

Trip # 20  
01/01/90 00:38

Expedition Menu Planner  
Grand Canyon-14 Day

Menu & Supplies  
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Party of 16

Departs on 09/11/12 for 14 days

Breakfast:

BS	Breakfast Meat: Sausage	2 times:	[ ]	[ ]
	32 Sausage Links			
BB	Breakfast Meat: Bacon	4 times:	[ ]	[ ] [ ] [ ]
	3 1/8 lb Bacon			
B10	Oatmeal	4 times:	[ ]	[ ] [ ] [ ]
	3 lb Oatmeal			
	64 floz Milk-Shelf Prepared			
	16 oz Assorted Fruit			
	16 floz Juice (frzn Canned)			
	1 cup Brown Sugar			
	1 1/2 cup Raisins			
	2 cup Walnuts			
B9	Granola, Yogurt & Fruit	2 times:	[ ]	[ ]
	64 floz Yogurt			
	4 lb Cereal-Granola			
	32 floz Milk-Shelf Prepared			
	16 oz Assorted Fruit			
	16 floz Juice (frzn Canned)			
B13	Egg & Fresh Veggie Scramble	1 time:	[ ]	
	2 3/4 dz Eggs			
	3/4 lb Cheese-Feta			
	6 1/2 oz Butter			
	1/2 lb Mushroom(s)			
	2 Yellow Onion(s)			
	7 Zucchini(s)			
	2 Cantelope(s)			
	16 floz Juice (frzn Canned)			
	16 English Muffins			
B14	One-Eyed Johnnys	2 times:	[ ]	[ ]
	2 dz Eggs			
	16 Cheese-Sliced			
	2 Honey Do Melon(s)			
	16 floz Juice (frzn Canned)			
	1 1/2 loaf Sourdough			
B2	Pancakes-Blueberry or Fruit	2 times:	[ ]	[ ]
	4 oz Butter			
	1 1/4 dz Eggs			
	32 oz Krusties			
	1 1/2 can Blueberries			
	16 oz Assorted Fruit			
	16 floz Juice (frzn Canned)			
	24 oz Syrup-Real Maple			

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#B6 Huevos Rancheros

Kind: Breakfast

B6 Huevos Rancheros 1 time: []

2 dz Eggs  
1 1/2 cup Sour Cream  
1 lb Cheese-Shred Pepper  
3 3/4 lb Beans-Black  
2 can Chiles-Jalapeno chpd  
5 oz Olives-Black/chopped  
3 Tomato(es)  
16 floz Juice (frzn Canned)  
2 dz Tortillas (corn)  
16 oz Salsa

B7 Eggs & Canned Veggie Scramble 1 time: []

2 dz Eggs  
1 lb Cheese-Shred Cheddar  
16 oz Assorted Fruit  
2 Yellow Onion(s)  
16 floz Juice (frzn Canned)  
16 Tortillas (flour)  
13 oz Salsa  
1 lb Roasted Red Peppers  
16 oz Pepperoncini

Lunch:

LA1 Cold Cuts-Turkey 2 times: [] []

24 Cheese-Sliced  
3/4 Frito Lay Scoops  
1/2 lb Potato Chips-Pringle  
1 lb Assorted Cookies  
16 oz Guacamole Pouch  
4 Tomato(es)  
1/2 lb Carrots-Baby  
2 lb Sliced Turkey  
2 loaf Bread  
8 oz Mayonnaise  
2 oz Mustard-Dijon  
1 1/2 floz Peanut Butter  
3 oz Jam-Assorted  
1/2 Pretzels (Rods)

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-----  
#LM4 Pasta Salad-Fresh Kind: Lunch  
=====

LM4 Pasta Salad-Fresh 1 time: []  
3/4 lb Cheese-Feta  
6 1/2 oz Butter  
2 lb Pasta-Bow Tie  
2 lb Assorted Cookies  
3/4 Frito Lay Scoops  
1/2 lb Potato Chips-Pringle  
24 oz Beans-Garbanzo  
7 oz Olives-Black/chopped  
1 1/2 Bell Pepper(s)  
3 Carrot(s)  
5 Tomato(es)  
2 French Bread  
1 3/4 cup Dressing-Italian  
1 1/2 floz Peanut Butter  
3 oz Jam-Assorted  
1/2 Pretzels (Rods)

L4 Pasta Salad-Canned 1 time: []  
3/4 lb Cheese-Feta  
2 lb Pasta-Bow Tie  
3/4 Frito Lay Scoops  
1/2 lb Potato Chips-Pringle  
1 lb Assorted Cookies  
24 oz Beans-Garbanzo  
1/2 lb Sundried Tomatos  
7 oz Olives-Black/chopped  
1 1/4 lb Roasted Red Peppers  
16 oz Marinated Artichokes  
1 3/4 cup Dressing-Italian  
1 1/2 floz Peanut Butter  
3 oz Jam-Assorted  
1/2 Pretzels (Rods)

L1 Smoked Salmon Wraps 1 time: []  
24 oz Cream Cheese  
3/4 Frito Lay Scoops  
1/2 lb Potato Chips-Pringle  
1 lb Assorted Cookies  
4 3/4 Cucumber(s)  
1 1/2 Bell Pepper(s)  
2 lb Salmon-Smoked  
16 Tortillas (flour)  
3 oz Capers  
1 1/2 floz Peanut Butter  
3 oz Jam-Assorted  
1/2 Pretzels (Rods)  
1 1/2 Dill



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#L3 Tabouli Cashew Chicken Salad-Fresh Kind: Lunch

L3 Tabouli Cashew Chicken Salad-Fresh 1 time: []  
2 1/2 lb Tabouli  
3/4 Frito Lay Scoops  
1/2 lb Potato Chips-Pringle  
1 lb Assorted Cookies  
40 oz Chunk Chicken  
8 Celery Stalk(s)  
1 1/2 Bell Pepper(s)  
5 Tomato(es)  
2 1/2 tbsp Garlic-minced  
10 Mint Sprigs-Fresh  
13 floz Dressing-Balsamic  
2 1/2 cup Cashews  
1 1/2 floz Peanut Butter  
3 oz Jam-Assorted  
1/2 Pretzels (Rods)

LB1 Chicken Salad Wraps 1 time: []  
3/4 Frito Lay Scoops  
1/2 lb Potato Chips-Pringle  
1 lb Assorted Cookies  
32 oz Chunk Chicken  
7 oz Olives-Black/chopped  
1 3/4 Red Onion(s)  
8 Celery Stalk(s)  
3/4 Lettuce-Head  
19 Tortillas (flour)  
1 1/4 cup Cashews  
13 oz Mayonnaise  
1 1/2 floz Peanut Butter  
3 oz Jam-Assorted  
1/2 Pretzels (Rods)

LB5 Mexi Salad 2 times: [] []  
1/2 lb Cheese-Shred Pepper  
1/2 lb Cheese-Shred Cheddar  
3/4 Frito Lay Scoops  
1/2 lb Potato Chips-Pringle  
1 lb Assorted Cookies  
48 oz Beans-Kidney  
7 oz Jalapeno Chili-Slice  
7 oz Olives-Black/chopped  
13 oz Guacamole Pouch  
19 Tortillas (flour)  
26 oz Salsa  
16 oz Tortilla Chips  
1 1/2 floz Peanut Butter  
3 oz Jam-Assorted  
1/2 Pretzels (Rods)



