



Camping Food Planner

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Trip name: Massassauga, May 2006 - Jorge/Dan/Nita/Devin

days: 3

Trip location: Massassauaga Park, Parry Sound Ontario

Trip date: Friday, May 5, 2006

Trip notes:

- Lunch on road first day
- Dinner on road last day

Trip Report - Detailed

Travellers on this trip:

Appetite:

notes:

Dan	1.0	
Devin	1.0	
Jorge	1.0	
Nita	1.0	

Day #: 1 Friday, May 5, 2006

afternoon break guests: Dan,Jorge,Nita
 Meals & menu items: Apple - green granny smith - 1/2,GORP,Pepperette

Menu item: Apple - green granny smith - 1/2

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Apple - green granny smith	1.50	unit

Menu item: GORP

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
GORP	6.00	fl. oz.

Menu item: Pepperette

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Pepperette	6.00	unit

afternoon break guests: Devin
 Meals & menu items: Apple - green granny smith - 1/2,Fruit leather stick,GORP

Menu item: Apple - green granny smith - 1/2

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Apple - green granny smith	0.50	unit

Menu item: Fruit leather stick

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Fruit leather stick	1.00	unit

Menu item: GORP

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
GORP	2.00	fl. oz.

dinner guests: Devin
 Meals & menu items: Hot dog dinner (Cucumber as veggie, Hot dogs (2/person), Juice from crystal packet, Red pepper as veggie)

Menu item: Cucumber as veggie

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Cucumber	2.12	oz.

Menu item: Hot dogs (2/person)

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Ketchup	2.00	tsp.
Hot dog wiener	2.00	unit
Hot dog bun	2.00	unit

Menu item: Juice from crystal packet

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Juice crystal packet	0.33	unit

Menu item: Red pepper as veggie

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Red pepper	2.12	oz.

dinner guests: Dan, Jorge, Nita
 Meals & menu items: Steak dinner (Juice from crystal packet, Lipton's noodle packet, Peppers and vegetables - fried, Steak)

Menu item: Juice from crystal packet

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Juice crystal packet	1.00	unit

Menu item: Lipton's noodle packet

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Lipton's noodle packet	0.75	unit

Menu item: Peppers and vegetables - fried

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Red pepper	10.58	oz.
Zucchini	10.58	oz.
Green pepper	10.58	oz.
Oil	2.25	tsp.

Menu item: Steak

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Steak	1.65	lb.

night snack guests: Dan, Devin, Jorge, Nita
 Meals & menu items: Fabulous fry brownies, Hot chocolate drink

Menu item: Fabulous fry brownies

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Fabulous fry brownies mix	1.00	pint
Oil	1.33	fl. oz.

Menu item: Hot chocolate drink

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Hot chocolate powder	2.67	fl. oz.

Day #: 2

Saturday, May 6, 2006

breakfast guests: Dan,Jorge,Nita

Meals & menu items: Bannock - fire baked, Breakfast - eggs & bacon (Bacon (strips),Coffee,Eggs, with tomatoes/peppers)

Menu item: Bacon (strips)

Ingredients (total for all guests):

Amount: Measure:

Bacon 10.58 oz.

Menu item: Bannock - fire baked

Ingredients (total for all guests):

Amount: Measure:

GORP 1.50 fl. oz.

Flour 1.50 cup

Baking powder 1.50 tsp.

Salt 0.23 tsp.

Lard 1.13 fl. oz.

Brown sugar 1.50 tbsp.

Cinnamon 1.50 tsp.

Menu item: Coffee

Ingredients (total for all guests):

Amount: Measure:

Coffee 3.00 fl. oz.

Sugar 1.00 tbsp.

Skim milk powder 1.50 fl. oz.

Menu item: Eggs, with tomatoes/peppers

Ingredients (total for all guests):

Amount: Measure:

Red pepper 4.23 oz.

Egg 6.00 unit

Tomatoes - cherry (small) 9.00 unit

Green pepper 4.23 oz.

breakfast guests: Devin
 Meals & menu items: Bannock - fire baked, Hot chocolate drink, Oatmeal from packet, Bacon (strips)

Menu item: Bacon (strips)

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Bacon	3.53	oz.

Menu item: Bannock - fire baked

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
GORP	1.00	tbsp.
Flour	4.00	fl. oz.
Baking powder	0.50	tsp.
Salt	0.08	tsp.
Lard	2.25	tsp.
Brown sugar	1.50	tsp.
Cinnamon	0.50	tsp.

Menu item: Hot chocolate drink

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Hot chocolate powder	1.33	tbsp.

