

Trip # 25
12/08/12 22:04

Expedition Menu Planner
7-Day Cataract

Menu & Supplies
Page 1

Party of 10

Departs on 08/01/13 for 7 days

Breakfast:

B3	French Toast	1 time:	[]
1 1/4 dz	Eggs		
1/4 lb	Butter		
10 floz	Juice (frzn Canned)		
3/4 lb	Stawberries		
4	Banana(s)		
2	French Bread		
14 oz	Syrup-Real Maple		
BS	Breakfast Meat: Sausage	1 time:	[]
20	Sausage Links		
BB	Breakfast Meat: Bacon	1 time:	[]
2 lb	Bacon		
B14	One-Eyed Johnnys	1 time:	[]
1 3/4 dz	Eggs		
10	Cheese-Sliced		
2	Honey Do Melon(s)		
20 floz	Juice (frzn Canned)		
1 1/4 loaf	Sourdough		
B13	Egg & Fresh Veggie Scramble	1 time:	[]
1 3/4 dz	Eggs		
1/2 lb	Cheese-Feta		
1/4 lb	Butter		
1/4 lb	Mushroom(s)		
1	Yellow Onion(s)		
4	Zucchini(s)		
1	Cantelope(s)		
10 floz	Juice (frzn Canned)		
10	English Muffins		
BB	Breakfast Meat: Bacon	1 time:	[]
2 lb	Bacon		
B2	Pancakes-Blueberry or Fruit	1 time:	[]
3 oz	Butter		
20 oz	Krusties		
1 can	Blueberries		
3/4 lb	Assorted Fruit		
10 floz	Juice (frzn Canned)		
15 oz	Syrup-Real Maple		
B9	Granola, Yogurt & Fruit	1 time:	[]
5 cup	Yogurt		
3 3/4 lb	Cereal-Granola		
2 1/2 cup	Milk-Shelf Prepared		
3/4 lb	Assorted Fruit		
20 floz	Juice (frzn Canned)		

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#B5 Eggs To Order Kind: Breakfast

B5	Eggs To Order	1 time:	[]
1	3/4 dz Eggs		
	3 oz Butter		
	3/4 lb Assorted Fruit		
	10 floz Juice (frzn Canned)		
	10 Brkfst Fruit (1 Srv)		
	10 English Muffins		
	3 oz Jam-Assorted		

Lunch:

LA1	Cold Cuts	1 time:	[]
	15 Cheese-Sliced		
	3/4 lb Potato Chips-Lays		
	3/4 lb Assorted Cookies		
	10 oz Guacamole Pouch		
	3 Tomato(es)		
	1/4 lb Carrots-Baby		
	3/4 lb Sliced Turkey		
	3/4 lb Sliced Pastrami		
1	1/4 loaf Bread		
	5 oz Mayonnaise		
	1 oz Mustard-Dijon		
	1/4 cup Peanut Butter		
	2 oz Jam-Assorted		
	1/4 Pretzels (Rods)		

LA1	Cold Cuts	1 time:	[]
	15 Cheese-Sliced		
	3/4 lb Potato Chips-Lays		
	3/4 lb Assorted Cookies		
	10 oz Guacamole Pouch		
	3 Tomato(es)		
	1/4 lb Carrots-Baby		
	3/4 lb Sliced Turkey		
	3/4 lb Sliced Pastrami		
1	1/4 loaf Bread		
	5 oz Mayonnaise		
	1 oz Mustard-Dijon		
	1/4 cup Peanut Butter		
	2 oz Jam-Assorted		
	1/4 Pretzels (Rods)		

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#LB1 Chicken Salad Kind: Lunch

LB1 Chicken Salad 1 time: []
3/4 lb Potato Chips-Lays
3/4 lb Assorted Cookies
20 oz Chunk Chicken
4 oz Olives-Black/chopped
1 Celery Stalk(s)
1 Red Onion(s)
1/2 Lettuce-Head
5 oz Guacamole Pouch
12 Tortillas (flour)
3/4 cup Cashews
8 oz Mayonnaise
1/4 cup Peanut Butter
2 oz Jam-Assorted
1/4 Pretzels (Rods)

LA1 Cold Cuts 1 time: []
15 Cheese-Sliced
3/4 lb Potato Chips-Lays
3/4 lb Assorted Cookies
10 oz Guacamole Pouch
3 Tomato(es)
1/4 lb Carrots-Baby
3/4 lb Sliced Turkey
3/4 lb Sliced Pastrami
1 1/4 loaf Bread
5 oz Mayonnaise
1 oz Mustard-Dijon
1/4 cup Peanut Butter
2 oz Jam-Assorted
1/4 Pretzels (Rods)