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#LB2	Tuna Salad-Fresh		Kind: Lunch
LB2	Tuna Salad-Fresh	2 times:	[ ] [ ]
	3/4 Frito Lay Scoops		
	1/2 lb Potato Chips-Pringle		
	1 lb Assorted Cookies		
	48 oz Tuna		
	8 Celery Stalk(s)		
	4 Tomato(es)		
	20 Tortillas (flour)		
	16 oz Mayonnaise		
	1 1/2 floz Peanut Butter		
	3 oz Jam-Assorted		
	1/2 Pretzels (Rods)		
LB6	Salami And Cheese	2 times:	[ ] [ ]
	16 Cheese-Sliced		
	2 1/2 lb Rye Krisp		
	3/4 Frito Lay Scoops		
	1/2 lb Potato Chips-Pringle		
	1 lb Assorted Cookies		
	16 Apple(s)		
	1 1/2 lb Salami (dried Roll)		
	4 oz Mustard-Dijon		
	1 1/2 floz Peanut Butter		
	3 oz Jam-Assorted		
	1/2 Pretzels (Rods)		
LA4	BLT Wraps	1 time:	[ ]
	32 oz Cream Cheese		
	3/4 Frito Lay Scoops		
	1/2 lb Potato Chips-Pringle		
	1 lb Assorted Cookies		
	1 lb Olives-Kalamata		
	1/2 lb Sundried Tomatos		
	4 lb Bacon		
	20 Tortillas (flour)		
	1 1/2 floz Peanut Butter		
	3 oz Jam-Assorted		
	1/2 Pretzels (Rods)		
Dinner:			
CD17	Fish Steak, Rice & Cuke Salad	1 time:	[ ]
	2 1/4 lb Rice-Brown		
	2 1/2 lb Broth, Canned		
	1/2 lb Sundried Tomatos		
	11 oz Olives-Black/chopped		
	2 3/4 Green Onion Bunch(s)		
	3 Carrot(s)		
	2 3/4 Lemon(s)		
	5 1/4 Cucumber(s)		
	16 Fish Steaks/6 oz		
	3/4 cup Lemon Juice		
	2 cup Dressing-Italian		

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-----  
#DD11 Fish Steaks w/Couscous Kind: Dinner  
=====

DD11	Fish Steaks w/Couscous	1 time:	[]
	8 cup Couscous		
	4 Green Onion Bunch(s)		
	48 tbsps Garlic-minced		
	8 Carrot(s)		
	2 lb Snap Peas		
	2 cup Spinach-Fresh		
	4 Tomato(es)		
	24 Fish Steaks/6 oz		
	24 oz Mayonnaise		
	1 cup Lemon Juice		
	2 cup Oil-Olive		
	2 cup Dressing-Italian		
	2 3/4 tbsps Fennel		
	4 Cumin		
	2 tbsps Salt-Coarse Sea		
	4 Thyme		
	4 Dill		

DC8	Chicken Fajitas	1 time:	[]
	1 1/2 cup Sour Cream		
	6 lb Beans-Black		
	9 1/2 tbsps Garlic-minced		
	9 1/2 Bell Pepper(s)		
	5 Tomato(es)		
	5 Yellow Onion(s)		
	1 1/2 Cilantro (bunch)		
	1/2 Green Cabbage(s)		
	1/4 Red Cabbage(s)		
	4 Carrot(s)		
	13 Chicken Breast		
	24 Tortillas (uncooked)		
	3/4 cup Lime Juice		
	1 cup Walnuts		
	1 cup Dressing-Ranch		
	1 1/2 Chili Powder		
	1 1/2 Cayenne		
	1 1/2 Oregano		

DA4	Chicken Teriyaki & Mashed Potatoes	1 time:	[]
	16 oz Butter		
	8 oz Cheese-Parmesan		
	1 box Croutons		
	12 Potato-Red		
	24 tbsps Garlic-minced		
	2 Parsley Bunch		
	3 Lettuce-Romaine		
	1 Lemon(s)		
	16 Chicken Breast		
	4 cup Teriyaki Sauce		
	16 oz Horse Radish		
	2 cup Dressing-Cesar		

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#DC2 Chili, Corn Bread & Cole Slaw Kind: Dinner

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DC2	Chili, Corn Bread & Cole Slaw	1 time:	[]
	1 lb Cheese-Shred Pepper		
	3 cup Sour Cream		
	4 Eggs		
5	3/4 oz Butter		
	4 box Jiffy Cornbread Mix		
	160 oz Wolf Brand Chile		
	15 oz Corn-Canned		
1	1/4 Red Onion(s)		
	1/2 Green Cabbage(s)		
	1/4 Red Cabbage(s)		
	4 Carrot(s)		
	1 cup Walnuts		
	1 cup Dressing-Ranch		
1	1/4 cup Powdered Milk		
	1/2 cup Honey		

DC5	Beef Stew-No Ice	1 time:	[]
	4 Eggs		
5	3/4 oz Butter		
	4 box Jiffy Cornbread Mix		
	240 oz Beef Stew		
	15 oz Corn-Canned		
1	1/4 cup Powdered Milk		
	1/2 cup Honey		

DB7	Linguine/Clam Sauce/Bread/BeanSalad	1 time:	[]
12	3/4 oz Butter		
	8 oz Cheese-Parmesan		
	30 floz Milk-Shelf Prepared		
	48 oz Pasta-Linguine		
	32 oz Clams		
	2 lb Artichoke Heart		
	16 oz Mushrooms-Canned		
	30 oz Beans-Kidney		
	30 oz Green Beans		
	2 lb Beans-Wax		
	4 Yellow Onion(s)		
3	3/4 tbsp Garlic-minced		
	3/4 cup Water		
	2 French Bread		
	1 cup Oil-Olive		
	1 cup Dressing-Lime		
	1/4 lb Knorr Alfredo Sauce		



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#DC1 Hamburgers, Beef & Veggie Kind: Dinner

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DC1	Hamburgers, Beef & Veggie	1 time:	[]
20	Cheese-Sliced		
4	Veggie Burger		
4	Tomato(es)		
1	Lettuce-Head		
1	Red Onion(s)		
2	Lettuce-Romaine		
4	Carrot(s)		
2	Cucumber(s)		
18	Hamburger Patties		
20	Kaiser / Onion Rolls		
16 oz	Pickles-Dill		
8 oz	Ketchup		
4 oz	Mayonnaise		
4 oz	Mustard-Stone Ground		
2 cup	Dressing-Italian		

DB2 Quesadilla Pie & Cole Slaw 1 time: []

3/4 lb	Cheese-Shred Cheddar		
1 3/4 lb	Cheese-Shred Pepper		
3 1/4 cup	Sour Cream		
51 oz	Chiles-Whole Green		
51 oz	Beans-Refried		
1 1/2	Lettuce-Head		
3	Tomato(es)		
2	Yellow Onion(s)		
3 1/4	Lime(s)		
1/2	Green Cabbage(s)		
1/4	Red Cabbage(s)		
4	Carrot(s)		
3 1/4 dz	Tortillas (corn)		
26 oz	Salsa		
1 cup	Walnuts		
1 cup	Dressing-Ranch		

DD16 Spaghetti w/Fresh Veggies 1 time: []

16 oz	Cheese-Parmesan		
8 3/4 oz	Butter		
48 oz	Pasta-Spaghetti		
48 oz	Spaghetti Sauce/jar		
6 1/4 tbsp	Garlic-minced		
2	Eggplant		
1 lb	Mushroom(s)		
3	Yellow Onion(s)		
3	Zucchini(s)		
2 cup	Spinach-Fresh		
4	Carrot(s)		
4	Tomato(es)		
2	French Bread		
2 cup	Dressing-Italian		

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-----  
#DB3 Spaghetti, Can Veggies & Bean Salad Kind: Dinner  
=====

DB3 Spaghetti, Can Veggies & Bean Salad 1 time: []

6 oz Cheese-Parmesan  
48 oz Pasta-Spaghetti  
30 oz Beans-Garbanzo  
1/2 lb Sundried Tomatos  
64 oz Spaghetti Sauce/jar  
16 oz Mushrooms-Canned  
16 oz Spinach  
2 Yellow Onion(s)  
2 tsp Garlic-minced  
16 oz Marinated Artichokes  
4 floz Dressing-Balsamic

DD32 Italian Sausage Extras 2 times: [] []  
8 Italian Sausages

DD5 Pesto Pasta w/Bread & Toss Salad 1 time: []

16 oz Cheese-Parmesan  
8 3/4 oz Butter  
4 lb Pasta-Bow Tie  
1 box Croutons  
2 Eggplant  
2 Yellow Onion(s)  
8 oz Pesto  
6 Bell Pepper(s)  
3 tbsp Garlic-minced  
3 Lettuce-Romaine  
3 Carrot(s)  
1/2 Red Cabbage(s)  
2 Tomato(es)  
2 French Bread  
2 cup Dressing-Italian

DA6 Beef Steaks & Bakes 1 time: []

4 oz Butter  
2 cup Sour Cream  
16 Potato-Bake  
16 Celery Stalk(s)  
6 Apple(s)  
16 Sirloin Steaks  
2 cup Dressing-Lime  
1 1/2 cup Walnuts

Sweets:

SA6 White Cake & White Frosting 1 time: []

