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

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

Breakfast Cold Cereal with Bagels

Breakfast Day #3

Individuals served: **16**

Dietary restrictions / allergens: **Wheat/Gluten, 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
3.2	bag(s)	Bagels	Bread Box
1.0	bag(s)	Cold Cereal	Day Box
4.0	box(es)	Milk	Day Box

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 Cold Cut Sammies

Lunch Day #3

Individuals served: **16**

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

Thaw lunch meat before you leave camp in the morning if needed. If you'd like you can pre make lunches, set up supplies and zip locks at breakfast, or set up somewhere pretty at lunch time. Slice avocados, tomatoes, and onions, and assemble wraps as desired. Pass out chips and cookies when you stop!

Qty	Unit	Ingredient	Packing notes
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
2.6	loaf	Bread	Bread Box
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 Spinach Dip

Appetizer Day #4

Individuals served: **16**

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

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

Qty	Unit	Ingredient	Packing notes
1.0	tub(s)	Spinach Dip	Dairy Cooler
4.0	package(s)	Crackers	Day Box

Dinner Chicken Enchiladas (PM)

Dinner Day #4

Individuals served: **16**

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

Alternative pre-made meals will be supplied for those with dietary restrictions. Check the cooler!!
See "Boil in a Bag" directions in trip binder. Shred cabbage for enchilada topping. Heat refried beans over low heat, add water to beans to prevent scorching. Cook rice according to directions, adding diced tomatoes with the water. Serve and enjoy!

Qty	Unit	Ingredient	Packing notes
32.0	whole	Chicken Enchiladas (pm)	Meat Cooler
1.0	tub(s)	Sour Cream	Dairy Cooler
1.0	package(s)	Guacamole	Produce Cooler
1.0	box(es)	Spanish Rice	Day Box

Qty	Unit	Ingredient	Packing notes
3.0	can(s)	Diced Tomatoes	Day Box
3.0	can(s)	Refried Beans	Day Box
1.0	jar(s)	Salsa	Day Box
0.5	head(s)	Green Cabbage	Produce Crate

Breakfast Quick Steak Burritos

Breakfast Day #4

Individuals served: **16**

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

Meat is pre-cooked, just reheat in dutch oven with drained beans! Mix eggs with salt and pepper. Chop onions and bell peppers, can keep peppers raw if desired or saute in pan before adding egg mixture. Heat tortillas on Dutch oven lid if desired. 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
0.75	package(s)	Flour 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 Caprese Salad Sandwich

Lunch Day #4

Individuals served: **16**

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

Slice tomatoes and assemble sandwich with salami, pesto, mozzarella, tomato, balsamic glaze and basil. Serve with chips and cookies! Fan Favorite!

Qty	Unit	Ingredient	Packing notes
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

Qty	Unit	Ingredient	Packing notes
2.6	loaf	Bread	Bread Box
2.0	can(s)	Stax	Day Box
1.0	package(s)	Cookies	Day Box
1.0	whole	Balsamic Glaze	Day Box

Appetizer Shrimp and Mango Salsa Shuttles

Appetizer Day #5

Individuals served: **16**

Dietary restrictions / allergens: **Shellfish**

Heat 1 tablespoon of olive oil in a large skillet over medium heat. Season shrimp with garlic, paprika, salt and chili flakes as desired. Add shrimp to the hot pan and cook for about 2-3 minutes on each side, turning once midway, shrimp should be pink and in the shape of a "C". Leaf off cabbage, place shrimp and salsa, eat like a taco!

Qty	Unit	Ingredient	Packing notes
1.0	bag(s)	Shrimp	Meat Cooler
2.0	jar(s)	Mango Salsa	Day Box
1.0	head(s)	Red Cabbage	Produce Crate

Dinner Quick Beef Bowls

Dinner Day #5

Individuals served: **16**

Dietary restrictions / allergens: **Beef**

Steak is fully cooked, just reheat! Cook rice according to directions on box. Thinly slice radish and set aside. Sauté stir fry veggies until soft. Reheat steak in pan with garlic and soy sauce to make a glaze. Add vegetable to beef or keep separate. In a bowl combine mayo and sriracha for a spicy mayo topping. Make bowls with rice, beef, veggies and spicy mayo! Yum!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Pre-cooked Steak Strips	Meat Cooler
1.0	package(s)	Frozen Stir Fry Veggies	Meat Cooler
1.0	bunch(es)	Radish	Produce Cooler
1.0	bottle(s)	Tamari Soy Sauce	Day Box
1.0	jar(s)	Minced Garlic	Day Box
1.0	box(es)	Instant White Rice	Day Box
1.0	bottle(s)	Sriracha	Day Box
1.0	bottle(s)	Mayonnaise	Day Box

Breakfast Yogurt and Granola, with Oatmeal

Breakfast Day #5

Individuals served: **16**

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

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

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

Lunch Hummus Pitas

Lunch Day #5

Individuals served: **16**

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

Chop or slice tomatoes, peppers and cucumbers. Stop somewhere pretty and enjoy lunch!

