UTENSILS

Minimalist: Jet-boil and spork

Sensible minimalist: 1-liter pot w/ lid (skillet), grabber, insulated mug, spoon and fork, scrubber, ziplock bags

Gourmet: 2 nesting pots, separate larger (8"-10") skillet, coffee filter or press, cutting board, spatula, salt, pepper, spices, oil, foil

Hard-anodized aluminum has better heat distribution; titanium is lighter

Stainless steel has poor heat distribution and is heavy

INGREDIENTS

BREAKFAST

Oatmeal – most popular; for home-made instant oatmeal, blend quick-cooking (5 minute) oatmeal until powdery, add brown sugar, raisins, nuts

Muesli or Granola w/ powdered milk

Pop-tarts

Breads – banana, carrot, raisin

Pastries – bagels, tortillas, sticky buns, scones

Meats & fish – Canadian bacon, jerky, smoked salmon, salami

Instant hash browns, polenta

Freeze-dried eggs

Dried fruit

Cheese

Coffee, tea, cocoa

LUNCH

Bread: pita, tortillas, bagels, whole-grain

Sandwich fillings: tuna or chicken salad, nut butters (peanut, almond, cashew), cheese, salami, anchovies

Packaged items: power bars, protein shakes

Dried hummus

DINNERS

Powdered soups (first course while waiting)

Starches

- Pasta (thin or fresh – vermicelli, fresh tortellini, ravioli, gnocchi)
- Instant rice
- Instant potatoes (add to soup, use as base for stew or chili)
- Couscous
- Lentils (soak all day, then cook in 5 minutes)
- Polenta
- Tortillas

Proteins

- Canned or pouch chicken, tuna, salmon
- Sausage, salami, pepperoni

- Any freeze-dried meat
- Tofu (vacuum packed)
- Cheese (gouda, smoked cheeses, parmesan, romano)

Seasonings, sauces, flavorings

- Any dried sauce or soup in envelope
- Pesto
- Mushrooms (dried or keep fresh in paper bag 2-3 days)
- Olives, peppers, tapenade
- Sun-dried tomatoes
- Minced onions, garlic, red pepper, Italian seasoning

SNACKS, BEVERAGES, DESSERTS

Coffee, tea, cocoa
Trail mix
Nuts
Dried fruit
Chocolate, candy
Cheese, salami
Cookies, brownies
Instant pudding

MENUS

BREAKFAST DISHES

Oatmeal, muesli, granola
Bagel w/ salmon and cream cheese (use foil-packed salmon)
Figs w/ prosciutto
Pancakes w/ dried blueberries, brown sugar, and butter
Quesadillas: flour tortilla, cheese, jalapeños
Polenta w/ sausage
Dried egg omelet w/ olives, dried mushrooms, dried peppers, salami, cheese (USE NON-STICK COOKWARE)
Instant hash browns

LUNCH DISHES

Leftovers
Sandwiches

- Tuna, anchovies and olives on French or Italian bread
- Tuna salad: tuna, mayo, relish
- Chicken salad: chicken, mayo, celery seed, almonds, (raisins)
- Peanut butter & jelly or honey (use jelly packs from IHOP or Denny's)
- Cheese & salami
- Dried veggies marinated in olive oil
- Pita bread w/ hummus, olives and peppers

Cliff bars, power bars, etc.
Protein shake
Ramen noodles, instant soups

DINNER DISHES
Instant soup
Vermicelli (angel-hair) w/ tomato sauce and pepperoni
Cheese tortellini w/ pesto and parmesan cheese
Raviolis w/ instant tomato soup
Couscous w/ soup mix and chicken
Shepherd's pie: Instant potatoes w/ beef stew
chicken quesadillas
Cheese fondue w/ stale bread
Cajun beans and rice: Instant rice, instant black beans, andouille sausage
Sweet & sour chicken: Instant rice, dried pineapples, chicken, honey, lemon or vinegar, peppers
Thai chicken: instant rice, chicken, peanut butter and hot sauce
Rice, smoked salmon, Alfredo sauce
Vanilla pudding w/ pistachios and orange candies (or tang)
Chocolate pudding w/ Oreos and walnuts
Chocolate fondue w/ dried fruit