L4 Pasta Salad-Canned 1 time: []
1/2 lb Cheese-Feta
1 1/4 lb Pasta-Bow Tie
3/4 lb Potato Chips-Lays
3/4 lb Assorted Cookies
15 oz Beans-Garbanzo
1/4 lb Sundried Tomatoes
4 oz Olives-Black/chopped
3/4 lb Roasted Red Peppers
10 oz Marinated Artichokes
1 cup Dressing-Italian
1/4 cup Peanut Butter
2 oz Jam-Assorted
1/4 Pretzels (Rods)

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#LB5 Mexi Salad Kind: Lunch

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LB5	Mexi Salad	1 time:	[]
	1/4 lb Cheese-Shred Pepper		
	1/4 lb Cheese-Shred Cheddar		
	3/4 lb Potato Chips-Lays		
	3/4 lb Assorted Cookies		
	30 oz Beans-Kidney		
	4 oz Jalapeno Chiles		
	4 oz Olives-Black/chopped		
	8 oz Guacamole Pouch		
	12 Tortillas (flour)		
	16 oz Salsa		
	10 oz Tortilla Chips		
	1/4 cup Peanut Butter		
	2 oz Jam-Assorted		
	1/4 Pretzels (Rods)		

L5	Tuna Couscous Salad-Canned	1 time:	[]
1	1/4 cup Couscous		
	3/4 lb Potato Chips-Lays		
	3/4 lb Assorted Cookies		
	30 oz Tuna		
	10 oz Water Chestnuts		
	5 oz Olives-Black/chopped		
1	1/4 cup Dressing-Sesame		
	1/4 cup Peanut Butter		
	2 oz Jam-Assorted		
	1/4 Pretzels (Rods)		

Dinner:

DD30	Salmon & Udon Noodles	1 time:	[]
1	1/4 lb Pasta-Udon		
	6 oz Mandrine Oranges		
	1 Yellow Onion(s)		
1	1/2 Bell Pepper(s)		
	1 Zucchini(s)		
3	3/4 tbsp Garlic-minced		
	5 Lime(s)		
	2 Lettuce-Romaine		
	10 Fish Steaks/6 oz		
	5 floz Oil-Canola		
	5 floz Oil-Seasame		
	1/8 cup Honey		
	5 oz Soy Sauce		
	3/4 cup Tamari		
	1/2 cup Almonds		
1	1/4 cup Dressing-Sesame		

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#DA15 Pork Chop Bake & Cole Slaw Kind: Dinner

DA15 Pork Chop Bake & Cole Slaw 1 time: []
2 1/2 cup Sour Cream
18 3/4 oz Crm Of Mushroom Soup
20 oz Applesauce
10 Potato-Red
3 Yellow Onion(s)
1/4 Green Cabbage(s)
1/8 Red Cabbage(s)
3 Carrot(s)
10 Pork Chops
3/4 cup Walnuts
3/4 cup Dressing-Ranch

DC8 Chicken Fajitas 1 time: []
1 cup Sour Cream
3 3/4 lb Beans-Black
6 tbsps Garlic-minced
6 Bell Pepper(s)
3 Tomato(es)
3 Yellow Onion(s)
1 Cilantro (bunch)
1/4 Green Cabbage(s)
1/8 Red Cabbage(s)
3 Carrot(s)
8 Chicken Breast
15 Tortillas (uncooked)
1/2 cup Lime Juice
3/4 cup Walnuts
3/4 cup Dressing-Ranch
1 Chili Powder
1 Cayenne
1 Oregano

DD22 Lasagna, Garlic Bread & Toss Salad 1 time: []
1 1/4 lb Cheese-Mozzarella
1 1/4 lb Ricotta Cheese
5 oz Cheese-Parmesan
1/2 lb Butter
20 oz Pasta-Lasagna Noodle
1 box Croutons
80 oz Spaghetti Sauce/jar
3/4 lb Olives-Kalamata
1 1/4 lb Artichoke Heart
1 1/4 lb Mushroom(s)
1 Spinach-Frozen
2 tbsps Garlic-minced
2 Lettuce-Romaine
2 Carrot(s)
1/4 Red Cabbage(s)
1 Tomato(es)
1 French Bread
1 1/4 cup Dressing-Italian

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#DA6 Steaks & Bakes Kind: Dinner

DA6 Steaks & Bakes 1 time: []
1/4 lb Butter
2 cup Sour Cream
10 Potato-Bake
1 Lettuce-Romaine
3 Carrot(s)
1 1/4 Cucumber(s)
10 Sirloin Steaks
1 1/4 cup Dressing-Italian