Qty	Unit	Ingredient	Packing notes
2.0	pound(s)	Sliced Cheese	Dairy Cooler
1.0	tub(s)	Hummus	Dairy Cooler
4.0	whole	Tomatoes	Produce Cooler
3.0	whole	Yellow Bell Pepper	Produce Cooler
3.0	whole	Red Bell Pepper	Produce Cooler
3.0	whole	Cucumbers	Produce Cooler
2.0	bag(s)	Baby Carrots	Produce Cooler
3.0	package(s)	Pita Bread	Bread Box
1.0	bag(s)	Trail Mix	Day Box
1.0	package(s)	Cookies	Day Box
2.0	can(s)	Stax	Day Box
1.0	bag(s)	Beef Jerky	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 Taco Stuffed Bell Peppers

Dinner Day #6

Individuals served: **16**

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

Cook rice according to directions on back on box. Slice bell peppers in half and remove seeds and set aside. In skillet, cook beef until brown and tender (or cook black bean burgers until hot through), add taco seasoning mix to the meat/black bean burgers. Use a skillet or Dutch oven to heat the halved peppers in. Once peppers are softened, stuff with the ground beef (or black bean burger) and sprinkle cheese on top. Set up a self service toppings bar with salsa, lettuce, tomatoes, sour cream and sliced avocados. Enjoy!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Ground Beef	Meat Cooler
1.0	tub(s)	Sour Cream	Dairy Cooler
2.0	pound(s)	Shredded Cheese	Dairy Cooler
4.0	whole	Tomatoes	Produce Cooler
1.0	head(s)	Iceberg Lettuce	Produce Cooler
16.0	whole	Red Bell Pepper	Produce Cooler

Qty	Unit	Ingredient	Packing notes
4.0	whole	Avocados	Produce Cooler
1.0	box(es)	Spanish Rice	Day Box
2.0	package(s)	Taco Seasoning	Day Box
1.0	jar(s)	Salsa	Day Box
1.0	bag(s)	Tortilla Chips	Day Box
1.0	head(s)	Green Cabbage	Produce Crate

Dessert Churros

Dinner Day #6

Individuals served: **16**

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

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

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

Breakfast Quick Egg Sammies

Breakfast Day #6

Individuals served: **16**

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

Bacon is fully cooked, just reheat! Fry or scramble eggs as desired. Place cheese on eggs while cooking to melt as well as green chilies as desired. Toast bread with butter or oil. Assemble sandwiches with bacon, guacamole and sliced tomatoes! Enjoy the view!

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Guacamole	Dairy Cooler
2.0	pound(s)	Sliced Cheese	Dairy Cooler
3.0	whole	Tomatoes	Produce Cooler
2.6	loaf	Bread	Bread Box

Qty	Unit	Ingredient	Packing notes
3.0	dozen(s)	Eggs	Egg Can
1.0	package(s)	Pre-cooked Bacon	Day Box
2.0	can(s)	Diced Green Chiles	Day Box
1.0	pound(s)	Coffee	Day Box

Lunch Healthy Tuna Salad

Lunch Day #6

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
3.0	package(s)	Pita Bread	Bread Box
1.0	package(s)	Tuna	Day Box

Qty	Unit	Ingredient	Packing notes
2.0	can(s)	Stax	Day Box
1.0	package(s)	Cookies	Day Box
1.0	bottle(s)	Lemon Juice	Day Box
1.0	whole	Red Onion	Produce Crate

Appetizer Chips and Dip

Appetizer Day #7

Individuals served: **16**

Dietary restrictions / allergens: **Dairy**

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Mix onion dip mix and sour cream in bowl. Serve with potato chips and enjoy!

Qty	Unit	Ingredient	Packing notes
2.0	tub(s)	Sour Cream	Dairy Cooler
2.0	package(s)	Onion Dip	Day Box
1.0	bag(s)	Potato Chips	Day Box

Dinner Quick Chicken and Quinoa

Dinner Day #7

Individuals served: **16**

Dietary restrictions / allergens: **Chicken**

Chicken and quinoa are precooked, just reheat! Fluff with fork Use half water half broth for flavor if desired when reheating quinoa. Slice zucchini and red pepper. Saute veggies in oil until tender. Make quinoa bowl with chicken, veggies and top with parmesan! Yum!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Pre-cooked Chicken Breasts	Meat Cooler
4.0	pound(s)	Frozen Quinoa Blend	Meat Cooler
2.0	pound(s)	Frozen Cauliflower	Meat Cooler
1.0	whole	Parmesan Cheese Block	Dairy Cooler

Qty	Unit	Ingredient	Packing notes
4.0	whole	Zucchini	Produce Cooler
4.0	whole	Yellow Squash	Produce Cooler
4.0	whole	Red Bell Pepper	Produce Cooler
1.0	box(es)	Vegetable Broth	Dry Box

Breakfast Quick Gallo Pinto

Breakfast Day #7

Individuals served: **16**

Dietary restrictions / allergens: **Wheat/Gluten, Dairy , Soy , Eggs, Pork**

Bacon is fully cooked, just reheat! Prepare rice according to instructions on box. Dice and saute onion on low with 3 tablespoons of Worcestershire sauce, salt and pepper, add cumin if desired, approximately 4-6 minutes or until transparent. Add drained and rinsed black beans to cooked rice, heat through. Add onions to rice mixture. In separate pan scramble eggs. Serve with guacamole, shredded cheese and heated tortillas. Yum!

