	Camping Food Planner	by DeepNet Techn	ologies. Version: 1.12	
	www.CampingFoodPlanner.com		Printed: May 18, 2006	
	JJ Trip name: Massassauga, May 2006 - Jorge	/Dan/Nita/Devin	# days:	3
	Trip location: Massassauaga Park, Parry S	Sound Ontario	Trip date: Friday, May 5, 2006	
Trip notes:	- Lunch on road first day - Dinner on road last day			
	<u>Trip Re</u> r	oort - Detailed		
Travellers on	this trip: <u>Appetite:</u> notes:			
Dan	1.0			
Devin	1.0			
Jorge Nita	1.0 1.0			
Day #: 1	Friday, May 5, 2006			
afternoon bre				
Meals & men		RP,Pepperette		
Menu item:	Apple - green granny smith - 1/2			
	Ingredients (total for all guests):	Amount:	Measure:	
	Apple - green granny smith	1.50	unit	
Menu item:	GORP			
	Ingredients (total for all guests):	Amount:	Measure:	
	GORP	6.00	fl. oz.	
Menu item:	Pepperette			
	Ingredients (total for all guests):	Amount:	Measure:	
	Pepperette	6.00	unit	
afternoon bre	ak quests: Devin			-
Meals & men	-	leather stick,GORP		
Menu item:	Apple - green granny smith - 1/2			
	Ingredients (total for all guests):	Amount:	Measure:	
	Apple - green granny smith	0.50	unit	
Menu item:	Fruit leather stick			
	Ingredients (total for all guests):	Amount:	Measure:	
	Fruit leather stick	1.00	unit	
Menu item:	GORP			
	Ingredients (total for all guests):	Amount:	Measure:	
	GORP	2.00	fl. oz.	

dinner guests Meals & menu		Devin Hot dog dinner (Cucumber as veggie,Hot do	nas (2/narcon) lu	ice from crystal nacket Red nanner as
		veggie)	ys (2/person),50	noe nom crystal packet, neu pepper as
Menu item:	Cucumber as	veggie		
	Ingredients (t	otal for all guests):	Amount:	Measure:
	Cucumber		2.12	0Z.
Menu item:	Hot dogs (2/p	erson)		
	Ingredients (t	otal for all guests):	Amount:	Measure:
	Ketchup		2.00	tsp.
	Hot dog wiene	er	2.00	unit
	Hot dog bun		2.00	unit
Menu item:	Juice from cry	rstal packet		
	Ingredients (t	otal for all guests):	Amount:	Measure:
	Juice crystal p	packet	0.33	unit
Menu item:	Red pepper a	s veggie		
	Ingredients (t	<u>otal for all guests):</u>	Amount:	Measure:
	Red pepper		2.12	0Z.
dinner guests	:	Dan,Jorge,Nita		
Meals & menu	u items:	Steak dinner (Juice from crystal packet,Lipte fried,Steak)	on's noodle pack	et,Peppers and vegatables -
Menu item:	Juice from cry	stal packet		
	Ingredients (t	otal for all guests):	Amount:	Measure:
	Juice crystal p	packet	1.00	unit
Menu item:	Lipton's noodl	e packet		
	Ingredients (t	otal for all guests):	Amount:	Measure:
	Lipton's noodl	e packet	0.75	unit
Menu item:	Peppers and	vegatables - fried		
	Ingredients (t	otal for all guests):	Amount:	Measure:
	Red pepper		10.58	0Z.
	Zucchini		10.58	0Z.
	Green pepper		10.58	0Z.
	Oil		2.25	tsp.
Menu item:	Steak			
	Ingredients (t	otal for all guests):	Amount:	Measure:
	Steak		1.65	lb.
night snack g	uests:	Dan,Devin,Jorge,Nita		
Meals & menu		Fabulous fry brownies,Hot chocolate drink		
Menu item:	Fabulous fry b			
	Ingredients (t	otal for all guests):	Amount:	Measure:
	Fabulous fry b	prownies mix	1.00	pint
	Oil		1.33	fl. oz.
Menu item:	Hot chocolate	drink		
Menu item:		drink .otal for all guests):	<u>Amount:</u>	Measure:

Day #: 2		Saturday, May 6, 2006		
breakfast gue Meals & men		Dan,Jorge,Nita Bannock - fire baked, Breakfast - tomatoes/peppers)	eggs & bacon (Bacon (strip	s),Coffee,Eggs, with
Menu item:	Bacon (str	ips)		
	Ingredient	s (total for all guests):	Amount:	Measure:
	Bacon		10.58	0Z.
Menu item:	Bannock -	fire baked		
	Ingredient	s (total for all guests):	Amount:	Measure:
	GORP		1.50	fl. oz.
	Flour		1.50	сир
	Baking pov	vder	1.50	tsp.
	Salt		0.23	tsp.
	Lard		1.13	fl. oz.
	Brown sug	ar	1.50	tbsp.
	Cinnamon		1.50	tsp.
Menu item:	Coffee			
	Ingredient	s (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 peppe	er	4.23	oz.
	Egg		6.00	unit
	Tomatoes	- cherry (small)	9.00	unit
	Green pep	per	4.23	0Z.