5 Eggs  
2 White Cake  
2 White Frosting  
4 1/4 floz Oil-Canola

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#SA5	Brownies		Kind: Sweets			
SA5	Brownies		3 times:	[]	[]	[]
	2	Eggs				
	2 box	Brownies				
	3/4 cup	Water				
	3 1/2 floz	Oil-Canola				
SB4	Assorted Candy Bars		2 times:	[]	[]	
	2 lb	Assorted Candy				
SB5	Assorted Cookies		4 times:	[]	[]	[]
	2 lb	Assorted Cookies				
SA4	Carrot Cake With Cream Cheese Frstg		1 time:	[]		
	4	Eggs				
	1 box	Carrot Cake				
	1 can	Cream Cheese Frostng				
	1/2 cup	Water				
	3 floz	Oil-Canola				
SA2	German Chocolate Cake With Cocntpcn		1 time:	[]		
	3 oz	Butter				
	5	Eggs				
	2 box	German Choc Cake				
	2 box	Coconut Pecan Frstng				
	3/4 cup	Water				
	3 3/4 floz	Oil-Canola				
Other:						
A4	Beer Nuts		1 time:	[]		
	2 can	Beer Nuts				
A1	Crackers And Cheeses		3 times:	[]	[]	[]
	2 lb	Cheese-Assorted				
	1 lb	Assorted Crackers				
A2	Crackers, Oysters, Kippers & Cheese		2 times:	[]	[]	
	3/4 lb	Cheese-Assorted				
	1 lb	Assorted Crackers				
	3 can	Smoked Oysters				
	2 can	Kipper Snacks				
A8	Tortilla Chips		3 times:	[]	[]	[]
	16 oz	Guacamole Pouch				
	32 oz	Tortilla Chips				
	16 oz	Salsa				
A13	Vegetables & Dip		1 time:	[]		
	3 1/2	Bell Pepper(s)				
	1 1/2 lb	Carrots-Baby				
	8	Celery Stalk(s)				
	1 cup	Dressing-Ranch				
A6	Mixed Nuts		1 time:	[]		
	2 can	Mixed Nuts				



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-----  
#A6 Mixed Nuts

Kind: Other  
=====

A7 Pretzels & Mustard  
2 Pretzels (Rods)  
16 oz Mustard-Stone Ground

1 time: []

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#BS Breakfast Meat: Sausage Kind: Breakfast  
Serve 2 times: [] []  
=====

Recipe: Breakfast Meat: Sausage  
-----

Use by 10 days

Ingredients: 32 Sausage Links  
-----

Directions: Just take 'em out of their box and let  
----- the little porkers run around in a warm  
skillet until golden brown.

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-----  
#BB Breakfast Meat: Bacon Kind: Breakfast  
Serve 4 times: [] [] [] []  
=====

Recipe: Breakfast Meat: Bacon  
-----

Ingredients: 3 1/8 lb Bacon  
-----

Directions: Place the bacon as is in a dutch oven  
----- over med-high heat. Cover with the lid.  
Stir frequently. Once the slices have  
separated, remove the lid and the bacon  
will brown quickly.



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-----  
#B10 Oatmeal Kind: Breakfast  
Serve 4 times: [] [] [] []  
=====

Recipe: Oatmeal

-----  
Ingredients: 3 lb Oatmeal  
64 floz Milk-Shelf Prepared  
1 cup Brown Sugar  
1 1/2 cup Raisins  
2 cup Walnuts  
16 floz Juice (frzn Canned)

Directions: Follow the directions on the package.  
-----  
Serve with milk, brown sugar, raisins  
and walnuts.

Recipe: Breakfast Fruit-Canned

-----  
Ingredients: 16 oz Assorted Fruit  
-----

Directions:  
-----

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-----  
#B9 Granola, Yogurt & Fruit Kind: Breakfast  
Serve 2 times: [] []  
=====

Recipe: Granola, Yogurt & Fruit  
-----

Ingredients: 4 lb Cereal-Granola  
----- 32 floz Milk-Shelf Prepared  
64 floz Yogurt  
16 floz Juice (frzn Canned)

Directions:  
-----

Recipe: Breakfast Fruit-Canned  
-----

Ingredients: 16 oz Assorted Fruit  
-----

Directions:  
-----

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-----  
#B13 Egg & Fresh Veggie Scramble Kind: Breakfast  
Serve 1 time: []  
=====

Recipe: Egg & Fresh Veggie Scramble  
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Ingredients:	2 3/4 dz	Eggs
-----	3/4 lb	Cheese-Feta
	6 1/2 oz	Butter
	1/2 lb	Mushroom(s)
	2	Yellow Onion(s)
	7	Zucchini(s)
	16	English Muffins
	2	Cantelope(s)
	16 floz	Juice (frzn Canned)

Directions: Cook English muffins on griddle and cut  
----- melon off the rind. Make juice.  
Chop veggies, saute onions, add zukes  
and mushrooms, cook till tender. Whip  
the eggs and pour over the veggies cook  
to desired dryness. Top with feta cheese  
and serve with toasted English muffins  
and melon.



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-----  
#B14 One-Eyed Johnnys Kind: Breakfast  
Serve 2 times: [] []  
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Recipe: One-Eyed Johnnys  
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Use by 20 days

Ingredients: 2 dz Eggs  
----- 16 Cheese-Sliced  
1 1/2 loaf Sourdough  
2 Honey Do Melon(s)  
16 floz Juice (frzn Canned)

Directions: Cut egg sized holes in the bread. Place  
----- bread on a hot buttered griddle, break  
the egg in the hole and cook till golden  
brown, flip, add a slice of cheese and  
the browned cut out round and cook this  
side till browned. Serve.

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#B2 Pancakes-Blueberry or Fruit Kind: Breakfast  
Serve 2 times: [] []  
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Recipe: Pancakes-Blueberry or Fruit  
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Ingredients: 32 oz Krusties  
----- 1 1/2 can Blueberries  
24 oz Syrup-Real Maple  
4 oz Butter  
1 1/4 dz Eggs  
16 floz Juice (frzn Canned)

Directions: Prepare the pancakes according to the  
----- Krusteaz directions. Drain the blueber-  
ries & fold them gently into the batter.  
Enjoy with melting butter and syrup!  
Add an egg on the side if desired.

Recipe: Breakfast Fruit-Canned  
-----

Ingredients: 16 oz Assorted Fruit  
-----

Directions:  
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-----  
#B6 Huevos Rancheros Kind: Breakfast  
Serve 1 time: []  
=====

Recipe: Huevos Rancheros  
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Ingredients:           2 dz Eggs  
-----           2 dz Tortillas (corn)  
                  3 3/4 lb Beans-Black  
                  16 oz Salsa  
                  3 Tomato(es)  
                  2 can Chiles-Jalapeno chpd  
                  1 1/2 cup Sour Cream  
                  5 oz Olives-Black/chopped  
                  1 lb Cheese-Shred Pepper  
                  16 floz Juice (frzn Canned)

Directions:           Good Morning! On a greased skillet,  
-----           lightly fry a corn tortilla. Heat the  
                  beans and salsa in a pan until warm.  
                  Grate the cheese, chop the toms, open  
                  the guac. Fry up the eggs to order or  
                  scramble. Place 2 tortillas and 2 eggs  
                  per person on a plate, top with bean mix  
                  and cheese. Serve with sour cream, toms  
                  and olives.

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-----  
#B7 Eggs & Canned Veggie Scramble Kind: Breakfast  
Serve 1 time: []  
=====

Recipe: Eggs & Canned Veggie Scramble  
-----

Ingredients: 2 dz Eggs  
----- 1 lb Cheese-Shred Cheddar  
2 Yellow Onion(s)  
16 floz Juice (frzn Canned)  
16 Tortillas (flour)  
13 oz Salsa  
1 lb Roasted Red Peppers  
16 oz Pepperoncini

Directions: Chop onions and canned ingredients and  
----- saute. Beat the eggs together lightly  
w/salt and pepper and add to veggies.  
Cook until done but moist. Top w/cheese  
and allow to melt. Heat tortillas and  
serve.