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Guacamole	Dairy Cooler
1.0	pound(s)	Shredded Cheese	Dairy Cooler
0.75	package(s)	Flour Tortillas	Bread Box
3.0	dozen(s)	Eggs	Egg Can
1.0	package(s)	Pre-cooked Bacon	Day Box
1.0	jar(s)	Salsa	Day Box

Qty	Unit	Ingredient	Packing notes
4.0	can(s)	Black Beans	Day Box
1.0	box(es)	Instant White Rice	Day Box
1.0	bottle(s)	Worcestershire Sauce	Day Box
1.0	pound(s)	Coffee	Day Box
1.0	whole	Yellow Onion	Produce Crate

Lunch Bagel Sandwiches

Lunch Day #7

Individuals served: **16**

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

Slice Veggies and make your bagel sandwich with cream cheese! Serve with chips and cookies. Happy boating!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Ham	Meat Cooler
3.0	package(s)	Veggie Flavored Cream Cheese	Dairy Cooler
1.0	head(s)	Romaine Lettuce	Produce Cooler
4.0	whole	Red Bell Pepper	Produce Cooler
3.0	whole	Cucumbers	Produce Cooler

Qty	Unit	Ingredient	Packing notes
3.0	whole	Tomatoes	Produce Cooler
3.2	bag(s)	Bagels	Bread Box
1.0	bag(s)	Chips	Day Box
1.0	package(s)	Cookies	Day Box

Appetizer Spinach Dip

Appetizer Day #8

Individuals served: **16**

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

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

Qty	Unit	Ingredient	Packing notes
1.0	tub(s)	Spinach Dip	Dairy Cooler
4.0	package(s)	Crackers	Day Box

Dinner Quick Chicken Stir Fry

Dinner Day #8

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

Qty	Unit	Ingredient	Packing notes
2.0	bottle(s)	Stir-Fry Sauce	Day Box
2.0	bottle(s)	Tamari Soy Sauce	Day Box
1.0	head(s)	Green Cabbage	Produce Crate

Dessert Fortune Cookies

Dinner Day #8

Individuals served: **16**

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

This fortune determines the rest of your trip! Let the river gods speak!

Qty	Unit	Ingredient	Packing notes
2.0	box(es)	Fortune Cookies	Day Box

Breakfast Salmon Lox on Bagels

Breakfast Day #8

Individuals served: **16**

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

Toast bagels with butter or oil if desired. Slice tomatoes and onion. Serve with bagels with lox, capers and cream cheese. Yum!
Fun Fact: Capers can reduce cancer risk and promote eye, bone, brain, and digestive health.

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

Qty	Unit	Ingredient	Packing notes
1.0	jar(s)	Capers	Day Box
1.0	pound(s)	Coffee	Day Box
1.0	whole	Red Onion	Produce Crate

Lunch Cold Cut Sammies

Lunch Day #8

Individuals served: **16**

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

Thaw lunch meat before you leave camp in the morning if needed. If you'd like you can pre make lunches, set up supplies and zip locks at breakfast, or set up somewhere pretty at lunch time. Slice avocados, tomatoes, and onions, and assemble wraps as desired. Pass out chips and cookies when you stop!

Qty	Unit	Ingredient	Packing notes
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
2.6	loaf	Bread	Bread Box
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 Mixed Nuts

Appetizer Day #9

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 Quick Seared Cod and Quinoa

Dinner Day #9

Individuals served: **16**

Dietary restrictions / allergens: **Fish**

Season cod with onion powder, garlic powder, and paprika (in spice box) as desired. Can cook fish on grill on on griddle. Cook 3 to 4 minutes each side or until lightly browned and cooked through, finish off with a squeeze of lemon juice! Quinoa rice blend is fully cooked. Place quinoa in pan and heat through with a little water to prevent burning. While heating up quinoa and cooking cod, heat up stir fry vegetables in pot, add seasonings to taste. Rough chop capers and top fish over quinoa rice blend.

Qty	Unit	Ingredient	Packing notes
20.0	whole	Cod Fillets	Meat Cooler
4.0	pound(s)	Frozen Quinoa Blend	Meat Cooler
1.0	package(s)	Frozen Stir Fry Veggies	Meat Cooler

Qty	Unit	Ingredient	Packing notes
1.0	jar(s)	Capers	Day Box
1.0	bottle(s)	Lemon Juice	Day Box

Dessert Pepperidge Farms Cookies

Dinner Day #9

Individuals served: **16**

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

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

Breakfast Quick Steak Scramble

Breakfast Day #9

Individuals served: **16**

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

Steak is fully cooked! Chop peppers and onions. Drain spinach and mushrooms. Sauté all veggies with oil or butter in a Dutch oven. Add steak to sauted veggies, once heated through add cracked eggs and whisk together until desired doneness. Season with salt and pepper to taste. Serve with sliced avocado, shredded cheese and salsa. Yum!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Pre-cooked Steak Strips	Meat Cooler
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

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

Lunch Chicken Caesar Wraps 2nd Half

Lunch Day #9

Individuals served: **16**

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

Before leaving camp (optional): open, drain and chop chicken, grate cheese, chop onion and cabbage. Mix olives, cheese, chicken, onion, and add salad dressing. Place in ziplock bag in lunch cooler, then stop somewhere pretty and assemble sandwiches in tortillas. If you have a non-chicken eater, serve canned chicken separately or make 2 different salads. Serve with chips and cookies!

