

# Menu Planning and Food

## Menu Planning and Food

### Considerations

weight  
bulk  
packaging in one-meal increments  
recipe cards  
calories  
ziploc  
minimum cooking  
fuel and nutrition  
lunch box

### Food

#### Fruits and nuts

nuts  
dried fruit  
- Apple  
- Apricots  
- Prunes  
- Raisins  
- Cranberry  
- Etc.  
jam  
fresh fruits  
- Orange  
- Apple  
- Pear  
- Tangerine  
- Etc.

#### Starches

instant rice  
instant mashed potatoes  
instant oatmeal  
bagels  
bagel chips (dry)  
crackers  
instant noodles  
pasta  
bread  
quinoa

#### Proteins

# Menu Planning and Food

salami  
peanut butter  
canned ham (no refrig)  
spam  
corned beef  
canned chicken  
canned tuna / salmon / herring  
dried shrimp  
dried clams  
dried scallops  
pepperoni  
cheese  
hard boiled eggs  
box tofu  
jerky  
sardines  
instant milk  
Chinese sausage (lup cheung)  
summer sausage (no refrig)  
Virginia ham (dry, peppered)  
Foil-packed tuna

## Vegetables

freeze dried vegetables  
fresh vegetables  
onion  
carrots  
cabbage  
garlic  
ginger  
celery  
nori  
shiitake  
sprout seeds (in bottle)

## Meals

hamburger helper  
stovetop stuffing  
frozen stew, etc.  
rice-a-roni  
pasta-roni types  
instant gravy  
instant rice and chicken  
macaroni / cheese

## Snacks / Trail Food

hard candy  
granola bars

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GORP  
Fruit leather  
Jerky  
Trail mix

## Drinks

tea  
instant coffee  
instant soup  
151 rum  
Tang  
Bullion cubes  
- Vegetarian  
- Beef  
- chicken  
Instant cider  
Instant lemonade  
Hot chocolate  
Hot jello

## Desserts

No-bake cheesecake  
Jello  
Pudding  
Marshmallows  
Chocolate

## Herbs / Spices / Condiments

instant gravy  
herbs  
- sage  
- basil  
- thyme  
-  
spices  
- Cajun  
- Salt  
- Pepper  
- Five spice  
- Star anise  
- Cinnamon  
- Nutmeg  
- Clove  
- Garlic salt  
-  
-  
brown sugar  
sugar  
creamer

# Menu Planning and Food

sweetener  
instant milk  
honey  
Shoyu  
Sriracha / tabasco