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Expedition Backpacking Example Meal Plan

Day	Breakfast	Lunch	Dinner	Snacks & Beverages
Sunday			Big Rig's Mega Mac	Fruit Mini Pretzels Trail Mix GORP Dehydrated Mangos Granola Bars Corn Nuts Beef Jerky Snickers Hot Tea Hot Cocoa
Monday	Backpacking pancakes	Tomato, Avocado, Bacon Wrap	Backpacking Pizza	
Tuesday	Oatmeal with fruit	Turkey and Hummus Wrap	Gado-Gado Spaghetti	
Wednesday	Best Granola Ever	Cracker, Sausage, and Cheese assortment	Beans and Rice	
Thursday	Cereal	PB&J Tortilla Wrap	Ramen Bowl	
Friday	Oatmeal with fruit	Cracker, Sausage, and Cheese assortment		