breakfast gue			
Meals & men Menu item:	u items: Bannock - fire baked,Hot choco Bacon (strips)	late drink,Oatmeal from pack	et,Bacon (strips)
menu nem.	Ingredients (total for all guests):	Amounti	Maggura
	Bacon	<u>Amount:</u> 3.53	<u>Measure:</u> oz.
Menu item:	Bannock - fire baked	0.00	02.
Menu item.	Ingredients (total for all guests):	Amount:	Measure:
	GORP	1 00	thsp
	Flour	4.00	fl. oz.
		0.50	
	Baking powder		tsp.
	Salt		tsp.
	Lard		tsp.
	Brown sugar		tsp.
	Cinnamon	0.50	tsp.
Menu item:	Hot chocolate drink		
	Ingredients (total for all guests):	Amount:	Measure:
	Hot chocolate powder	1.33	tbsp.
Menu item:	Oatmeal from packet		
	Ingredients (total for all guests):	Amount:	Measure:
	Oatmeal packet	1.00	unit
lunch guests: Meals & men	u items: Granola bar, Light lunch - Tortill sandwich)	la sandwich (Apple - green gr	anny smith,Oatmeal bar,Tortilla
Menu item:	Apple - green granny smith	A	
	Ingredients (total for all guests):	<u>Amount:</u> 3.00	<u>Measure:</u>
Manus Hanas	Apple - green granny smith	5.00	unit
Menu item:	Granola bar	A	
	Ingredients (total for all guests):	Amount:	<u>Measure:</u>
Monu Harra	Granola bar	3.00	unit
Menu item:	Oatmeal bar	A	Meesure
	Ingredients (total for all guests): Oatmeal bar	<u>Amount:</u> 3.00	<u>Measure:</u>
Menu item:		3.00	unit
wenu item:	Tortilla sandwich	A	
	Ingredients (total for all guests): Salami	<u>Amount:</u> 3.97	<u>Measure:</u>
			0Z.
	Smoked gooda		0Z.
		9.00	unit
	Tortilla wraps, small	3.00	unit

lunch guests:		Devin Granola bar,Tortilla wrap - peanut b	outtoruputollo	
Meals & menu items: Gra Menu item: Granola bar		Granola bar, ronina wrap - peanur c		
		(total for all guests):	Amount:	Measure:
	Granola bar	<u>(</u>	1.00	unit
Menu item:		- peanut butter+nutella		
Meria item.	-	(total for all guests):	Amount	Moasuro
	Nutella	<u>(total for all guests).</u>	<u>Amount:</u> 1.00	<u>Measure:</u> tbsp.
	Peanut butte		1.00	tbsp.
	Tortilla wrap	s, small	1.00	unit
afternoon bre	eak guests:	Dan,Jorge,Nita		
Meals & men	u items:	GORP,Pepperette		
Menu item:	GORP			
	Ingredients	(total for all guests):	Amount:	Measure:
	GORP		6.00	fl. oz.
Menu item:	Pepperette			
	Ingredients	(total for all guests):	Amount:	Measure:
	Pepperette		6.00	unit
afternoon bre	eak guests:	Devin		
Meals & men		GORP, Fruit leather stick		
Menu item:	Fruit leather	stick		
	Ingredients	(total for all guests):	<u>Amount:</u>	Measure:
	Fruit leather	stick	1.00	unit
Menu item:	GORP			
	Ingredients	(total for all guests):	Amount:	Measure:
	GORP		2.00	fl. oz.

