

<p>Day One Breakfast- Cappuccino Oats and Instant Coffee Cappuccino Oatmeal 1/3 c oats 1 Tbsp cappuccino mix (I have) 2 Tbsp milk power (Nido) 1 tsp sugar 1/8 tsp. Cinnamon (I have)</p> <p>On trail: Boil water add to mixture in bag or in a mug</p> <p>Lunch- Thai Peanut Noodles Thai peanut noodles 1 package of Ramen Noodle (discard seasoning packet) 1 Tbsp peanuts, crushed</p> <p>Prepare ahead: 1/8 cup of peanut butter 1 Tbsp olive oil or any oil 1 Tbsp soy sauce 1 tsp honey (optional, I hate honey)</p> <p>On trail: Boil water, enough to reconstitute noodles. Add sauce and mix</p> <p>Dinner- Taco in a Bag Taco in a Bag Fritos or Tortilla chips, small bag is better Cheddar cheese Prepare ahead: 1/3 c couscous 1/3 c soya mince (beef chilli or any flavor) 1 Tbsp dried onions 1 Tbsp dried oregano ½ Tbsp red pepper flakes</p> <p>On trail: Heat water and stir in dry mixture. Add to bag of chips.</p>	<p>Day Two Breakfast - Oatmeal with Apricots (or any dried fruit) Oatmeal with Apricots 2/3 cup oats 2 Tbsp milk power (Nido) 1 Tbsp apricots, chopped 1 tsp sugar 1/8 tsp cinnamon Keep separate: 1 tsp 1 tsp ghee (optional) (optional) 1 Tbsp walnuts, chopped</p> <p>On trail: Boil water add to mixture in bag or in a mug</p> <p>Lunch- Cheesy Potatoes Cheesy Potatoes 1/3 c potato flakes 1 Tbsp cheese powder 1 Tbsp dried milk 1 Tbsp bacon bits or biltong, chopped Optional: small can green chilies (if available)</p> <p>On trail: Boil water and add to mixture until desired consistency</p> <p>Dinner- Curry Couscous 1/3 c couscous 2 Tbsp dried vegetables (or vegetable soup mix) 1 tsp curry powder 1tsp garlic</p> <p>On trail: Boil water, enough to reconstitute couscous and vegetables.</p>	<p>Day Three Breakfast- Cappuccino Oats and Instant Coffee Lunch- Pesto Noodles Pesto Noodles 1 package of Ramen Noodle (discard seasoning packet) 1 Tbsp olive oil 1/8 c parmesan cheese 2 Tbsp sun-dried tomatoes (if available) 1 tsp garlic 1 tsp basil</p> <p>On trail: Boil water, enough to reconstitute noodles. Add sauce and mix</p> <p>Dinner- Chili and Crackers 1/3 c soya mince (beef chili) 1 can baked beans (serves 3-4) 1 can chakalaka (serves 3-4)</p> <p>On trail: Boil water and add to soya mixture until done</p> <p>Add 1/3 can of beans and 1/3 can of chakalaka to soya</p>
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Day Four

Breakfast - Oatmeal with Apricots (or any dried fruit)
Lunch- Cheesy Potatoes
Dinner- Curry Couscous

Suggestions:

Make travel packs of salt, pepper, olive oil in small travel bottles

Bring thermo container- can boil water at breakfast and save some so we don't need to boil more at lunch

I have a small saucepan, which I plan on bringing. It's really small, but would be big enough to prepare enough water for us

Y'all can decide what you want to eat on the trail. I will be eating this, and know most, if not all of these ingredients are available in the north.

Day Five

Breakfast- Cappuccino Oats and Instant Coffee
Lunch- Tuna and Crackers
Dinner- Thai Peanut Noodles

Bring a mug or small bowl just in case bags break or leak. Also, bring utensils.

Snacks:

Homemade trail mix
- Museli
- peanuts and raisins
- pretzels, etc.
Biltong
Dried fruit
Squeezable fruit pouches
Hard salami
Peanut butter
Rice Cakes
Protein powder

Dessert:

Oreos
Toppers cookies
Fun-sized candy bars

Extra:

Re-hydration salts