Menu item: Oatmeal from packet

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Oatmeal packet	1.00	unit

lunch guests: Dan, Jorge, Nita
 Meals & menu items: Granola bar, Light lunch - Tortilla sandwich (Apple - green granny smith, Oatmeal bar, Tortilla sandwich)

Menu item: Apple - green granny smith

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Apple - green granny smith	3.00	unit

Menu item: Granola bar

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Granola bar	3.00	unit

Menu item: Oatmeal bar

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Oatmeal bar	3.00	unit

Menu item: Tortilla sandwich

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Salami	3.97	oz.
Smoked gooda	2.65	oz.
Tomatoes - cherry (small)	9.00	unit
Tortilla wraps, small	3.00	unit

lunch guests: Devin
Meals & menu items: Granola bar,Tortilla wrap - peanut butter+nutella

Menu item: Granola bar

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Granola bar	1.00	unit

Menu item: Tortilla wrap - peanut butter+nutella

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Nutella	1.00	tbsp.
Peanut butter	1.00	tbsp.
Tortilla wraps, small	1.00	unit

afternoon break guests: Dan,Jorge,Nita
Meals & menu items: GORP,Pepperette

Menu item: GORP

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
GORP	6.00	fl. oz.

Menu item: Pepperette

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Pepperette	6.00	unit

afternoon break guests: Devin
Meals & menu items: GORP,Fruit leather stick

Menu item: Fruit leather stick

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Fruit leather stick	1.00	unit

Menu item: GORP

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
GORP	2.00	fl. oz.

dinner guests: Dan,Jorge,Nita
 Meals & menu items: Indian curry - paneer cheese and sausage,Juice from crystal packet,Coffee,Trout - baked with stuffing

Menu item: Coffee

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Coffee	3.00	fl. oz.
Sugar	1.00	tbsp.
Skim milk powder	1.50	fl. oz.

Menu item: Indian curry - paneer cheese and sausage

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Salami	5.29	oz.
Red pepper	5.29	oz.
Basmati rice	1.31	cup
Paneer cheese - vacuum packed	0.75	unit
Tofu - vacuum packed	3.97	oz.

Menu item: Juice from crystal packet

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Juice crystal packet	1.00	unit

Menu item: Trout - baked with stuffing

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Trout	1.65	lb.
Poultry seasoning	1.50	tsp.
Tin foil sheets	3.00	unit
Margarine	1.50	fl. oz.
Stuffing - stove top	7.94	oz.

dinner guests: Devin

Meals & menu items: Cucumber as veggie,Juice from crystal packet,Mr. Noodle packet,Red pepper as veggie

Menu item: Cucumber as veggie

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Cucumber	2.12	oz.

Menu item: Juice from crystal packet

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Juice crystal packet	0.33	unit

Menu item: Mr. Noodle packet

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Mr. Noodle	1.00	unit

Menu item: Red pepper as veggie

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Red pepper	2.12	oz.

night snack guests: Dan,Devin,Jorge,Nita
Meals & menu items: Hot chocolate drink,Marshmallows for fire

Menu item: Hot chocolate drink

Ingredients (total for all guests):

Amount: Measure:

Hot chocolate powder

2.67

fl. oz.

Menu item: Marshmallows for fire

Ingredients (total for all guests):

Amount:

Measure:

Marshmallows

6.77

oz.

Day #: 3

Sunday, May 7, 2006

breakfast guests: Dan,Jorge,Nita
Meals & menu items: Coffee,Oatmeal from packet,Pancakes

Menu item: Coffee

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Coffee	3.00	fl. oz.
Sugar	1.00	tbsp.
Skim milk powder	1.50	fl. oz.

Menu item: Oatmeal from packet

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Oatmeal packet	3.00	unit

Menu item: Pancakes

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Pancake mix	1.13	pint
Maple syrup	6.00	fl. oz.
Oil	1.50	fl. oz.

breakfast guests: Devin
Meals & menu items: Hot chocolate drink,Oatmeal from packet,Pancakes

Menu item: Hot chocolate drink

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Hot chocolate powder	1.33	tbsp.

Menu item: Oatmeal from packet

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Oatmeal packet	1.00	unit

Menu item: Pancakes

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Pancake mix	6.00	fl. oz.
Maple syrup	2.00	fl. oz.
Oil	1.00	tbsp.

morning break guests: Jorge,Nita,Dan,Devin
Meals & menu items: GORP

Menu item: GORP

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
GORP	1.00	cup

lunch guests: Dan, Jorge, Nita
Meals & menu items: Light Lunch - bagel+ (Apple - green granny smith, Bagel - plain, Granola bar, Pepperette, Smoked gooda)

Menu item: Apple - green granny smith

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Apple - green granny smith	3.00	unit

Menu item: Bagel - plain

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Bagel	3.00	unit

Menu item: Granola bar

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Granola bar	3.00	unit

Menu item: Pepperette

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Pepperette	6.00	unit

Menu item: Smoked gooda

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Smoked gooda	2.65	oz.

lunch guests: Devin

Meals & menu items: Bagel, Peanut butter+jam, Fruit leather stick

Menu item: Bagel, Peanut butter+jam

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Peanut butter	1.50	tbsp.
Jam, strawberry	1.50	tbsp.
Bagel	1.00	unit

Menu item: Fruit leather stick

<u>Ingredients (total for all guests):</u>	<u>Amount:</u>	<u>Measure:</u>
Fruit leather stick	1.00	unit