dinner guests Meals & men		Dan,Jorge,Nita Indian curry - paneer cheese and	sausage,Juice from crystal	packet,Coffee,Trout - baked with	
Menu item:	Coffee	stuffing			
	Ingredients (total for all guests):		Amount:	Measure:	
	Coffee		3.00	fl. oz.	
	Sugar		1 00	tbsp.	
	Skim milk p		1 50	fl. oz.	
Menu item:		/ - paneer cheese and sausage			
	Ingredients (total for all guests):		Amount:	Measure:	
	Salami		5.29	0Z.	
	Red peppe	r	5.29	0Z.	
	Basmati ric	e	1.31	cup	
	Paneer che	ese - vacuum packed	0.75	unit	
	Tofu - vacu	um packed	3.97	0Z.	
Menu item:		crystal packet			
	Ingredients	s (total for all guests):	Amount:	Measure:	
	Juice crysta	al packet	1.00	unit	
Menu item:	Trout - baked with stuffing				
	Ingredients (total for all guests):		Amount:	Measure:	
	Trout		1.65	lb.	
	Poultry sea	soning	1.50	tsp.	
	Tin foil she	ets	3.00	unit	
	Margarine		1.50	fl. oz.	
	Stuffing - st	ove top	7.94	oz.	
dinner guests	S:	Devin			
Meals & men		Cucumber as veggie,Juice from c	rystal packet,Mr. Noodle pa	acket,Red pepper as veggie	
Menu item:	Cucumber				
	-	s (total for all guests):	Amount:	<u>Measure:</u>	
	Cucumber		2.12	0Z.	
Menu item:		crystal packet			
	-	s (total for all guests):	<u>Amount:</u>	Measure:	
	Juice crysta		0.33	unit	
Menu item:	Mr. Noodle packet		•		
	Ingredients Mr. Noodle	<u>s (total for all guests):</u>	Amount:	Measure:	
	IVIT. INCODIE		1.00	unit	
Monu Hama					
Menu item:	Red peppe	r as veggie <u>s (total for all quests):</u>	<u>Amount:</u>	Measure:_	

night snack guests: Meals & menu items:		Dan,Devin,Jorge,Nita Hot chocolate drink,Marshmallows for fire		
Menu item: Hot chocolate drink		e drink		
	Ingredients (total for all guests):		Amount:	Measure:
	Hot chocolate powder		2.67	fl. oz.
Menu item:	Marshmallow	s for fire		
Ingredients (to		total for all guests):	Amount:	Measure:
Marshmallows		S	6.77	OZ.