Recipe: Breakfast Fruit-Canned  
-----

Ingredients: 16 oz Assorted Fruit  
-----

Directions:  
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-----  
#LA1 Cold Cuts-Turkey Kind: Lunch  
Serve 2 times: [] []  
=====

Recipe: Cold Cuts-Turkey  
-----

Use by 7 days

Ingredients: 2 lb Sliced Turkey  
----- 16 oz Guacamole Pouch  
2 loaf Bread  
24 Cheese-Sliced  
4 Tomato(es)  
8 oz Mayonnaise  
2 oz Mustard-Dijon  
1/2 lb Carrots-Baby

Directions: Slice tomatoes and lay out ingerdients.  
----- Everyone can create their own sandwiches  
with the assortment of ingredients.  
Serve carrots on the side.

Recipe: Lunch Extras  
-----

Ingredients: 1 1/2 floz Peanut Butter  
----- 3 oz Jam-Assorted  
1/2 Pretzels (Rods)  
3/4 Frito Lay Scoops  
1/2 lb Potato Chips-Pringle  
1 lb Assorted Cookies

Directions:  
-----

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-----  
#LM4 Pasta Salad-Fresh Kind: Lunch  
Serve 1 time: []  
=====

Recipe: Pasta Salad-Fresh  
-----

Ingredients:	3/4 lb	Cheese-Feta
-----	1 1/2	Bell Pepper(s)
	3	Carrot(s)
	5	Tomato(es)
	2 lb	Pasta-Bow Tie
	24 oz	Beans-Garbanzo
	7 oz	Olives-Black/chopped
	1 3/4 cup	Dressing-Italian
	2	French Bread
	6 1/2 oz	Butter
	1 lb	Assorted Cookies

Directions: Cook pasta the night before!!!  
----- Chop all ingredients and toss with pasta  
then serve in a bowl.

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-----  
#LM4 Pasta Salad-Fresh Kind: Lunch  
=====

Recipe: Lunch Extras  
-----

Ingredients:	1 1/2 floz	Peanut Butter
-----	3 oz	Jam-Assorted
	1/2	Pretzels (Rods)
	3/4	Frito Lay Scoops
	1/2 lb	Potato Chips-Pringle
	1 lb	Assorted Cookies

Directions:  
-----

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-----  
#L4 Pasta Salad-Canned Kind: Lunch  
Serve 1 time: []  
=====

Recipe: Pasta Salad-Canned  
-----

Use by 30 days

Ingredients: 3/4 lb Cheese-Feta  
----- 24 oz Beans-Garbanzo  
1 1/4 lb Roasted Red Peppers  
16 oz Marinated Artichokes  
1/2 lb Sundried Tomatos  
2 lb Pasta-Bow Tie  
7 oz Olives-Black/chopped  
1 3/4 cup Dressing-Italian

Directions: Pre cook pasta the night before!!  
----- Toss all ingredients and serve in bowls.

Recipe: Lunch Extras  
-----

Ingredients: 1 1/2 floz Peanut Butter  
----- 3 oz Jam-Assorted  
1/2 Pretzels (Rods)  
3/4 Frito Lay Scoops  
1/2 lb Potato Chips-Pringle  
1 lb Assorted Cookies

Directions:  
-----



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-----  
#L1 Smoked Salmon Wraps Kind: Lunch  
Serve 1 time: []  
=====

Recipe: Smoked Salmon Wraps  
-----

Ingredients:	24 oz	Cream Cheese
-----	3 oz	Capers
	2 lb	Salmon-Smoked
	4 3/4	Cucumber(s)
	1 1/2	Bell Pepper(s)
	1 1/2	Dill
	16	Tortillas (flour)

Directions: Combine cream cheese, capers and black  
----- pepper to taste and blend. Chop and  
mix veggies in another bowl. Set salmon  
on a plate to the side.  
Build wraps by spreading cream  
cheese mixture over tortilla, place a  
salmon strip in center, add some veggie  
mix and roll up. Lox rocks!

Recipe: Lunch Extras  
-----

Ingredients:	1 1/2 floz	Peanut Butter
-----	3 oz	Jam-Assorted
	1/2	Pretzels (Rods)
	3/4	Frito Lay Scoops
	1/2 lb	Potato Chips-Pringle
	1 lb	Assorted Cookies

Directions:  
-----

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-----  
#L3                      Tabouli Cashew Chicken Salad-Fresh                      Kind: Lunch  
Serve      1 time:      []  
=====

-----  
Recipe: Chicken Tabouli Salad-Fresh  
-----

Use by 10 days

Ingredients:            2 1/2 lb      Tabouli  
-----                      40 oz      Chunk Chicken  
                             8           Celery Stalk(s)  
                             1 1/2       Bell Pepper(s)  
                             5           Tomato(es)  
                             2 1/2 tbsps   Garlic-minced  
                             10           Mint Sprigs-Fresh  
                             13 floz      Dressing-Balsamic  
                             2 1/2 cup    Cashews

Directions:            Soak tabouli in equal amount of water  
-----                      overnight or at least for 2 hours.  
                             Chop herbs and vegetables and reserve  
                             in a separate bag. When ready to serve,  
                             stir together tabouli, veggies, herbs,  
                             cashews, chicken and dressing and serve.

Recipe: Lunch Extras  
-----

Ingredients:            1 1/2 floz    Peanut Butter  
-----                      3 oz        Jam-Assorted  
                             1/2           Pretzels (Rods)  
                             3/4           Frito Lay Scoops  
                             1/2 lb       Potato Chips-Pringle  
                             1 lb        Assorted Cookies

Directions:  
-----

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-----  
#LB1 Chicken Salad Wraps Kind: Lunch  
Serve 1 time: []  
=====

Recipe: Chicken Salad Wraps  
-----

Ingredients:	32 oz	Chunk Chicken
-----	1 1/4 cup	Cashews
	7 oz	Olives-Black/chopped
	13 oz	Mayonnaise
	1 3/4	Red Onion(s)
	8	Celery Stalk(s)
	3/4	Lettuce-Head
	19	Tortillas (flour)

Directions: Shred the lettuce, chop the celery and  
----- red onion. Drain the cans of chicken.  
Add all the ingredients together in a  
big bowl and stir well. Salt and pepper  
to taste. A little tarragon or dill  
is nice. Roll a 1/2 tortilla into a cone  
fill and serve.

Recipe: Lunch Extras  
-----

Ingredients:	1 1/2 floz	Peanut Butter
-----	3 oz	Jam-Assorted
	1/2	Pretzels (Rods)
	3/4	Frito Lay Scoops
	1/2 lb	Potato Chips-Pringle
	1 lb	Assorted Cookies

Directions:  
-----

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-----  
#LB5 Mexi Salad Kind: Lunch  
Serve 2 times: [] []  
=====

Recipe: Mexican Salad  
-----

Ingredients:	1/2 lb	Cheese-Shred Pepper
-----	1/2 lb	Cheese-Shred Cheddar
	13 oz	Guacamole Pouch
	26 oz	Salsa
	19	Tortillas (flour)
	48 oz	Beans-Kidney
	7 oz	Jalapeno Chili-Slice
	7 oz	Olives-Black/chopped
	16 oz	Tortilla Chips

Directions: Combine all ingredients in a big bowl.  
----- Stuff you tortilla and chow.

Recipe: Lunch Extras  
-----

Ingredients:	1 1/2 floz	Peanut Butter
-----	3 oz	Jam-Assorted
	1/2	Pretzels (Rods)
	3/4	Frito Lay Scoops
	1/2 lb	Potato Chips-Pringle
	1 lb	Assorted Cookies

Directions:  
-----



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-----  
#LB2 Tuna Salad-Fresh Kind: Lunch  
Serve 2 times: [] []  
=====

Recipe: Tuna Salad Wraps-Fresh  
-----

Ingredients:	48 oz	Tuna
-----	16 oz	Mayonnaise
	8	Celery Stalk(s)
	4	Tomato(es)
	20	Tortillas (flour)

Directions: Open the cans of tuna and drain them.  
----- Chop up the onion, celery & apple.  
Shred the lettuce. Add these ingredients  
to the tuna, along with mayo and perhaps  
a little pickle relish to taste. (A bit  
of curry makes this ordinary meal a  
taste treat.)

Recipe: Lunch Extras  
-----

Ingredients:	1 1/2 floz	Peanut Butter
-----	3 oz	Jam-Assorted
	1/2	Pretzels (Rods)
	3/4	Frito Lay Scoops
	1/2 lb	Potato Chips-Pringle
	1 lb	Assorted Cookies

Directions:  
-----

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## Recipe: Salami and Cheese

Ingredients:	1 1/2 lb	Salami (dried Roll)
-----	16	Cheese-Sliced
	2 1/2 lb	Rye Krisp
	4 oz	Mustard-Dijon
	16	Apple(s)

Directions:      Slice the salami, cheese and onion...and  
-----      maybe a few pickles. The rest is up to  
                 you...hope you're having fun!