DA13 Spaghetti w/Veggies & Sausages 1 time: []
10 oz Cheese-Parmesan
1/2 lb Butter
40 oz Pasta-Spaghetti
32 oz Spaghetti Sauce/jar
1 Eggplant
2 Bell Pepper(s)
2 Yellow Onion(s)
2 1/2 tbsp Garlic-minced
1 Lettuce-Romaine
3 Carrot(s)
1 1/4 Cucumber(s)
5 Italian Sausages
1 French Bread
1 1/4 cup Dressing-Italian

Sweets:

SB5 Assorted Cookies 1 time: []
1 1/4 lb Assorted Cookies

SA5 Brownies 1 time: []
2 Eggs
1 box Brownies
1/2 cup Water
2 1/4 floz Oil-Canola
1/2 cup Walnuts

SB5 Assorted Cookies 1 time: []
1 1/4 lb Assorted Cookies

SA7 Lemon Pie 1 time: []
9 oz Whipped Topping-can
1 box Jello Pudding-Lemon
1 Graham Cracker Crust
3 3/4 cup Milk-Shelf Prepared
1 can Raspberries

SB5 Assorted Cookies 1 time: []
1 1/4 lb Assorted Cookies

SB5 Assorted Cookies 1 time: []
1 1/4 lb Assorted Cookies

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Other:			
A13	Vegetables & Dip	1 time:	[]
	2 Bell Pepper(s)		
	1 lb Carrots-Baby		
	5 Celery Stalk(s)		
	3/4 lb Vegetable Dip		
A20	Texas Caviar	1 time:	[]
	1 Frito Lay Scoops		
	1 Black-eyed Peas		
	1 Shoe Peg Corn		
	4 oz Jalapeno Chiles		
	2 Bell Pepper(s)		
	1/2 Cilantro (bunch)		
	1 Tomato(es)		
	1 cup Dressing-Italian		
A8	Tortilla Chips	1 time:	[]
	10 oz Guacamole Pouch		
	20 oz Tortilla Chips		
	10 oz Salsa		
A9	Crackers & Marinated Veggies	1 time:	[]
	1/2 lb Cheese-Brie		
	3/4 lb Assorted Crackers		
	1/4 lb Olives-Kalamata		
	7 oz Marinated Artichokes		
	7 oz Marinated Veggies		
A7	Pretzels & Mustard	1 time:	[]
	1 1/4 Pretzels (Rods)		
	10 oz Mustard-Stone Ground		
A3	Crackers, Oysters & Brie	1 time:	[]
	3/4 lb Cheese-Brie		
	3/4 lb Assorted Crackers		
	1 can Smoked Oysters		

Party of 10
Departs on 08/01/13 for 7 days

#B3 French Toast Kind: Breakfast
Serve 1 time: []
=====

Recipe: French Toast

- Ingredients: 2 French Bread
----- 1 1/4 dz Eggs
1/4 lb Butter
14 oz Syrup-Real Maple
10 floz Juice (frzn Canned)
3/4 lb Stawberries
4 Banana(s)

Directions: Slice strawberries and bananas into a
----- bowl and set aside.
Whip up the eggs w/some orange juice and
cinnamon. Dip each piece of bread in the
egg mixture and cook on a lightly oiled
skillet or the griddle.
Fry until golden brown and store in a
warm D.O. Serve with butter, syrup and
fruit on the side.

#BS
Serve 1 time: []

Breakfast Meat: Sausage

Kind: Breakfast

=====

Recipe: Breakfast Meat: Sausage

Use by 10 days

Ingredients: 20 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 1 time: []
=====

Recipe: Breakfast Meat: Bacon

Ingredients: 2 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.

#B14
Serve 1 time: []

One-Eyed Johnnys

Kind: Breakfast

Recipe: One-Eyed Johnnys

Use by 20 days

Ingredients: 1 3/4 dz Eggs
----- 10 Cheese-Sliced
1 1/4 loaf Sourdough
2 Honey Do Melon(s)
10 floz Juice (frzn Canned)
10 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.

#B13

Egg & Fresh Veggie Scramble

Kind: Breakfast

Serve 1 time: []

=====

Recipe: Egg & Fresh Veggie Scramble

- Ingredients: -----
- 1 3/4 dz

1/2 lb

1/4 lb

1/4 lb

1

4

10

1

10 floz

Eggs

Cheese-Feta

Butter

Mushroom(s)

Yellow Onion(s)

Zucchini(s)

English Muffins

Cantelope(s)

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.