	Sunday, May 7, 2006		
breakfast gu			
Meals & mer			
Menu item:	Coffee		
	Ingredients (total for all guests):	<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		
	Ingredients (total for all guests):	Amount:	Measure:
	Oatmeal packet	3.00	unit
Menu item:	Pancakes		
	Ingredients (total for all guests):	Amount:	Measure:
	Pancake mix	1.13	pint
	Maple syrup	6.00	fl. oz.
	Oil	1.50	fl. oz.
Meals & mer		Pancakes	
Meals & mer	u items: Hot chocolate drink,Oatmeal from packet,F	^D ancakes <u>Amount:</u>	<u>Measure:</u>
Meals & mer	Hot chocolate drink,Oatmeal from packet,F Hot chocolate drink		<u>Measure:</u> tbsp.
Meals & mer Menu item:	u items: Hot chocolate drink,Oatmeal from packet,F Hot chocolate drink Ingredients (total for all guests):	<u>Amount:</u>	
Meals & mer Menu item:	nu items: Hot chocolate drink,Oatmeal from packet,F Hot chocolate drink Ingredients (total for all guests): Hot chocolate powder	<u>Amount:</u>	
Meals & mer Menu item:	nu items: Hot chocolate drink,Oatmeal from packet,F Hot chocolate drink Ingredients (total for all guests): Hot chocolate powder Oatmeal from packet	<u>Amount:</u> 1.33	tbsp.
Meals & mer Menu item: Menu item:	Hot chocolate drink,Oatmeal from packet,F Hot chocolate drink Ingredients (total for all guests): Hot chocolate powder Oatmeal from packet Ingredients (total for all guests):	<u>Amount:</u> 1.33 <u>Amount:</u>	tbsp. Measure:
Meals & mer Menu item: Menu item:	nu items: Hot chocolate drink,Oatmeal from packet,F Hot chocolate drink Ingredients (total for all guests): Hot chocolate powder Oatmeal from packet Ingredients (total for all guests): Oatmeal packet	<u>Amount:</u> 1.33 <u>Amount:</u>	tbsp. Measure:
Meals & mer Menu item: Menu item:	Hot chocolate drink,Oatmeal from packet,F Hot chocolate drink Ingredients (total for all guests): Hot chocolate powder Oatmeal from packet Ingredients (total for all guests): Oatmeal packet Pancakes	<u>Amount:</u> 1.33 <u>Amount:</u> 1.00	tbsp. <u>Measure:</u> unit
Meals & mer Menu item: Menu item:	nu items: Hot chocolate drink,Oatmeal from packet,F Hot chocolate drink Ingredients (total for all guests): Hot chocolate powder Oatmeal from packet Ingredients (total for all guests): Oatmeal packet Pancakes Ingredients (total for all guests):	<u>Amount:</u> 1.33 <u>Amount:</u> 1.00 <u>Amount:</u>	tbsp. <u>Measure:</u> unit <u>Measure:</u>
breakfast gud Meals & mer Menu item: Menu item: Menu item:	nu items: Hot chocolate drink,Oatmeal from packet,F Hot chocolate drink Ingredients (total for all guests): Hot chocolate powder Oatmeal from packet Ingredients (total for all guests): Oatmeal packet Pancakes Ingredients (total for all guests): Pancake mix	<u>Amount:</u> 1.33 <u>Amount:</u> 1.00 <u>Amount:</u> 6.00	tbsp. <u>Measure:</u> unit <u>Measure:</u> fl. oz.
Meals & mer Menu item: Menu item: Menu item: morning brea	nu items: Hot chocolate drink,Oatmeal from packet,F Hot chocolate drink Ingredients (total for all guests): Hot chocolate powder Oatmeal from packet Ingredients (total for all guests): Oatmeal packet Pancakes Ingredients (total for all guests): Pancakes Oatmeal packet Pancakes Ingredients (total for all guests): Oatmeal packet Oatmeal packet Pancakes Ingredients (total for all guests): Oatmeal syrup Oil	<u>Amount:</u> 1.33 <u>Amount:</u> 1.00 <u>Amount:</u> 6.00 2.00	tbsp. <u>Measure:</u> unit <u>Measure:</u> fl. oz. fl. oz.
Meals & mer Menu item: Menu item: Menu item: morning brea Meals & mer	nu items: Hot chocolate drink,Oatmeal from packet,F Hot chocolate drink Ingredients (total for all guests): Hot chocolate powder Oatmeal from packet Ingredients (total for all guests): Oatmeal packet Pancakes Ingredients (total for all guests): Pancakes Ingredients (total for all guests): Pancakes Oatmeal packet Pancakes Ingredients (total for all guests): Pancakes Oatmeal guests: Maple syrup Oil Oatmes: Jorge,Nita,Dan,Devin	<u>Amount:</u> 1.33 <u>Amount:</u> 1.00 <u>Amount:</u> 6.00 2.00	tbsp. <u>Measure:</u> unit <u>Measure:</u> fl. oz. fl. oz.
Meals & mer Menu item: Menu item:	uitems: Hot chocolate drink,Oatmeal from packet,F Hot chocolate drink Ingredients (total for all guests): Hot chocolate powder Oatmeal from packet Ingredients (total for all guests): Oatmeal packet Pancakes Ingredients (total for all guests): Pancakes Oatmeal packet Pancakes Ingredients (total for all guests): Pancakes Ingredients (total for all guests): Pancakes Oatmeal packet Pancakes Ingredients (total for all guests): Pancakes Ingredients (total for all guests): Pancake mix Oatmeal syrup Oil Oil Bak guests: Jorge,Nita,Dan,Devin ORP GORP	<u>Amount:</u> 1.33 <u>Amount:</u> 1.00 <u>Amount:</u> 6.00 2.00 1.00	tbsp. <u>Measure:</u> unit <u>Measure:</u> fl. oz. fl. oz. tbsp.
Meals & mer Menu item: Menu item: Menu item: morning brea Meals & mer	nu items: Hot chocolate drink,Oatmeal from packet,F Hot chocolate drink Ingredients (total for all guests): Hot chocolate powder Oatmeal from packet Ingredients (total for all guests): Oatmeal packet Pancakes Ingredients (total for all guests): Pancakes Ingredients (total for all guests): Pancakes Oatmeal packet Pancakes Ingredients (total for all guests): Pancakes Oatmeal guests: Maple syrup Oil Oatmes: Jorge,Nita,Dan,Devin	<u>Amount:</u> 1.33 <u>Amount:</u> 1.00 <u>Amount:</u> 6.00 2.00	tbsp. <u>Measure:</u> unit <u>Measure:</u> fl. oz. fl. oz.

lunch guests:	Dan,Jorge,Nita				
Meals & men	-	mith,Bagel - pla	in,Granola bar,Pepperette,Smoked		
Menu item:	Apple - green granny smith	granny smith			
	Ingredients (total for all guests):	Amount:	Measure:		
	Apple - green granny smith	3.00	unit		
Menu item:	Bagel - plain				
	Ingredients (total for all guests):	Amount:	Measure:		
	Bagel	3.00	unit		
Menu item:	Granola bar				
	Ingredients (total for all guests):	Amount:	Measure:		
	Granola bar	3.00	unit		
Menu item:	Pepperette				
	Ingredients (total for all guests):	Amount:	Measure:		
	Pepperette	6.00	unit		
Menu item:	Smoked gooda				
	Ingredients (total for all guests):	Amount:	Measure:		
	Smoked gooda	2.65	0Z.		
lunch guests:					
Meals & men					
Menu item:	Bagel, Peanut butter+jam				
	Ingredients (total for all guests):	Amount:	Measure:		
	Peanut butter	1.50	tbsp.		
	Jam, strawberry	1.50	tbsp.		
	Bagel	1.00	unit		
Menu item:	Fruit leather stick				
	Ingredients (total for all guests):	Amount:	Measure:		
	Fruit leather stick	1.00	unit		