## Recipe: Lunch Extras

```

Ingredients:      1 1/2 floz  Peanut Butter
-----          3 oz      Jam-Assorted
                  1/2      Pretzels (Rods)
                  3/4      Frito Lay Scoops
                  1/2 lb    Potato Chips-Pringle
                  1 lb      Assorted Cookies

```

Directions:

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-----  
#LA4 BLT Wraps Kind: Lunch  
Serve 1 time: []  
=====

Recipe: BLT Wraps  
-----

Use by 7 days

Ingredients: 32 oz Cream Cheese  
----- 1 lb Olives-Kalamata  
20 Tortillas (flour)  
4 lb Bacon  
1/2 lb Sundried Tomatoes

Directions: Slice the cucumbers. Spread the cream  
----- cheese on a Rye Krisp and top with cu-  
cumber and picante sauce.

Recipe: Lunch Extras  
-----

Ingredients: 1 1/2 floz Peanut Butter  
----- 3 oz Jam-Assorted  
1/2 Pretzels (Rods)  
3/4 Frito Lay Scoops  
1/2 lb Potato Chips-Pringle  
1 lb Assorted Cookies

Directions:  
-----

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-----  
#CD17 Fish Steak, Rice & Cuke Salad Kind: Dinner  
Serve 1 time: []  
=====

Recipe: Fish Steaks & Rice  
-----

Use by 5 days

Ingredients: 16 Fish Steaks/6 oz  
----- 2 1/4 lb Rice-Brown  
2 3/4 Green Onion Bunch(s)  
3 Carrot(s)  
2 1/2 lb Broth, Canned  
2 3/4 Lemon(s)  
3/4 cup Lemon Juice

Directions: Heat broth to boil, add onions & carrots  
----- and wild rice, return to boil, reduce  
heat and simmer until done (1 hour).  
Pan sear fish and serve on a bed of wild  
rice with a lemon wedge.

Recipe: Salad-Cucumber & Tomato  
-----

Ingredients: 5 1/4 Cucumber(s)  
----- 1/2 lb Sundried Tomatos  
11 oz Olives-Black/chopped  
2 cup Dressing-Italian

Directions:  
-----



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-----  
#DD11 Fish Steaks w/Couscous Kind: Dinner  
Serve 1 time: []  
=====

-----  
Recipe: Fish Steaks & Couscous  
-----

Use by 4 days

Ingredients: 24 Fish Steaks/6 oz  
----- 2 3/4 tbsp Fennel  
4 Cumin  
2 tbsp Salt-Coarse Sea  
24 oz Mayonnaise  
1 cup Lemon Juice  
4 Green Onion Bunch(s)  
48 tbsp Garlic-minced  
2 cup Oil-Olive  
4 Carrot(s)  
2 lb Snap Peas  
4 Thyme  
4 Dill  
8 cup Couscous

Directions: Saute fennel, cumin, pepper til fragrant  
----- mix with 1/2 t. salt in a side bowl.  
Whisk mayo, lemon, LGO greens & 1/2 garlic  
Heat 2T oil, sautee carrot & onion, add  
thyme and 1/2 garlic & saute. Add 2 1/4  
cups water and 1/2 t. salt; bring to  
boil. Add sugar peas and cook til tender  
1 min. transfer to plate and add couscou  
to water, stir, cover, remove from heat.  
Let stand 5 min., fluff, stir in peas,  
salt & pepper to taste before serving.  
Grill oil coated tuna. Sprinkle with  
spices. Grill until seared; 4 min./side.  
Top fish with lemon aioli to serve.

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-----  
#DD11 Fish Steaks w/Couscous Kind: Dinner  
=====

Recipe: Salad-Spinach Toss  
-----

Use by 4 days

Ingredients: 2 cup Spinach-Fresh  
----- 4 Carrot(s)  
4 Tomato(es)  
2 cup Dressing-Italian

Directions:  
-----

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#DC8 Chicken Fajitas Kind: Dinner  
Serve 1 time: []

Recipe: Chicken Fajitas

Ingredients: 13 Chicken Breast  
----- 1 1/2 cup Sour Cream  
3/4 cup Lime Juice  
9 1/2 tbsp Garlic-minced  
9 1/2 Bell Pepper(s)  
5 Tomato(es)  
5 Yellow Onion(s)  
1 1/2 Chili Powder  
1 1/2 Cayenne  
1 1/2 Oregano  
24 Tortillas (uncooked)  
6 lb Beans-Black  
1 1/2 Cilantro (bunch)

Directions: To marinade blend lime juice & spices w/  
----- enough water to cover chicken. Marinate  
overnight if possible. Saute onion, add  
chicken cook till browning, add the bell  
pepper; cook till tender. S & P to taste  
serve w/tortillas and beans on the side.

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-----  
#DC8 Chicken Fajitas Kind: Dinner  
=====

Recipe: Salad-Cole Slaw  
-----

Ingredients:	1/2	Green Cabbage(s)
-----	1/4	Red Cabbage(s)
	4	Carrot(s)
	1 cup	Walnuts
	1 cup	Dressing-Ranch

Directions: Shred the cabbage. Grate the carrots.  
----- Toss together with some chopped walnuts.  
Dress if you wish or set dressing on the  
side to be dressed individually.



#DA4

Chicken Teriyaki & Mashed Potatoes

Kind: Dinner

Serve 1 time: []

Recipe: Chicken Teriyaki

Use by 7 days

- Ingredients:
- 16 Chicken Breast

4 cup Teriyaki Sauce

12 Potato-Red

16 oz Butter

16 oz Horse Radish

24 tbsp Garlic-minced

2 Parsley Bunch

Directions:

-----

Slice potatoes and boil in water until tender. Prepare coals for chicken. Grill chicken basting with teriyaki. Mash potatoes, stir in butter, horseradish, garlic and parsley.

Recipe: Salad-Caesar

Use by 15 days

- Ingredients:
- 3 Lettuce-Romaine

1 box Croutons

1 Lemon(s)

8 oz Cheese-Parmesan

2 cup Dressing-Ceasar

Directions:

-----

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-----  
#DC2 Chili, Corn Bread & Cole Slaw Kind: Dinner  
Serve 1 time: []  
=====

Recipe: Chili (canned)  
-----

Ingredients:	160 oz	Wolf Brand Chile
-----	1 lb	Cheese-Shred Pepper
	3 cup	Sour Cream
	1 1/4	Red Onion(s)

Directions: Follow the directions on the cans of  
----- chile and tamales. Grate the cheeses and  
chop the onions for garnish.

Recipe: Salad-Cole Slaw  
-----

Ingredients:	1/2	Green Cabbage(s)
-----	1/4	Red Cabbage(s)
	4	Carrot(s)
	1 cup	Walnuts
	1 cup	Dressing-Ranch

Directions: Shred the cabbage. Grate the carrots.  
----- Toss together with some chopped walnuts.  
Dress if you wish or set dressing on the  
side to be dressed individually.

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-----  
#DC2 Chili, Corn Bread & Cole Slaw

Kind: Dinner  
=====

Recipe: Cornbread  
-----

Ingredients:  
-----

4 box	Jiffy Cornbread Mix
4	Eggs
1 1/4 cup	Powdered Milk
15 oz	Corn-Canned
5 3/4 oz	Butter
1/2 cup	Honey

Directions:  
-----

Start the charcoal. Grease a dutch oven.  
Blend all the ingredients together...the  
batter will be slightly lumpy. Pour into  
the dutch oven and bake for approximate-  
ly 45 minutes. Serve warm with butter &  
honey.

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-----  
#DC5 Beef Stew-No Ice Kind: Dinner  
Serve 1 time: []  
=====

Recipe: Beef Stew  
-----

Ingredients: 240 oz Beef Stew  
-----

Directions: Heat the stew according to the direc-  
----- tions on the can. Serve with crackers,  
cheese and salad.

