

Breakfast Ideas

Instant Oatmeal

Nice and simple just add hot water (usually 2 packets per person)

Granola

Also a simple one (1 ½ cups granola per person) sprinkle some powdered milk on top and add water.

Carnation powdered milk is not too bad.

Fresh Fruit & muffins

This is good for the first 2 days of a trip. Although a little bit heavier, it sure is a nice change to the regular camp foods.

Pancakes

A tasty treat but only if you've got a lot of time and patience.

Pancake mix and water plus a bit of syrup. Butter for the pan.

Works best with a heavy fry pan (cast iron excellent – use lots of butter to avoid sticking)

Try adding fresh berries or banana and nuts.

Breakfast Wrap

One of my favorite for the first morning of a kayak trip!

- 2-3 eggs (either in a protective case or pre-mixed in a container)

- Chopped onions, green peppers, mushrooms, spinach (or whatever you like mixed with eggs)

- Shredded Cheese

Mix it all together and scramble it in fry pan

Put it in a wrap with salsa and sour cream

Soup

On cold mornings soup can really warm you up and help keep you hydrated.

Bars

Granola, chocolate of breakfast bars. Quick and easy for those early morning starts or when it's cold and wet and you don't want to spend a lot of time huddled under a tarp cooking.

Lunch Ideas

Cold Pizza

Good for the first day (or second day if temperatures are low)

Use pizza bread, pizza sauce (small tin can) ham in a vacuum pack, small tin can of pineapple and some sliced cheese (cheddar works well). Just put it all on the pizza bread and eat cold. I once baked one in a wood stove placed on top of a pot lid (not too bad!)

Humus and Bread or Pita

Humus lasts fairly well for a few days or you can get dehydrated humus.

Dip the bread of your choice.

Bagels and Peanut Butter / Jam

Very simple (sometimes messy) bring bagels and spread on peanut butter and / or jam. Lasts for about 5 days (bagels not too good after day five)

Bagels and Cream Cheese

Bring bagels, cream cheese (garlic and herb is my favorite) sliced tomatoes, cucumber or whatever else sounds good. Cream cheese last for a few days so this ones good for day one or two.

Soup and Crackers

This one takes a bit of time and fuel but very good (especially later in the week when other lunch choices are slim)

Dried soup mix (Knorr or Bear Creek are good) Tomato vegetable, potato leek. Add in some hearty crackers.

Canned soups are faster and use less fuel but are a bit heavier.

Snacker Meal

Jar of stuffed olives, crackers and pepper jelly (cream cheese too), dried sausages, fresh fruit, canned tuna mixes.

Tuna Sandwiches

Bring bread, cans of tuna, sealed jar of mayo, chopped celery. Mix it up and serve on bread.

Salad

Bag of lettuce, sealed salad dressing, boiled eggs, cubed cheese, tomato, cucumber.

Chop mix and add dressing.

Dinner Ideas

Chili (3-4 people)

- *“Bear Creek” chili mix*
- *1 can tomato paste*
- *2 cups instant rice*

*Prepare chili as directed, prepare rice as directed.
Or mix all together for single pot.*

Soup that eats like a meal (3-4 people)

- *2 “Knoor” cream of vegetable soup mixes*
- *2 instant potato mixes*
- *crackers*

Make soup as directed, add potato mix and stir

Tuna Casserole (3-4 people)

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- *3-4 cups macaroni*
- *2 cans tuna*
- *2 medium tomatoes (cut into chunks)*
- *1 can mushroom soup (powdered soup mix works too)*
- *1 cup cheddar cheese (grated or cubed)*
- *salt / pepper*

Boil pasta (full boil on water before adding noodles)

Drain water – simmer stove and add all other ingredients to noodles. Keep stirring until melted and smooth.

Burrito / Wraps (3-4 people)

- 4-8 wraps
- 1 box black bean mix
- 1-2 packets instant potatoes
- 1 cup cheddar cheese
- salsa
- 1 medium onion
- 1 green pepper

Chop onion / green pepper and fry (a little butter is nice)

Make bean mix and potatoes as directed.

Spread beans / potatoes on wrap, add cheese and salsa, top off with onions / peppers.

Stir Fry (3-4 people)

- 4 cups fresh vegetables
- 3 packs soup broth mix
- 3 tablespoons flour
- 2 cups instant rice or egg noodles

Cook vegetables in pot (a touch of water will help prevent burning)

Add broth mix and flour to a cup of cold water and mix.

Add cold water mix to vegetables and boil to thicken, stirring constantly.

Prepare rice as directed.

Spaghetti (3-4 people)

- 4 cups pasta
- 1-2 cans tomato paste
- 1-2 packets sauce seasoning
- pre-chopped "stuff" (mushrooms, spinach, onions)
- parmesan cheese

Boil pasta (full boil on water before adding noodles)

Make sauce as directed on seasoning pack, add "stuff" and simmer until cooked.

Can also consider bringing canned sauce.

Cous Cous Wraps (3-4 people)

- 4-8 wraps
- 1-2 boxes cous cous
- fresh veggies – copped and boiled
- salsa
- cheddar cheese

Make cous cous as directed

Put on wrap with veggies, salsa and some cheese

Salmon Alfredo (3-4 people)

- 3-4 cups pasta
- 2 cans salmon
- 2 packs alfredo sauce mix (canned sauce is great too)
- 2 medium tomatoes (cut into chunks)

Boil pasta (full boil on water before adding pasta)

Drain pasta, add everything else and cook until all is warm

Steak Bits

Before you go cut steak into 1" x 1" chunks, mix with oil and spices (chopped garlic, pepper, steak spice?) add a splash of soy sauce. Put into a large zip lock bag and double bag or put in a sealed container (water tight, wide mouth water bottles seal well) and freeze. Keep cool in your kayak and it will be good the first or second day depending on day-time temperatures.

Fry in fry-pan.

Snack Ideas

- *Granola Bars*
- *Fruit Bars*
- *Fresh Fruit*
- *Chocolate bars*
- *Trail Mix*
- *Dried Meats*
- *Cheese*
- *Chocolate Fondue*
- *Cookies*
- *Corn Nuts*
- *Crackers*
- *Pudding Cups*
- *Rice Crispy Squares*
- *Tuna*
- *Fresh Veggies*
- *Crackers with cream cheese and pepper jelly*