Qty	Unit	Ingredient	Packing notes
1.0	whole	Parmesan Cheese Block	Dairy Cooler
0.75	package(s)	Flour Tortillas	Bread Box
1.0	bottle(s)	Caesar Dressing	Day Box
2.0	can(s)	Black Olives	Day Box
2.0	can(s)	Stax	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Cookies	Day Box
5.0	can(s)	Canned Chicken	Day Box
1.0	whole	Red Onion	Produce Crate
1.0	head(s)	Green Cabbage	Produce Crate

Appetizer Tortilla Chips, Salsa, and Guacamole

Appetizer Day #10

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 Quick Steak Fajitas

Dinner Day #10

Individuals served: **16**

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

Steak is precooked and seasoned. Slice and chop veggies. Just heat and add seasonings to taste. Saute onions and peppers with steak or separate griddle. Warm tortillas on skillet or Dutch oven lid. Serve with tomato, avocado, green chiles, salsa, sour cream, and cheese. !OLE!

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

Qty	Unit	Ingredient	Packing notes
0.75	package(s)	Flour Tortillas	Bread Box
1.0	jar(s)	Salsa	Day Box
2.0	package(s)	Taco Seasoning	Day Box
2.0	can(s)	Black Beans	Day Box
2.0	whole	Yellow Onion	Produce Crate

Breakfast Quick Kayaker Quinoa

Breakfast Day #10

Individuals served: **16**

Dietary restrictions / allergens: **Dairy**

Quinoa is fully cooked. Just reheat. Cook from frozen, heat 2 TSBP of water per serving of quinoa in a large non-stick sauté pan over medium-high heat. Cook 4-5 minutes stirring frequently. Serve with desired toppings and enjoy! Tip: Add dried fruit to quinoa while cooking to rehydrate fruit!

Qty	Unit	Ingredient	Packing notes
1.0	bag(s)	Frozen Breakfast Quinoa	Meat Cooler
1.0	box(es)	Milk	Day Box
1.0	package(s)	Dried Fruit	Day Box
1.0	package(s)	Almonds	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Brown Sugar	Day Box
1.0	bottle(s)	Honey	Day Box
1.0	pound(s)	Coffee	Day Box

Lunch Cuban Wrap

Lunch Day #10

Individuals served: **16**

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

Assemble your tortilla with ham, cheese, bacon, pickle and mustard. Roll up like a burrito and put in ziplock before leaving camp or assemble while stopped on a beach! Serve with chips and cookies!

Qty	Unit	Ingredient	Packing notes
3.0	pound(s)	Sliced Ham	Meat Cooler
2.0	pound(s)	Sliced Swiss Cheese	Dairy Cooler
0.75	package(s)	Flour Tortillas	Bread Box
1.0	package(s)	Pre-cooked Bacon	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	bottle(s)	Spicy Mustard	Day Box
1.0	jar(s)	Dill Pickle Spears	Day Box
1.0	bag(s)	Chips	Day Box
1.0	package(s)	Cookies	Day Box

Appetizer Cheese and Crackers

Appetizer Day #11

Individuals served: **16**

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

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Slice cheese and serve with crackers! Enjoy!

Qty	Unit	Ingredient	Packing notes
2.0	whole	Cheese Block	Dairy Cooler
4.0	package(s)	Crackers	Day Box

Dinner Quick Sweet and Sour Chicken

Dinner Day #11

Individuals served: **16**

Dietary restrictions / allergens: **Chicken**

Cook rice according to directions on box.Chop all veggies. Chicken is fully cooked, just reheat! In a separate pan, cook onions and peppers for 5 minutes or until tender. Add chicken, sweet and sour sauce, and pineapple and heat until bubbling. Remove from heat and let sit at least 5 minutes. Add chicken and veggie mix to rice and serve and enjoy!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Pre-cooked Chicken Strips	Meat Cooler
3.0	whole	Red Bell Pepper	Produce Cooler
3.0	whole	Yellow Bell Pepper	Produce Cooler
3.0	bottle(s)	Sweet and Sour Sauce	Day Box

Qty	Unit	Ingredient	Packing notes
3.0	can(s)	Canned Pineapple	Day Box
1.0	box(es)	Instant White Rice	Day Box
2.0	whole	Yellow Onion	Produce Crate

Dessert Mini Candy Bars

Dinner Day #11

Individuals served: **16**

Qty	Unit	Ingredient	Packing notes
1.0	bag(s)	Assorted Candy Bars	Day Box

Breakfast Cold Cereal with English Muffins

Breakfast Day #11

Individuals served: **16**

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

Heat griddle with butter and toast English muffins. Serve cereal with milk, and peanut butter and jelly with English muffins. Easy! Good morning!

Qty	Unit	Ingredient	Packing notes
8.0	ounce(s)	Butter	Dairy Cooler
2.0	package(s)	English Muffins	Bread Box
2.0	bag(s)	Cold Cereal	Day Box
4.0	box(es)	Milk	Day Box

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

Lunch Hummus Pitas 2nd Half

Lunch Day #11

Individuals served: **16**

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

Chop or slice tomatoes, peppers and cucumbers. Stop somewhere pretty and enjoy lunch!