Recipe: Cornbread  
-----

Ingredients: 4 box Jiffy Cornbread Mix  
----- 4 Eggs  
1 1/4 cup Powdered Milk  
15 oz Corn-Canned  
5 3/4 oz Butter  
1/2 cup Honey

Directions: Start the charcoal. Grease a dutch oven.  
----- Blend all the ingredients together...the  
batter will be slightly lumpy. Pour into  
the dutch oven and bake for approximate-  
ly 45 minutes. Serve warm with butter &  
honey.



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-----  
#DB7                      Linguine/Clam Sauce/Bread/BeanSalad                      Kind: Dinner  
Serve      1 time:      []  
=====

Recipe: Linguine with Clam Sauce  
-----

Ingredients:	4	Yellow Onion(s)
-----	2 tsp	Garlic-minced
	30 floz	Milk-Shelf Prepared
	32 oz	Clams
	2 lb	Artichoke Heart
	1 cup	Oil-Olive
	4 oz	Butter
	3/4 cup	Water
	48 oz	Pasta-Linguine
	8 oz	Cheese-Parmesan
	1/4 lb	Knorr Alfredo Sauce
	16 oz	Mushrooms-Canned

Directions:      Heat oil and butter in a large skillet.  
-----      Saute onions and garlic over low heat  
                 until soft. Add Alfredo packet following  
                 packet instructions.  
                 Drain clams and add along with artichoke  
                 to sauce. Add salt and pepper to  
                 taste. Prepare the noodles. Spoon the  
                 sauce over noodles and serve.

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#DB7 Linguine/Clam Sauce/Bread/BeanSalad Kind: Dinner

Recipe: Salad-Three Bean

Use by 30 days

Ingredients: 30 oz Beans-Kidney  
30 oz Green Beans  
2 lb Beans-Wax  
1 cup Dressing-Lime

Directions: Drain canned bean, combine and toss with  
dressing.

Recipe: Garlic Bread

Ingredients: 2 French Bread  
8 3/4 oz Butter  
3 tbsp Garlic-minced

Directions: Split the bread in half. Butter each  
half and spread the garlic evenly over  
the butter. Toast on a griddle until  
golden brown, slice and serve out of a  
warm D.O.

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#DC1 Hamburgers, Beef & Veggie  
Serve 1 time: []

Kind: Dinner

Recipe: Hamburgers Beef & Veggie

Use by 7 days

Ingredients: 18 Hamburger Patties  
----- 4 Veggie Burger  
20 Kaiser / Onion Rolls  
20 Cheese-Sliced  
4 Tomato(es)  
1 Lettuce-Head  
16 oz Pickles-Dill  
8 oz Ketchup  
4 oz Mayonnaise  
4 oz Mustard-Stone Ground  
1 Red Onion(s)

Directions: Fire up the charcoal. Slice the tomatoes  
----- lay out the lettuce and condiments. BBQ  
the burgers, toast the buns, call dinner  
Don't forget the salad!

Recipe: Salad-Toss

Ingredients: 2 Lettuce-Romaine  
----- 4 Carrot(s)  
2 Cucumber(s)  
2 cup Dressing-Italian

Directions: Tear up the lettuce. Slice or chop up  
----- carrots and cucumbers.  
Toss everything together and serve with  
salad dressing on the side.

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-----  
#DB2 Quesadilla Pie & Cole Slaw Kind: Dinner  
Serve 1 time: []  
=====

Recipe: Quesadilla Pie  
-----

Ingredients:	3 1/4 dz	Tortillas (corn)
-----	3/4 lb	Cheese-Shred Cheddar
	1 3/4 lb	Cheese-Shred Pepper
	26 oz	Salsa
	51 oz	Chiles-Whole Green
	51 oz	Beans-Refried
	1 1/2	Lettuce-Head
	3	Tomato(es)
	2	Yellow Onion(s)
	3 1/4 cup	Sour Cream
	3 1/4	Lime(s)

Directions: Preheat a Dutch Oven which has been oil-  
-----ed. Cut cheese into thin slices. Place  
corn tortillas on the bottom of the D.O.  
and begin to layer ingredients on top of  
the torts: green chiles, cheese, refried  
beans, salsa, olives, and more tortillas  
...ending with salsa and olives. Bake  
until the cheese is melted and the en-  
tire pie is heated through.



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-----  
#DB2 Quesadilla Pie & Cole Slaw Kind: Dinner  
=====

Recipe: Salad-Cole Slaw  
-----

Ingredients:	1/2	Green Cabbage(s)
-----	1/4	Red Cabbage(s)
	4	Carrot(s)
	1 cup	Walnuts
	1 cup	Dressing-Ranch

Directions:	Shred the cabbage. Grate the carrots.
-----	Toss together with some chopped walnuts.
	Dress if you wish or set dressing on the
	side to be dressed individually.

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-----  
#DD16 Spaghetti w/Fresh Veggies Kind: Dinner  
Serve 1 time: []  
=====

Recipe: Spaghetti w/Fresh Veggies  
-----

Ingredients:	48 oz	Pasta-Spaghetti
-----	48 oz	Spaghetti Sauce/jar
	3 1/4 tbsp	Garlic-minced
	2	Eggplant
	1 lb	Mushroom(s)
	3	Yellow Onion(s)
	3	Zucchini(s)
	16 oz	Cheese-Parmesan

Directions:  
-----

Recipe: Garlic Bread  
-----

Ingredients:	2	French Bread
-----	8 3/4 oz	Butter
	3 tbsp	Garlic-minced

Directions: Split the bread in half. Butter each  
----- half and spread the garlic evenly over  
the butter. Toast on a griddle until  
golden brown, slice and serve out of a  
warm D.O.

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-----  
#DD16 Spaghetti w/Fresh Veggies Kind: Dinner  
=====

Recipe: Salad-Spinach Toss  
-----

Use by 4 days

Ingredients: 2 cup Spinach-Fresh  
----- 4 Carrot(s)  
4 Tomato(es)  
2 cup Dressing-Italian

Directions:  
-----

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-----  
#DB3                      Spaghetti, Can Veggies & Bean Salad                      Kind: Dinner  
Serve    1 time:        []  
=====

Recipe: Salad-Garbanzo & Artichoke  
-----

Use by 30 days

Ingredients:                      30 oz      Beans-Garbanzo  
-----                      16 oz      Marinated Artichokes  
                                 1/2 lb      Sundried Tomatos  
                                 4 floz     Dressing-Balsamic

Directions:                      Drain garbanzo & put in bowl, add the  
-----                      artichoke hearts w/marinade. Slice toms  
                                 & onions in thin strips and toss in.  
                                 Toss w/some oil from toms and balsamic  
                                 vinegar as needed. Salt & pepper to  
                                 taste and serve.

Recipe: Spaghetti w/Canned Veggies  
-----

Ingredients:                      48 oz      Pasta-Spaghetti  
-----                      64 oz      Spaghetti Sauce/jar  
                                 16 oz      Mushrooms-Canned  
                                 16 oz      Spinach  
                                 2          Yellow Onion(s)  
                                 6 oz      Cheese-Parmesan  
                                 2 tsp     Garlic-minced

Directions:                      Saute chopped onions and bell pepper  
-----                      with garlic in oil. Add the rest of the  
                                 ingredients (except for the noodles) and  
                                 simmer. Season with oregano, rosemary,  
                                 basil, parsley, salt and pepper, and  
                                 1 tbsps sugar. Prepare noodles according  
                                 to the directions on the package. Spoon  
                                 sauce over buttered noodles and serve.  
                                 Mama mia!



#DD32  
Serve 2 times: [] []

Italian Sausage Extras

Kind: Dinner

=====

Recipe: Italian Sausage  
-----

Use by 21 days

Ingredients: 8 Italian Sausages  
-----

Directions:  
-----

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### Recipe: Pesto Pasta-Fresh

```

Directions:      Start water for pasta, meanwhile, chop
-----          & saute onions, bell pepper and eggplant
                  Add pesto to tender veggies. Toss w/the
                  pasta when done and serve warm topped w/
                  parmessan.

```

### Recipe: Garlic Bread

Directions: Split the bread in half. Butter each  
----- half and spread the garlic evenly over  
the butter. Toast on a griddle until  
golden brown, slice and serve out of a  
warm D.O.