#BB

Breakfast Meat: Bacon

Kind: Breakfast

Serve 1 time: []

Recipe: Breakfast Meat: Bacon

Ingredients: 2 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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#B2 Pancakes-Blueberry or Fruit Kind: Breakfast
Serve 1 time: []
=====

Recipe: Pancakes-Blueberry or Fruit

Ingredients: 20 oz Krusties
----- 1 can Blueberries
15 oz Syrup-Real Maple
3 oz Butter
10 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!

Recipe: Breakfast Fruit

Ingredients: 3/4 lb Assorted Fruit

Directions:

#B9
Serve 1 time: []

Granola, Yogurt & Fruit

Kind: Breakfast

Recipe: Granola, Yogurt & Fruit

Ingredients:

3 3/4 lb Cereal-Granola
2 1/2 cup Milk-Shelf Prepared
5 cup Yogurt
20 floz Juice (frzn Canned)

Directions:

Recipe: Breakfast Fruit

Ingredients:

3/4 lb Assorted Fruit

Directions:

Recipe: Eggs to Order

Ingredients:

1 3/4 dz Eggs
10 English Muffins
3 oz Butter
3 oz Jam-Assorted
10 floz Juice (frzn Canned)
10 Brkfst Fruit (1 Srv)

Directions:

Prepare the eggs any way you like...
Toast the english muffins in a skillet
with butter until golden brown and serve
with jam.

Recipe: Breakfast Fruit

Ingredients:

3/4 lb Assorted Fruit

Directions:

#LA1

Cold Cuts

Kind: Lunch

Serve 1 time: []

Recipe: Cold Cuts

- Ingredients:
- 3/4 lb

Sliced Turkey

3/4 lb

Sliced Pastrami

10 oz

Guacamole Pouch

1 1/4 loaf

Bread

15

Cheese-Sliced

3

Tomato(es)

5 oz

Mayonnaise

1 oz

Mustard-Dijon

1/4 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:
- 1/4 cup

Peanut Butter

2 oz

Jam-Assorted

1/4

Pretzels (Rods)

3/4 lb

Potato Chips-Lays

3/4 lb

Assorted Cookies

Directions:

#LA1

Cold Cuts

Kind: Lunch

Serve 1 time: []

Recipe: Cold Cuts

Ingredients:

3/4 lb Sliced Turkey

3/4 lb Sliced Pastrami

10 oz Guacamole Pouch

1 1/4 loaf Bread

15 Cheese-Sliced

3 Tomato(es)

5 oz Mayonnaise

1 oz Mustard-Dijon

1/4 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:

1/4 cup Peanut Butter

2 oz Jam-Assorted

1/4 Pretzels (Rods)

3/4 lb Potato Chips-Lays

3/4 lb Assorted Cookies

Directions:

#LB1

Chicken Salad

Kind: Lunch

Serve 1 time: []

Recipe: Chicken Salad

Ingredients:

20 oz Chunk Chicken

3/4 cup Cashews

4 oz Olives-Black/chopped

8 oz Mayonnaise

1 Celery Stalk(s)

1 Red Onion(s)

1/2 Lettuce-Head

5 oz Guacamole Pouch

12 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:

1/4 cup Peanut Butter

2 oz Jam-Assorted

1/4 Pretzels (Rods)

3/4 lb Potato Chips-Lays

3/4 lb Assorted Cookies

Directions:

#LA1

Cold Cuts

Kind: Lunch

Serve 1 time: []

Recipe: Cold Cuts

Ingredients:

3/4 lb Sliced Turkey

3/4 lb Sliced Pastrami

10 oz Guacamole Pouch

1 1/4 loaf Bread

15 Cheese-Sliced

3 Tomato(es)

5 oz Mayonnaise

1 oz Mustard-Dijon

1/4 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:

1/4 cup Peanut Butter

2 oz Jam-Assorted

1/4 Pretzels (Rods)

3/4 lb Potato Chips-Lays

3/4 lb Assorted Cookies

Directions:

Recipe: Pasta Salad-Canned

Use by 30 days

Ingredients:

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

Directions:

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

Recipe: Lunch Extras

Ingredients:

1/4 cup Peanut Butter
2 oz Jam-Assorted
1/4 Pretzels (Rods)
3/4 lb Potato Chips-Lays
3/4 lb Assorted Cookies

Directions:

#LB5

Mexi Salad

Kind: Lunch

Serve 1 time: []

Recipe: Mexican Salad

- Ingredients:
- 1/4 lb

Cheese-Shred Pepper

1/4 lb

Cheese-Shred Cheddar

8 oz

Guacamole Pouch

16 oz

Salsa

12

Tortillas (flour)