Qty	Unit	Ingredient	Packing notes
3.0	pound(s)	Sliced Turkey	Meat Cooler
2.0	pound(s)	Sliced Cheese	Dairy Cooler
2.0	tub(s)	Hummus	Dairy Cooler
4.0	whole	Yellow Bell Pepper	Produce Cooler
2.0	bag(s)	Baby Carrots	Produce Cooler

Qty	Unit	Ingredient	Packing notes
3.0	package(s)	Pita Bread	Bread Box
2.0	can(s)	Stax	Day Box
1.0	package(s)	Cookies	Day Box
1.0	bag(s)	Beef Jerky	Day Box

Appetizer Olive Tapenade

Appetizer Day #12

Individuals served: **16**

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

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

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

Dinner Quick Thai Noodles 2nd Half

Dinner Day #12

Individuals served: **16**

Dietary restrictions / allergens: **Chicken**

Boil a large pot of water, remove from heat and soak noodles. In a large bowl, mix peanut sauce, tamari soy sauce, 1/4 lime juice, dried cilantro (spice box). Chicken (or vegan sausage) is fully cooked just heat through and add part of the sauce mixture. In separate Dutch oven, saute sliced onions. Add drained noodles, remaining Thai sauce, and drained canned veggies. Cook in Dutch oven until noodles are cooked. Add chicken (or vegan sausage) to noodles, stir and serve! Viola!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Pre-cooked Chicken Strips	Meat Cooler
4.0	bag(s)	Thai Noodles	Day Box
1.0	bottle(s)	Tamari Soy Sauce	Day Box
2.0	bottle(s)	Thai Peanut Sauce	Day Box
1.0	jar(s)	Minced Garlic	Day Box
2.0	can(s)	Canned Water Chestnuts	Day Box

Qty	Unit	Ingredient	Packing notes
2.0	can(s)	Canned Baby Corn	Day Box
2.0	can(s)	Canned Mushrooms	Day Box
1.0	jar(s)	Roasted Red Peppers	Day Box
1.0	bottle(s)	Lime Juice	Day Box
1.0	head(s)	Green Cabbage	Produce Crate
2.0	whole	Yellow Onion	Produce Crate

Breakfast Quick Bacon Scramble 2nd Half

Breakfast Day #12

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 eggs and mix together until desired doneness, season with salt and pepper. Throw in chopped bacon or serve on the side. Top eggs with guacamole for a treat! Yum!

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Guacamole	Dairy Cooler
4.0	ounce(s)	Butter	Dairy Cooler
1.0	pound(s)	Shredded Cheese	Dairy Cooler
3.0	dozen(s)	Eggs	Egg Can
1.0	package(s)	Pre-cooked Bacon	Day Box

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	pound(s)	Coffee	Day Box
1.0	whole	Yellow Onion	Produce Crate

Lunch Cold Cut Sammies 2nd Half

Lunch Day #12

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
2.6	loaf	Bread	Bread Box
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
1.0	package(s)	Cookies	Day Box
2.0	can(s)	Stax	Day Box
1.0	whole	Red Onion	Produce Crate

Appetizer Smoked Oysters

Appetizer Day #13

Individuals served: **16**

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

*Note: Please check food notes for any possible adjustments or dietary modifications for the day.
Slice cheese and top crackers with oysters and capers as desired. Enjoy!

Qty	Unit	Ingredient	Packing notes
6.0	package(s)	Smoked Oysters	Day Box
1.0	jar(s)	Capers	Day Box

Qty	Unit	Ingredient	Packing notes
4.0	package(s)	Crackers	Day Box
1.0	whole	Cheese Block	Dairy Cooler

Dinner Tortellini w/ Chicken

Dinner Day #13

Individuals served: **16**

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

Cook tortellini according to package. Warm sauce until heated through. Add pre-cooked chicken to sauce to reheat or reheat in pan with small amount of oil to prevent sticking. Heat up green beans with small amount of water or oil to prevent scorching, season to taste. For easy garlic bread, melt butter and garlic and spread on bread, place on griddle pan until golden brown. Serve pasta with parmesan. Yum!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Pre-cooked Chicken Strips	Meat Cooler
4.0	ounce(s)	Butter	Dairy Cooler
0.5	whole	Parmesan Cheese Block	Dairy Cooler
2.0	loaf	Sourdough	Bread Box

Qty	Unit	Ingredient	Packing notes
4.0	package(s)	Dried Tortellini	Day Box
2.0	jar(s)	Marinara Sauce	Day Box
1.0	jar(s)	Minced Garlic	Day Box
5.0	can(s)	Canned Green Beans	Day Box

Breakfast Quick Egg Sammies

Breakfast Day #13

Individuals served: **16**

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

Bacon is fully cooked, just reheat! Fry or scramble eggs as desired. Place cheese on eggs while cooking to melt as well as green chilies as desired. Toast bread with butter or oil. Assemble sandwiches with bacon, guacamole and sliced tomatoes! Enjoy the view!

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Guacamole	Dairy Cooler
2.0	pound(s)	Sliced Cheese	Dairy Cooler
3.0	whole	Tomatoes	Produce Cooler
2.6	loaf	Bread	Bread Box

Qty	Unit	Ingredient	Packing notes
3.0	dozen(s)	Eggs	Egg Can
1.0	package(s)	Pre-cooked Bacon	Day Box
2.0	can(s)	Diced Green Chiles	Day Box
1.0	pound(s)	Coffee	Day Box

Lunch Peanut Butter and Jelly

Lunch Day #13

Individuals served: **16**

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

Slap your sammy together and get on a rollin'! Add your choice of fruit if you'd like!

