

# 5-day backpacking menu

5  
days

5.1 lb  
total weight

16.4 oz  
average per day

2455 cal  
average per day

## day 1

### breakfast

2599 cal / 19.0 oz

|                             |         |        |
|-----------------------------|---------|--------|
| <u>Cappuccino Oatmeal</u>   | 343 cal | 2.5 oz |
| <u>Really Hot Chocolate</u> | 199 cal | 1.5 oz |

### lunch

|                             |         |        |
|-----------------------------|---------|--------|
| <u>Crackers with Hummus</u> | 440 cal | 2.1 oz |
|-----------------------------|---------|--------|

### snack

|   |         |        |
|---|---------|--------|
| <u>Smoky Beer Beef Jerky</u>                | 257 cal | 1.1 oz |
| <u>Puffed Quinoa and Peanut Butter Bars</u> | 300 cal | 2.0 oz |
| <u>Cajun Spiced Nuts and Seeds</u>          | 230 cal | 1.4 oz |

### dinner

|  |         |        |
|--|---------|--------|
| <u>Sardine Pasta with Crunchy Garlic Breadcrumbs</u> | 830 cal | 8.5 oz |
|--|---------|--------|

## day 2

### breakfast

2414 cal / 14.1 oz

|  |         |        |
|--|---------|--------|
| <u>Coconut Millet Porridge With Forest Berries</u> | 371 cal | 0.0 oz |
| <u>Pina Colada Latte</u>                           | 206 cal | 1.4 oz |

### lunch

|  |         |        |
|--|---------|--------|
| <u>Easy Sausage and Cheese Platter</u> | 349 cal | 3.6 oz |
|--|---------|--------|

### snack

|   |         |        |
|---|---------|--------|
| <u>Puffed Quinoa and Peanut Butter Bars</u> | 300 cal | 2.0 oz |
| <u>Smoky Beer Beef Jerky</u>                | 257 cal | 1.1 oz |
| <u>Cajun Spiced Nuts and Seeds</u>          | 230 cal | 1.4 oz |

dinner

---

Backcountry Feijoada 701 cal 4.6 oz

day 3

---

breakfast

---

2237 cal / 16.0 oz

Brown Rice Cereal 402 cal 3.2 oz

Matcha Latte 109 cal 0.9 oz

lunch

---

Tuna with Crackers 241 cal 4.0 oz

snack

---

Puffed Quinoa and Peanut Butter Bars 300 cal 2.0 oz

Smoky Beer Beef Jerky 257 cal 1.1 oz

Cajun Spiced Nuts and Seeds 230 cal 1.4 oz

dinner

---

Mixed Vegetable Sabji 698 cal 3.5 oz

day 4

---

breakfast

---

2361 cal / 15.9 oz

Crunchy Peanut Butter Oatmeal 348 cal 2.6 oz

Pina Colada Latte 206 cal 1.4 oz

lunch

---

Raspberry Peach Breakfast Smoothie 339 cal 2.1 oz

snack

---

Cajun Spiced Nuts and Seeds 230 cal 1.4 oz

Smoky Beer Beef Jerky 257 cal 1.1 oz

Puffed Quinoa and Peanut Butter Bars 300 cal 2.0 oz

dinner

---

Trail Chili 681 cal 5.3 oz

day 5

---

breakfast

---

2662 cal / 17.0 oz

Fruity Dream 480 cal 2.8 oz

Peanut Butter Cocoa 377 cal 0.9 oz

lunch

---

|  |         |        |
|--|---------|--------|
| <u>Easy Sausage and Cheese Platter</u> | 349 cal | 3.6 oz |
|--|---------|--------|

snack

---

|   |         |        |
|---|---------|--------|
| <u>Puffed Quinoa and Peanut Butter Bars</u> | 300 cal | 2.0 oz |
|---|---------|--------|

|                              |         |        |
|------------------------------|---------|--------|
| <u>Smoky Beer Beef Jerky</u> | 257 cal | 1.1 oz |
|------------------------------|---------|--------|

|                                    |         |        |
|------------------------------------|---------|--------|
| <u>Cajun Spiced Nuts and Seeds</u> | 230 cal | 1.4 oz |
|------------------------------------|---------|--------|

dinner

---

|                           |         |        |
|---------------------------|---------|--------|
| <u>3 Mushroom Risotto</u> | 669 cal | 5.2 oz |
|---------------------------|---------|--------|