#DD5

Pesto Pasta w/Bread & Toss Salad

Kind: Dinner

Recipe: Salad-Italian Toss

Use by 7 days

- Ingredients:
- 3

3

1/2

2

2 cup

1 box

Lettuce-Romaine

Carrot(s)

Red Cabbage(s)

Tomato(es)

Dressing-Italian

Croutons

Directions:

-----

#DA6

Beef Steaks & Bakes

Kind: Dinner

Serve 1 time: []

Recipe: Beef Steaks & Bakes

Use by 7 days

Ingredients:

-----

16 Sirloin Steaks

16 Potato-Bake

4 oz Butter

2 cup Sour Cream

Directions:

-----

Start the DO charcoal, bake the potatoes to be served with butter and sour cream. Start the grill charcoal after potatoes have baked for 30 minutes. Grill the steaks to their mouth-watering best...and devour all of it!

Recipe: Salad-Apple, Celery & Walnut

-----

Ingredients:

-----

2 cup Dressing-Lime

16 Celery Stalk(s)

6 Apple(s)

1 1/2 cup Walnuts

Directions:

-----

Thinly slice celery, cut apples to thin sliced triangles and chop walnuts. Place all in a large bowl and toss w/dressing.



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-----  
#SA6 White Cake & White Frosting Kind: Sweets  
Serve 1 time: []  
=====

Recipe: White Cake w/White Frosting  
-----

Ingredients: 2 White Cake  
----- 5 Eggs  
4 1/4 floz Oil-Canola  
2 White Frosting

Directions:  
-----

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-----  
#SA5 Brownies Kind: Sweets  
Serve 3 times: [] [] []  
=====

Recipe: Brownies  
-----

Ingredients: 2 box Brownies  
----- 2 Eggs  
3 1/2 floz Oil-Canola  
3/4 cup Water

Directions: Start the charcoal. To make the brownie  
----- batter, follow the directions on the box  
with one exception: For the best baking  
results, keep the batter as dry as pos-  
sible. Add only enough water to make a  
thick batter. Pour the batter into a  
greased Dutch Oven. Brownies take longer  
to bake than cakes: one to one & 1/2  
hours. Don't use extra brickets, however  
...you'll only burn the brownies. Just  
be patient and allow for extra cooking  
time. When you smell 'em baking, test  
with a knife for doneness. Cool. Feast.

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-----  
#SB4 Assorted Candy Bars Kind: Sweets  
Serve 2 times: [] []  
=====

Additional meal supplies:  
-----

2 lb Assorted Candy

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-----  
#SB5 Assorted Cookies Kind: Sweets  
Serve 4 times: [] [] [] []  
=====

Additional meal supplies:  
-----

2 lb Assorted Cookies



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-----  
#SA4 Carrot Cake With Cream Cheese Frstg Kind: Sweets  
Serve 1 time: []  
=====

Recipe: Carrot Cake w/ Cream Cheese Frosting  
-----

Ingredients: 1 box Carrot Cake  
----- 4 Eggs  
3 floz Oil-Canola  
1/2 cup Water  
1 can Cream Cheese Frostng

Directions: Start the charcoal. To make the cake  
----- batter, follow the directions on the box  
with one exception: For the best baking  
results, keep the batter as dry as pos-  
sible. Add only enough water to make a  
thick batter. Pour the batter into a  
greased Dutch Oven. Bake for 30-45 min.  
or until you smell the cake. Test with  
a knife for doneness. Cool, frost and  
serve.

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-----  
#SA2 German Chocolate Cake With Cocntpcn Kind: Sweets  
Serve 1 time: []  
=====

Recipe: German Chocolate Cake w/ CoconutPcn Frst  
-----

Ingredients: 3 oz Butter  
----- 2 box German Choc Cake  
5 Eggs  
3 3/4 floz Oil-Canola  
3/4 cup Water  
2 box Coconut Pecan Frstng

Directions: Start the charcoal. To make the cake  
----- batter, follow the directions on the box  
with one exception: For the best baking  
results, keep the batter as dry as pos-  
sible. Add only enough water to make a  
thick batter. Pour the batter into a  
greased Dutch Oven. Bake for 30-45 min.  
or until you smell the cake. Test with  
a knife for doneness. Cool, frost and  
serve.

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-----  
#A4 Beer Nuts Kind: Other  
Serve 1 time: []  
=====

Recipe: Beer Nuts  
-----

Ingredients: 2 can Beer Nuts  
-----

Directions: Open the lid. Grab a handful of nuts.  
----- Crunch and munch.

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-----  
#A1 Crackers And Cheeses Kind: Other  
Serve 3 times: [] [] []  
=====

Recipe: Assorted Crackers and Cheeses  
-----

Ingredients: 1 lb Assorted Crackers  
----- 2 lb Cheese-Assorted

Directions: Open the box of crackers, slice the  
----- cheese...you're out in the wilderness...  
do what you please.



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-----  
#A2                      Crackers, Oysters, Kippers & Cheese                      Kind: Other  
Serve      2 times:      []    []  
=====

Recipe: Assorted Crackers/Oysters/Kippers/Cheese  
-----

Ingredients:                      1 lb      Assorted Crackers  
-----                      3 can      Smoked Oysters  
                                 2 can      Kipper Snacks  
                                 3/4 lb      Cheese-Assorted

Directions:                      Open the box of crackers, open the tins  
-----                      of fish...enjoy an appetizer while you  
                                 do what you wish.

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-----  
#A8 Tortilla Chips Kind: Other  
Serve 3 times: [] [] []  
=====

Recipe: Tortilla Chips  
-----

Ingredients: 32 oz Tortilla Chips  
----- 16 oz Salsa  
16 oz Guacamole Pouch

Directions: Open the salsa pour into a bowl, open  
----- the guacamole squish into another bowl,  
set out with open chip bag and call it.

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Use by 7 days

Ingredients:	3 1/2	Bell Pepper(s)
-----	1 1/2 lb	Carrots-Baby
	8	Celery Stalk(s)
	1 cup	Dressing-Ranch

Directions:

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-----  
#A6 Mixed Nuts Kind: Other  
Serve 1 time: []  
=====

Recipe: Mixed Nuts  
-----

Ingredients: 2 can Mixed Nuts  
-----

Directions: Open the lid. Grab a handful of nuts.  
----- Crunch and munch.



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-----  
#A7 Pretzels & Mustard  
Serve 1 time: []  
=====

Kind: Other

Recipe: Pretzels & Mustard  
-----

Ingredients: 2 Pretzels (Rods)  
----- 16 oz Mustard-Stone Ground

Directions: Open the lid. Pour out a chip. Eat it.  
----- Pretty easy, huh.

Additional trip supplies:  
-----

320 floz	Half & Half
28 lb	Trail Mix
100	Assorted Herb Teas
100	Assorted Black Tea
14 lb	Coffee
28	Cocoa (sngl Serving)
25 floz	Oil-Canola
1 1/2 cup	Oil-Olive
2 cup	Honey
24	Toilet Paper
50	Trash Bags
100	Ziplocks-Large
100	Ziplocks-Small
1 box	Matches
3 qt	Lighter Fluid
50 lb	Charcoal
8	Paper Towels (rolls)
1 cup	Clorox
2 cup	Dish Washing Liquid
2	Sponges
2	Hand Soap
50	Foil (feet)
4 cup	Sugar

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Shopping List  
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Party of 16