Qty	Unit	Ingredient	Packing notes
3.0	loaf	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	can(s)	Stax	Day Box
2.0	package(s)	Cookies	Day Box

Appetizer Brie and Crackers

Appetizer Day #14

Individuals served: **16**

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

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

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

Dinner Cheeseburgers 2nd Half

Dinner Day #14

Individuals served: **16**

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

Start your coals! Season burger patties as desired. Add burgers to grill and cook until done, rotate to make avoid hot spots. Top with cheese to melt. While burgers are cooking, heat up green beans (seasoning as desired) and baked beans. Slice red onion Serve with condiments, guacamole, side dishes and chips! Enjoy!
*Note: Can also make burgers on skillet or griddle.

Qty	Unit	Ingredient	Packing notes
20.0	whole	Hamburger Patties	Meat Cooler
1.0	bag(s)	Frozen Green Beans	Meat Cooler
2.0	pound(s)	Sliced Cheese	Dairy Cooler
1.0	package(s)	Guacamole	Dairy Cooler
2.0	package(s)	Hamburger Buns	Bread Box

Qty	Unit	Ingredient	Packing notes
1.0	jar(s)	Pickles	Day Box
1.0	bottle(s)	Ketchup	Day Box
4.0	can(s)	Baked Beans	Day Box
2.0	whole	Red Onion	Produce Crate

Dessert Pineapple Upside Down Cake (DO)

Dinner Day #14

Individuals served: **16**

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

Mix ingredients according to cake box directions and add to dutch oven, top with drained canned pineapple. Prepare coals or use coals from dinner. Refer to the Dutch oven cooking section in the Menu Book. Make sure to rotate coals while cooking to avoid hot spots on cake. Bake until done, this can be anywhere from 10 to 45 minutes depending on how hot your coals are. Enjoy!

Qty	Unit	Ingredient	Packing notes
0.5	dozen(s)	Eggs	Egg Can
2.0	box(es)	Pineapple Upside Down Cake Mix	Day Box
1.0	can(s)	Canned Pineapple	Day Box

Breakfast Bagels with Hard Boiled Eggs

Breakfast Day #14

Individuals served: **16**

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

Add cold water to pot, carefully place eggs to pot and add water until 1 inch above eggs. Bring pot to a boil. Once boiling, add lid to pot and turn OFF burner. Let eggs simmer for about 8-12 minutes depending on desired doneness *Note: cooking times vary based on elevation. Remove and let cool before peeling. Boil eggs the night before for a quick and easy morning! Toast bagels on griddle if desired and assemble with cream cheese and pb&j.

Qty	Unit	Ingredient	Packing notes
2.0	package(s)	Cream Cheese	Dairy Cooler
3.2	bag(s)	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 Chicken Salad Pitas 2nd Half

Lunch Day #14

Individuals served: **16**

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

Before leaving camp, open and drain chicken. Mix with mayo, relish and chopped onion to taste. Put in a ziplock bag until lunchtime. Stop somewhere pretty for lunch serve with can of diced tomatoes, cheese and guacamole. Make your pita and enjoy with chips and cookies!

Qty	Unit	Ingredient	Packing notes
1.0	pound(s)	Sliced Cheese	Dairy Cooler
1.0	package(s)	Guacamole	Dairy Cooler
3.0	package(s)	Pita Bread	Bread Box
5.0	can(s)	Canned Chicken	Day Box
2.0	can(s)	Diced Tomatoes	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	bottle(s)	Mayonnaise	Day Box
1.0	bottle(s)	Relish	Day Box
1.0	package(s)	Cookies	Day Box
2.0	can(s)	Stax	Day Box
1.0	whole	Red Onion	Produce Crate

Appetizer Pesto Cream Cheese

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.
Place cream cheese into a bowl and top with pesto, mix if desired. Enjoy with crackers!

Qty	Unit	Ingredient	Packing notes
1.0	jar(s)	Pesto	Dairy Cooler
2.0	package(s)	Cream Cheese	Dairy Cooler
4.0	package(s)	Crackers	Day Box

Dinner Spaghetti and Meatballs

Dinner Day #15

Individuals served: **16**

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

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

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Frozen 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	Sourdough	Bread Box

Qty	Unit	Ingredient	Packing notes
4.0	box(es)	Spaghetti Noodles	Day 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

Breakfast Quick Gallo Pinto

Breakfast Day #15

Individuals served: **16**

Dietary restrictions / allergens: **Wheat/Gluten, Dairy , Soy , Eggs, Pork**

Bacon is fully cooked, just reheat! Prepare rice according to instructions on box. Dice and saute onion on low with 3 tablespoons of Worcestershire sauce, salt and pepper, add cumin if desired, approximately 4-6 minutes or until transparent. Add drained and rinsed black beans to cooked rice, heat through. Add onions to rice mixture. In separate pan scramble eggs. Serve with guacamole, shredded cheese and heated tortillas. Yum!

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Guacamole	Dairy Cooler
1.0	pound(s)	Shredded Cheese	Dairy Cooler
0.75	package(s)	Flour Tortillas	Bread Box
3.0	dozen(s)	Eggs	Egg Can
1.0	package(s)	Pre-cooked Bacon	Day Box
1.0	jar(s)	Salsa	Day Box

Qty	Unit	Ingredient	Packing notes
4.0	can(s)	Black Beans	Day Box
1.0	box(es)	Instant White Rice	Day Box
1.0	bottle(s)	Worcestershire Sauce	Day Box
1.0	pound(s)	Coffee	Day Box
1.0	whole	Yellow Onion	Produce Crate

Lunch Bagel Sandwiches 2nd Half

Lunch Day #15

Individuals served: **16**

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

Slice cabbage and assemble as desired. Baby carrots for snackin'.

