Meal Planning (Food is Energy)

Inspiration

* Food that contains water is heavy
* You don’t need expensive pre-made dehydrated meals
* Consider cooking time required for various foods
* Dehydrating options
* Pre-portioning/separating, un-packaging
* Make it as simple or gourmet as you prefer

**Backcountry food Suggestions**:

Trail mix

String cheese

Jerky

Tortillas, pita bread

Dried fruit

Nutrition/energy bars

Peanut butter

Salami and sliced meat

Powder milk

Hard cheese

Granola

Nuts

Instant coffee and tea

Hot chocolate

Spaghetti, flat pasta

Mac and cheese

Burritos (dehydrated beans, rice, cheese)

Soups

Oatmeal

Tuna packets/chicken packets

Tasty bites Indian food packs

Freeze dried meals

Condiment packets

Olive oil

Instant mash potatoes

Ramen

Chocolate

More chocolate

Consider chocolate

Good Menu Planning sites

* <https://thetrek.co/three-ingredient-backpacking-meals/>
* <https://www.theyummylife.com/Instant_Meals_On_The_Go>
* <http://blackwoodspress.com/blog/16547/ultralight-backpacking-meal-plan/>
* <https://www.youtube.com/watch?v=5wT8OZVTEWk>
* <https://www.freshoffthegrid.com/simple-backpacking-meal-ideas-trader-joes/>

# 6 Instant Meals-On-The-Go| Just Add Boiling Water

<https://www.theyummylife.com/Instant_Meals_On_The_Go>

* [Cous Cous with Chicken & Vegetables Recipe](http://www.theyummylife.com/recipes/368)
* [Fiesta Rice with Corn & Chicken Recipe](http://www.theyummylife.com/recipes/371)
* [Creamy Alfredo Noodles with Chicken & Mushrooms Recipe](http://www.theyummylife.com/recipes/369)
* [Cous Cous with Apricots, Macadamia Nuts, & Chicken Recipe](http://www.theyummylife.com/recipes/370)
* [Curry Rice with Chicken & Cashews Recipe](http://www.theyummylife.com/recipes/366)
* [Thai Peanut Noodles with Chicken & Vegetables Recipe](http://www.theyummylife.com/recipes/367)

Three ingredient backpacking meals

<https://thetrek.co/three-ingredient-backpacking-meals/>

* Low-Cash Lo Mein Ramen + Beef Jerkey + Soy Sauce
* Piggy Von Spartacus Tortillas + cream cheese + bacon bits
* Shelterside Chicken Alfredo Alfredo Pasta Side + chicken packet + sun-dried tomato
* Vegan-in-the-Woods Crackers + almond butter + freeze dried apple slices
* Carnivore-in-the-Woods Crackers + sharp cheddar + salami
* Thru-Hiker’s Carb Bomb Angel hair pasta + salt and pepper + olive oil
* Tuna Fish Crunch Pita bread + tuna + Doritos crumbs
* White Blazin’ Thanksgivin’ Mashed potatoes + gravy + bacon bits
* Calorie-Bomb Mouth Glue Peanut butter + honey + trail mix
* Fire-in-the-Hole Backpacking Bowl Couscous + freeze-dried veggies + curry powder or tabasco or bullion
* In-tents Breakfast Thing Cereal / Granola + powdered milk + dried blueberries

# **Five Day Lightweight Backpacking Meal Plan**

<http://blackwoodspress.com/blog/16547/ultralight-backpacking-meal-plan/>

**Here is a complete 5-day backpacking meal plan**. It includes three meals and four snacks, providing 3,500 calories from 2 lbs of food per day.

3,500 calories a day is a good baseline calorie goal for most backpacking trips. I eat this amount on hikes up to 500 miles. After that my metabolism kicks into high gear and I have to eat more (as much as 5,000 calories a day) to keep energy up and stave off weight loss. The easiest way to add an extra 1,000 calories to this plan is to double up on the snacks.

**22 Simple backpacking meal ideas from Trader Joes**

<https://www.freshoffthegrid.com/simple-backpacking-meal-ideas-trader-joes/>