Departs on 09/11/12 for 14 days

Supply	Amount	Uses/Meals
-----	-----	-----
Dairy		
Half & Half	320 floz (20 @ 16 floz)	1/0
Yogurt	144 floz (6 @ 24 floz)	2/2
Eggs	15 3/4 dz	15/15
Cheese-Feta	2 1/2 lb	3/3
Butter	86 oz	13/12
Cheese-Sliced	132	7/7
Sour Cream	6 pt	5/5
Cheese-Shred Pepper	4 3/4 lb	5/5
Cheese-Shred Cheddar	2 3/4 lb	4/4
Cream Cheese	56 oz (7 @ 8 oz)	2/2
Cheese-Parmesan	54 oz	5/5
Cheese-Assorted	7 1/2 lb	5/5
Dry Goods		
Oatmeal	12 lb	4/4
Milk-Shelf Prepared	352 floz (11 @ 32 floz)	7/7
Cereal-Granola	8 lb	2/2
Krusties	4 lb	2/2
Frito Lay Scoops	11 1/4	14/14
Potato Chips-Pringle	7 lb	14/14
Assorted Cookies	23 lb	19/18
Pasta-Bow Tie	8 lb	3/3
Tabouli	2 1/2 lb (128 @ 1/4 oz)	1/1
Rye Krisp	5 lb (10 @ 8 oz)	2/2
Rice-Brown	2 1/4 lb (22 @ 1/4 cup)	1/1
Couscous	8 cup (32 @ 1/4 cup)	1/1
Croutons	2 box	2/2
Jiffy Cornbread Mix	8 box	2/2
Pasta-Linguine	48 oz (4 @ 12 oz)	1/1
Pasta-Spaghetti	96 oz	2/2
Assorted Crackers	5 lb (8 @ 10 oz)	5/5
White Cake	2	1/1
White Frosting	2	1/1
Brownies	6 box	3/3
Assorted Candy	4 lb	2/2
Carrot Cake	1 box	1/1
Cream Cheese Frostng	1 can	1/1
German Choc Cake	2 box	1/1
Coconut Pecan Frstng	2 box	1/1
Cans		
Assorted Fruit	144 oz (9 @ 16 oz)	9/9
Blueberries	3 can (6 @ 1/2 can)	2/2
Beans-Black	9 3/4 lb	2/2
Chiles-Jalapeno chpd	2 can	1/1
Olives-Black/chopped	51 oz (12 @ 4 1/4 oz)	7/7
Beans-Garbanzo	78 oz	3/3
Sundried Tomatos	2 lb	4/4
Chunk Chicken	75 oz (6 @ 12 1/2 oz)	2/2
Beans-Kidney	126 oz	3/3

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Supply	Amount	Uses/Meals
-----	-----	-----
Cans (cont.)		
Jalapeno Chili-Slice	16 oz (4 @ 4 oz)	2/2
Tuna	100 oz (8 @ 12 1/2 oz)	2/2
Olives-Kalamata	1 lb	1/1
Broth, Canned	2 1/2 lb	1/1
Wolf Brand Chile	160 oz (4 @ 40 oz)	1/1
Corn-Canned	32 oz (2 @ 16 oz)	2/2
Beef Stew	240 oz (6 @ 40 oz)	1/1
Clams	36 oz (6 @ 6 oz)	1/1
Artichoke Heart	2 lb	1/1
Mushrooms-Canned	32 oz (8 @ 4 oz)	2/2
Green Beans	32 oz (2 @ 16 oz)	1/1
Beans-Wax	2 lb (2 @ 15 oz)	1/1
Chiles-Whole Green	54 oz (2 @ 27 oz)	1/1
Beans-Refried	51 oz	1/1
Spaghetti Sauce/jar	112 oz	2/2
Spinach	16 oz (1 @ 16 oz)	1/1
Smoked Oysters	6 can	2/2
Kipper Snacks	4 can	2/2
Fresh		
Juice (frzn Canned)	216 floz (18 @ 12 floz)	13/13
Mushroom(s)	1 1/2 lb (3 @ 8 oz)	2/2
Yellow Onion(s)	22	8/8
Zucchini(s)	10	2/2
Cantelope(s)	2	1/1
Honey Do Melon(s)	4	2/2
Tomato(es)	51	13/13
Guacamole Pouch	112 oz (14 @ 8 oz)	7/7
Carrots-Baby	2 1/2 lb	3/3
Bell Pepper(s)	24	6/6
Carrot(s)	37	10/9
Cucumber(s)	12 1/2 (25 @ 1/2)	3/3
Celery Stalk(s)	56	6/6
Garlic-minced	34 floz (8 @ 4 1/4 floz)	10/8
Mint Sprigs-Fresh	10	1/1
Red Onion(s)	4 (16 @ 1/4)	3/3
Lettuce-Head	4	3/3
Apple(s)	38	3/3
Green Onion Bunch(s)	7	2/2
Lemon(s)	4	2/2
Snap Peas	2 lb (8 @ 1/4 lb)	1/1
Spinach-Fresh	4 cup	2/2
Clantro (bunch)	2	1/1
Green Cabbage(s)	1 1/2 (8 @ 1/4)	3/3
Red Cabbage(s)	1 1/4 (5 @ 1/4)	4/4
Potato-Red	12	1/1
Parsley Bunch	2	1/1
Lettuce-Romaine	8	3/3
Water	4 cup	6/6
Veggie Burger	4	1/1
Lime(s)	4	1/1
Eggplant	4	2/2



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Supply	Amount	Uses/Meals
-----	-----	-----
Fresh (cont.)		
Pesto	8 oz (1 @ 8 oz)	1/1
Potato-Bake	16	1/1
Meat		
Sausage Links	64	2/2
Bacon	17 lb	5/5
Sliced Turkey	4 lb	2/2
Salmon-Smoked	2 lb	1/1
Salami (dried Roll)	3 lb	2/2
Fish Steaks/6 oz	40	2/2
Chicken Breast	29	2/2
Hamburger Patties	18	1/1
Italian Sausages	16	2/2
Sirloin Steaks	16	1/1
Bakery		
English Muffins	16	1/1
Sourdough	3 loaf	2/2
Tortillas (corn)	5 1/4 dz	2/2
Tortillas (flour)	149	8/8
Bread	4 loaf (4 @ 16 slc)	2/2
French Bread	8	4/4
Tortillas (uncooked)	24	1/1
Kaiser / Onion Rolls	20	1/1
Sundries		
Trail Mix	28 lb	1/0
Assorted Herb Teas	100	1/0
Assorted Black Tea	100	1/0
Coffee	14 lb	1/0
Cocoa (sngl Serving)	36 (3 @ 12)	1/0
Oil-Canola	47 floz	7/6
Oil-Olive	4 1/2 cup (141 @ 1/4 floz)	3/2
Honey	22 floz	3/2
Toilet Paper	24 (6 @ 4)	1/0
Trash Bags	50	1/0
Ziplocks-Large	100 (5 @ 20)	1/0
Ziplocks-Small	100 (4 @ 25)	1/0
Matches	1 box	1/0
Lighter Fluid	3 qt	1/0
Charcoal	50 lb (5 @ 10 lb)	1/0
Paper Towels (rolls)	8	1/0
Clorox	1 qt	1/0
Dish Washing Liquid	16 floz	1/0
Sponges	2	1/0
Hand Soap	2	1/0
Foil (feet)	50 (2 @ 25)	1/0
Brown Sugar	4 cup	4/4
Raisins	6 cup	4/4
Walnuts	3 1/8 lb (50 @ 1/4 cup)	8/8
Syrup-Real Maple	48 oz	2/2
Salsa	155 oz	8/8



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=====
```

Supply	Amount	Uses/Meals
-----	-----	-----
Sundries (cont.)		
Roasted Red Peppers	2 1/4 lb	2/2
Pepperoncini	20 oz (2 @ 10 oz)	1/1
Mayonnaise	96 oz (6 @ 16 oz)	7/7
Mustard-Dijon	12 oz	4/4
Peanut Butter	23 floz	14/14
Jam-Assorted	42 oz	14/14
Pretzels (Rods)	9 (36 @ 1/4)	15/15
Dressing-Italian	3 1/4 qt	7/7
Marinated Artichokes	36 oz (6 @ 6 oz)	2/2
Capers	3 oz	1/1
Dressing-Balsamic	17 floz	2/2
Cashews	4 cup	2/2
Tortilla Chips	128 oz (8 @ 16 oz)	5/5
Lemon Juice	2 cup (2 @ 8 floz)	2/2
Lime Juice	3/4 cup (26 @ 1/4 floz)	1/1
Dressing-Ranch	4 cup	4/4
Teriyaki Sauce	40 floz (4 @ 10 floz)	1/1
Horse Radish	16 oz (4 @ 4 oz)	1/1
Dressing-Ceasar	2 cup	1/1
Powdered Milk	1 qt	2/2
Dressing-Lime	3 cup	2/2
Pickles-Dill	16 oz	1/1
Ketchup	32 oz (1 @ 2 lb)	1/1
Mustard-Stone Ground	20 oz	2/2
Beer Nuts	2 can	1/1
Mixed Nuts	2 can	1/1
Spices		
Sugar	4 cup	1/0
Dill	5 1/2	2/2
Fennel	2 3/4 tbsp (32 @ 1/4 tsp)	1/1
Cumin	4	1/1
Salt-Coarse Sea	2 tbsp	1/1
Thyme	4	1/1
Chili Powder	1 1/2	1/1
Cayenne	1 1/2	1/1
Oregano	1 1/2	1/1
Knorr Alfredo Sauce	1/4 lb	1/1