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Ham	Meat Cooler
3.0	package(s)	Veggie Flavored Cream Cheese	Dairy Cooler
4.0	bag(s)	Baby Carrots	Produce Cooler
3.2	bag(s)	Bagels	Bread Box

Qty	Unit	Ingredient	Packing notes
1.0	bag(s)	Chips	Day Box
1.0	package(s)	Cookies	Day Box
1.0	head(s)	Green Cabbage	Produce Crate

Appetizer Olive Tapenade

Appetizer Day #16

Individuals served: **16**

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

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

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

Dinner Quick Chicken Curry 2nd Half

Dinner Day #16

Individuals served: **16**

Dietary restrictions / allergens: **Chicken**

Cook rice according to directions on box. Chicken is fully cooked! Slice onion and chop potatoes separately. Boil potatoes until fork tender, remove from pot and drain. In dutch oven, saute onions in oil until translucent. Add chicken and garlic until fragrant then add veggies and potatoes. Once veggies and chicken and stir for 3-5 minutes. Add curry sauce, coconut milk simmer until veggies are soft and sauce has reduced. Serve chicken and veggie curry mixture on top of rice and serve!
*Note: Vegan sausage will be sent for no-meat substitute, heat up meats in separate pan, not adding to curry

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
2.0	jar(s)	Green Curry Paste	Day Box
4.0	can(s)	Coconut Cream	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	box(es)	Instant White Rice	Day Box
1.0	jar(s)	Minced Garlic	Day Box
2.0	whole	Yellow Onion	Produce Crate
8.0	whole	Potatoes	Produce Crate

Dessert Little Debbie Cakes

Dinner Day #16

Individuals served: **16**

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

Qty	Unit	Ingredient	Packing notes
16.0	whole	Lil Debbie Cakes	Day Box

Breakfast Quick Steak Burritos

Breakfast Day #16

Individuals served: **16**

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

Meat is pre-cooked, just reheat in dutch oven with drained beans! Mix eggs with salt and pepper. Chop onions and bell peppers, can keep peppers raw if desired or saute in pan before adding egg mixture. Heat tortillas on Dutch oven lid if desired. 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
0.75	package(s)	Flour 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 Healthy Tuna Salad 2nd Half

Lunch Day #16

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
2.0	whole	Yellow Bell Pepper	Produce Cooler
3.0	package(s)	Pita Bread	Bread Box
1.0	package(s)	Tuna	Day Box
2.0	can(s)	Stax	Day Box

Qty	Unit	Ingredient	Packing notes
1.0	package(s)	Cookies	Day Box
1.0	bottle(s)	Lemon Juice	Day Box
1.0	whole	Red Onion	Produce Crate
1.0	head(s)	Green Cabbage	Produce Crate

Appetizer Chips and Dip

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.
Mix onion dip mix and sour cream in bowl. Serve with potato chips and enjoy!

Qty	Unit	Ingredient	Packing notes
2.0	tub(s)	Sour Cream	Dairy Cooler
2.0	package(s)	Onion Dip	Day Box
1.0	bag(s)	Potato Chips	Day Box

Dinner Quick Steak Tacos

Dinner Day #17

Individuals served: **16**

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

Cook rice according to directions on box. 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	pound(s)	Shredded Cheese	Dairy Cooler
1.0	tub(s)	Sour Cream	Dairy Cooler
1.0	package(s)	Guacamole	Dairy Cooler
2.0	package(s)	Corn Tortillas	Bread Box

Qty	Unit	Ingredient	Packing notes
1.0	box(es)	Spanish Rice	Day Box
1.0	jar(s)	Salsa	Day Box
4.0	can(s)	Black Beans	Day Box
1.0	whole	Yellow Onion	Produce Crate

Breakfast Cold Cereal with Bagels

Breakfast Day #17

Individuals served: **16**

Dietary restrictions / allergens: **Wheat/Gluten, 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
3.2	bag(s)	Bagels	Bread Box
1.0	bag(s)	Cold Cereal	Day Box
4.0	box(es)	Milk	Day Box

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

(SS) Lunch Black Bean Wraps

Lunch Day #17

Individuals served: **16**

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

Mix beans, chilies, chopped veggies, spices as desired (salt, pepper, cumin, chili powder). Place in a zip lock, store in cooler. Stop somewhere pretty for lunch and chop lettuce and serve with green chiles, sour cream, and guacamole. Enjoy!

