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Expedition Basecamp Example Meal Plan

Day	Breakfast	Lunch	Dinner	Snacks & Beverages
Sunday			Basecamp Mega Mac	Chex Mix Cheddar Whales Corn Nuts Scrambled Brownies Mini Pretzels Granola Bars Beef Jerky S'mores Hot Tea Hot Cocoa
Monday	Sausage and egg Sandwiches	Build your own Sandwich + chips	Rice Bowl	
Tuesday	French Toast	Basecamp Walking Tacos	Basecamp Pasta and Garlic Bread	
Wednesday	Oatmeal with Fruit	Build your own Sandwich + chips	Chicken Hash	
Thursday	Apple Spiced Pancakes	Basecamp Pita Pizza Pockets	Burgers and chips	
Friday	Breakfast Burritos	Build your own Sandwich + chips		

