



Ideas for menu planning

It is important to realise that you will eat more food than you normally do: you need at least 3000 calories a day while out walking- so please bring plenty of food with you.

Food is a very individual thing and all of the below are suggestions. Do keep in mind two things though, weight and “shelf life”. If you are carrying food around for two days in a warm rucksack it should be able to survive this without going off or getting crushed beyond recognition. When carrying food, tins or foods with high water contents should be avoided, they are very heavy.

Breakfast

Particularly important – never set out walking without eating a good breakfast – you’ll suffer later if you do.

Suggestions: Cereals, tomatoes, mushrooms, fruit, juices/squashes, sausage, porridge (a personal favourite), eggs (fragile!), bread, jam/marmalade, bacon, baked beans, biscuits, soup, breakfast bars and plenty of hot drinks, e.g. tea, cuppa soups.

As with all of the lists some of these things are much better for the first morning, before you start walking, because they need to be fresh or are heavy.

Lunch

This must be prepared before setting out and should be easy to eat.

Sandwiches/ rolls/ crisp bread/ pitas, contents of your preference, pasties, pies, fruit, Kendal mint cake, dried fruit, chocolate, biscuits, crisps. Plenty to drink, preferably in a plastic bottle(s).

Evening meal

This should be warm and substantial.

Plenty of carbohydrates, so it is worth basing most of these on: Instant potato, rice, pasta, and bread.

Add some flavour and protein with: Stew, curry, Bolognese, burgers, sausages, tinned chicken or fish. Lots of these are available dehydrated e.g. Vesta meals or soya substitute to save on tins.

Sweets: rice pudding, dried apple, fruit pies, cake etc.

Basics

Tea	Jam	Matches	Coffee
Biscuits	Washing up liquid	Sugar	Cake
Brillo or scourer	Bread	Soup	J-cloth
Butter or oil	Squash	Salt	Pepper

As stated all the ideas above are just suggestions, so use your imagination.

Some points to consider:

- You will build up a stronger than normal appetite when adventuring due to the greater physical demands placed upon you - it is **far better** to have food left over than not enough
- Food should have a high energy value to satisfy expedition demands - the food should be as light in weight as possible, but not at the expense of energy value
- Look for foods which are:
 - high in energy and nutritional value for their weight/bulk
 - "hearty" and filling (good hot dinners are a must)
 - easy to prepare (saves time when you are cold, wet and tired)
 - easy to clean up after
 - not easily squashed or broken
 - stable without refrigeration
 - **SCRUMPTIOUS!**
- A carefully planned and coordinated menu will save you much weight and waste and will provide more satisfying and varied meals.

MENU PLAN

Members of meal group:

Meals to be prepared: 2 x Dinner 2 x
Breakfast 1 x Lunch Snacks

Menu Plan:

Meal	Friday(Eve)	Day 1(sat)	Day2(Sun)
Dinner			
Breakfast			
Lunch			
Dinner			
Snacks			
<i>Total calories</i>			

Total costs: £ _____

Contribution per member: £ _____

Food acquisition

Group member: _____

Items: _____