Qty	Unit	Ingredient	Packing notes
0.5	tub(s)	Sour Cream	Dairy Cooler
1.0	package(s)	Guacamole	Dairy Cooler
1.0	pound(s)	Shredded Cheese	Dairy Cooler
0.75	package(s)	Flour Tortillas	Bread Box

Qty	Unit	Ingredient	Packing notes
6.0	can(s)	Black Beans	Day Box
2.0	can(s)	Diced Green Chiles	Day Box
0.5	head(s)	Green Cabbage	Produce Crate

Appetizer Pretzels and Cheese Dip

Appetizer Day #18

Individuals served: **16**

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

*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	package(s)	Herb and Cheese Dip	Dairy Cooler
1.0	bag(s)	Pretzels	Day Box

Dinner Quick Teriyaki Chicken Bowls

Dinner Day #18

Individuals served: **16**

Dietary restrictions / allergens: **Chicken**

Cook rice according to directions on box. Chicken is fully cooked, just reheat! Saute frozen veggies for 5-10 minutes or until tender. Add chicken, teriyaki sauce and heat until bubbling. Remove from heat and let sit at least 5 minutes. Add chicken and veggie mix to rice and serve with soy sauce and enjoy!

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Pre-cooked Chicken Strips	Meat Cooler
2.0	pound(s)	Frozen Cauliflower	Meat Cooler
1.0	package(s)	Frozen Stir Fry Veggies	Meat Cooler

Qty	Unit	Ingredient	Packing notes
1.0	box(es)	Instant White Rice	Day Box
1.0	bottle(s)	Tamari Soy Sauce	Day Box
3.0	bottle(s)	Teriyaki Sauce	Day Box

Breakfast Quick Steak Burritos 2nd Half

Breakfast Day #18

Individuals served: **16**

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

Meat is pre-cooked, just reheat in dutch oven with drained beans! Mix eggs with salt and pepper. Saute onions and peppers in pan before adding egg mixture. Heat tortillas on Dutch oven lid if desired. Set up buffet line with sour cream, cheese, salsa and guacamole 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)	Frozen Peppers and Potatoes	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

Qty	Unit	Ingredient	Packing notes
0.75	package(s)	Flour 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

Lunch Hummus Pitas 2nd Half

Lunch Day #18

Individuals served: **16**

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

Chop or slice tomatoes, peppers and cucumbers. Stop somewhere pretty and enjoy lunch!

Qty	Unit	Ingredient	Packing notes
3.0	pound(s)	Sliced Turkey	Meat Cooler
2.0	pound(s)	Sliced Cheese	Dairy Cooler
2.0	tub(s)	Hummus	Dairy Cooler
4.0	whole	Yellow Bell Pepper	Produce Cooler
2.0	bag(s)	Baby Carrots	Produce Cooler

Qty	Unit	Ingredient	Packing notes
3.0	package(s)	Pita Bread	Bread Box
2.0	can(s)	Stax	Day Box
1.0	package(s)	Cookies	Day Box
1.0	bag(s)	Beef Jerky	Day Box

Appetizer Tortilla Chips, Salsa, and Guacamole

Appetizer Day #19

Individuals served: **16**

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

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

Dinner Cheese and Chicken Quesadillas

Dinner Day #19

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
4.0	pound(s)	Shredded Cheese	Dairy Cooler
1.0	tub(s)	Sour Cream	Dairy Cooler
1.5	package(s)	Flour Tortillas	Bread Box
1.0	box(es)	Spanish Rice	Day Box

Qty	Unit	Ingredient	Packing notes
3.0	can(s)	Diced Green Chiles	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 Cold Cereal with English Muffins

Breakfast Day #19

Individuals served: **16**

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

Heat griddle with butter and toast English muffins. Serve cereal with milk, and peanut butter and jelly with English muffins. Easy! Good morning!

Qty	Unit	Ingredient	Packing notes
8.0	ounce(s)	Butter	Dairy Cooler
2.0	package(s)	English Muffins	Bread Box
2.0	bag(s)	Cold Cereal	Day Box
4.0	box(es)	Milk	Day Box

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

Lunch Bagel Sandwiches 2nd Half

Lunch Day #19

Individuals served: **16**

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

Slice cabbage and assemble as desired. Baby carrots for snackin'.

Qty	Unit	Ingredient	Packing notes
4.0	pound(s)	Sliced Ham	Meat Cooler
3.0	package(s)	Veggie Flavored Cream Cheese	Dairy Cooler
4.0	bag(s)	Baby Carrots	Produce Cooler
3.2	bag(s)	Bagels	Bread Box

Qty	Unit	Ingredient	Packing notes
1.0	bag(s)	Chips	Day Box
1.0	package(s)	Cookies	Day Box
1.0	head(s)	Green Cabbage	Produce Crate

Appetizer Edamame

Appetizer Day #20

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 Eggplant Parmesan (PM)

Dinner Day #20

Individuals served: **16**

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

Alternative pre-made meals will be supplied for those with dietary restrictions. Check the cooler!!
See "boil in a bag" instructions in trip binder. Cook spaghetti noodles according to directions on a box. Heat canned green beans in a sauté pan until hot, season as desired. On griddle melt butter and add garlic and spices, place bread on top of butter and brown. Serve eggplant parmesan on spaghetti noodles and enjoy a lovely dinner with a view! Yum!

Qty	Unit	Ingredient	Packing notes
16.0	whole	Eggplant Parmesan	Meat Cooler
8.0	ounce(s)	Butter	Dairy Cooler
2.0	loaf	Sourdough	Bread Box

Qty	Unit	Ingredient	Packing notes
4.0	box(es)	Spaghetti Noodles	Day Box
4.0	can(s)	Canned Green Beans	Day Box
1.0	jar(s)	Minced Garlic	Day Box

Dessert No Bake Cheesecake

Dinner Day #20

Individuals served: **16**

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

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

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

Breakfast 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!	