










5-day backpacking menu




bread & cereals

- 1 tbsp** breadcrumbs
- 2 tbsp** crunchy nut granola
- 1/4 cup** millet instant flakes 
- 1 cup** puffed amaranth 
- 2/3 cup** quick-cooking oats 

dehydrated food














- 8 tbsp** coconut milk powder 
- 1/4 cup** dehydrated black beans
- 1 1/4 cup** dehydrated cooked rice
- 1 tbsp** dehydrated ham
- 2 tbsp** dehydrated ground beef
- 1/2 cup** dried mushrooms 
- 2 tsp** full cream milk powder (Nestle Nido) 
- 13 tbsp** full cream milk powder (Nestle Nido) 
- 1/8 tsp** garlic powder 
- 1/4 tsp** onion powder 
- 100 g** pre-cooked and dehydrated pasta

beverages













- 1 can** Guinness Draught
- 1 tsp** green matcha powder 
- 1 tbsp** instant cappuccino mix 
- 2 tsp** instant coffee 

sauces & condiments







- Pepper
- Salt
- pinch** Salt
- Sugar
- 1 tsp** Sugar

- 1 tbsp** Sukrin Gold Fiber Syrup 
- 1/2 tsp** bouillon powder 
- 1 tbsp** brown sugar 
- 1 can** coconut milk 
- 1 cup** creamy peanut butter 
- 1 packet** creamy peanut butter 
- 1 tbsp** creamy peanut butter 
- 1 tbsp** honey 
- 1/2 cup** light soy sauce 
- 1 tbsp** liquid smoke 
- 1 packet** mayonnaise 
- 1 tsp** roast beef gravy mix 
- 7 tsp** sugar
- 1/4** vegetable bouillon cube 

herbs & spices

- 2 tsp** Cajun seasoning 
- tsp** Italian seasoning 
- pinch** cayenne pepper 
- 1 tsp** chili powder 
- 2 tbsp** chilli con carne spice mixture (Santa Maria) 
- 1 handful** coriander leaves
- 1 1/2 tsp** dried parsley 
- 1/4 tsp** dried thyme 
- 4 clove** garlic
- 1 tsp** ground black pepper 
- 1/4 tsp** ground cinnamon
- 1/8 tsp** groundu00a0cinnamon 
- 2 tsp** mild curry masala 
- 1/3 tsp** mild curry powder 
- 1/2 tsp** sweet smoked paprika 
- 1 tsp** turmeric powder 


baking

- 3 tsp** cocoa powder 
- 1/2 tsp** corn flour 
- 1 bar** dark chocolate (70% cacao) 
- 10 g** dark chocolate (70% cacao) 
- 1 tsp** oat flour 
- 1/3 cup** unsweetened shredded coconut 




other

1 tbsp almond flour 

fats & oils

- 1 tsp** ghee
- 1 packet** olive oil
- 1 tsp** olive oil
- 3 tbsp** olive oil
- 2 tbsp** virgin coconut oil 

snack foods

- 2 packet** Pitted olives 
- 1 pack** beef jerky
- 1 cup** dried pitted dates 
- 12** low carb crackers 










meat & poultry

- 600 g** lean beef mince
- 700 g** lean cut of beef





nuts & seeds

- 1 cup** almonds 
- 1 tbsp** ground flaxseed 
- 1 tsp** ground flaxseed 
- 1/2 cup** pecans 
- 30 g** pecans 
- 2/3 cup** shelled pumpkin seeds 
- 2/3 cup** shelled sunflower seeds 


freeze-dried food

- 1 tbsp** freeze-dried blueberries 
- 2 tbsp** freeze-dried diced apples 
- 10 g** freeze-dried diced apples 
- 2 handful** freeze-dried diced peaches 
- 4 tbsp** freeze-dried grated Parmesan cheese 
- 1 tbsp** freeze-dried raspberries 
- 10 g** freeze-dried sliced bananas 
- 10 g** freeze-dried strawberries 
- 2 tbsp** raspberry powder 

canned food

- 1 can** canned kidney beans 
- 1 can** canned sweet corn 
- 1 can** chickpeas 
- 1 can** diced tomatoes 
- 1 can** sardines in oil

deli & dairy

- 4** Babybell mini cheese 
- 1 packet** shelf-stable Kabanos sausages

fish & seafood

- 1 packet** wild tuna 

fruits & vegetables

- 1.5 kg** mixed vegetables
- 2** red bell pepper
- 2** red onion