

**MENU PLAN**  
MEAL-BY-MEAL METHOD

BREAKFAST

<u>Trip Day</u>	<u>Food Items</u>	<u>Quantity – 1 person</u>	<u>Your Quantity</u>
Day 1			
Day 2			
Day 3			

LUNCH

<u>Trip Day</u>	<u>Food Items</u>	<u>Quantity – 1 person</u>	<u>Your Quantity</u>
Day 1			
Day 2			
Day 3			
Snacks			

DINNER

<u>Trip Day</u>	<u>Food Items</u>	<u>Quantity – 1 person</u>	<u>Your Quantity</u>
Day 1			
Day 2			
Day 3			

## RATION METHOD

### BREAKFAST

Food Items	Quantity/Person/Day	Number of Days	Your Quantity

### TRAIL FOODS

Food Items	Quantity/Person/Day	Number of Days	Your Quantity

### LUNCH

Food Items	Quantity/Person/Day	Number of Days	Your Quantity

### DINNER

Food Items	Quantity/Person/Day	Number of Days	Your Quantity

### DESSERTS

Food Items	Quantity/Person/Day	Number of Days	Your Quantity