30 oz

Beans-Kidney

4 oz

Jalapeno Chiles

4 oz

Olives-Black/chopped

10 oz

Tortilla Chips

Directions:

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

Recipe: Lunch Extras

- Ingredients:
- 1/4 cup

Peanut Butter

2 oz

Jam-Assorted

1/4

Pretzels (Rods)

3/4 lb

Potato Chips-Lays

3/4 lb

Assorted Cookies

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#L5 Tuna Couscous Salad-Canned Kind: Lunch
Serve 1 time: []
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Recipe: Tuna Couscous Salad-Canned

Ingredients:	30 oz	Tuna
-----	1 1/4 cup	Dressing-Sesame
	10 oz	Water Chestnuts
	1 1/4 cup	Couscous
	5 oz	Olives-Black/chopped

Directions:

Recipe: Lunch Extras

Ingredients:	1/4 cup	Peanut Butter
-----	2 oz	Jam-Assorted
	1/4	Pretzels (Rods)
	3/4 lb	Potato Chips-Lays
	3/4 lb	Assorted Cookies

Directions:

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#DD30 Salmon & Udon Noodles Kind: Dinner
Serve 1 time: []
=====

Recipe: Salmon & Udon Noodles

Use by 6 days

Ingredients:	10	Fish Steaks/6 oz
-----	5 floz	Oil-Canola
	5 floz	Oil-Seasame
	1/8 cup	Honey
	1 1/4 lb	Pasta-Udon
	5 oz	Soy Sauce
	3/4 cup	Tamari
	1	Yellow Onion(s)
	1 1/2	Bell Pepper(s)
	1	Zucchini(s)
	3 3/4 tbsp	Garlic-minced
	5	Lime(s)

Directions: Zest, then juice the limes. In a ziplock
----- blend juice, zest & 1/2 the canola oil.
Add to fish and let marinate 10-20 min.
Meanwhile bring a pot of water to a boil
cook and drain the noodles. Mix the
sesame oil, soy, tamari & honey and add
to noodles & toss. Oil & cook fish on a
oiled griddle tented w/foil. In another
Chop vegetables and in anothe pan heat
remaining oil, saute onions and garlic,
add remaining vegetables and cook till
just done. Toss vegetables and noodles
in a large serving dish. Serve fish
on the side of a pile of noodles. Enjoy!

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#DD30 Salmon & Udon Noodles Kind: Dinner
=====

Recipe: Salad-Mandrine

Ingredients:	2	Lettuce-Romaine
-----	6 oz	Mandrine Oranges
	1/2 cup	Almonds
	1 1/4 cup	Dressing-Sesame

Directions:

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#DA15 Pork Chop Bake & Cole Slaw Kind: Dinner
Serve 1 time: []
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Recipe: Pork Chops & Potatoes

Use by 7 days

Ingredients: 10 Pork Chops
----- 10 Potato-Red
3 Yellow Onion(s)
18 3/4 oz Crm Of Mushroom Soup
2 1/2 cup Sour Cream
20 oz Applesauce

Directions: Start the charcoal. Brown the pork chops
----- in the D.O. with some oil. Slice onions,
& potatoes, place in D.O. w/chops and
spread w/soup and 1/2 sour cream. Bake
until potatoes are tender. Server w/the
remaining sour cream and applesauce!

Recipe: Salad-Cole Slaw

Ingredients: 1/4 Green Cabbage(s)
----- 1/8 Red Cabbage(s)
3 Carrot(s)
3/4 cup Walnuts
3/4 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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#DC8 Chicken Fajitas Kind: Dinner
Serve 1 time: []

Recipe: Chicken Fajitas

Ingredients:

8 Chicken Breast
1 cup Sour Cream
1/2 cup Lime Juice
6 tbsp Garlic-minced
6 Bell Pepper(s)
3 Tomato(es)
3 Yellow Onion(s)
1 Chili Powder
1 Cayenne
1 Oregano
15 Tortillas (uncooked)
3 3/4 lb Beans-Black
1 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.

#DC8

Chicken Fajitas

Kind: Dinner

Recipe: Salad-Cole Slaw

- Ingredients:
- 1/4 Green Cabbage(s)

1/8 Red Cabbage(s)

3 Carrot(s)

3/4 cup Walnuts

3/4 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.

#DD22
Serve 1 time: []

Lasagna, Garlic Bread & Toss Salad

Kind: Dinner

Recipe: Lasagna

Use by 10 days

Ingredients: 20 oz Pasta-Lasagna Noodle
----- 80 oz Spaghetti Sauce/jar
1 1/4 lb Cheese-Mozzarella
1 1/4 lb Ricotta Cheese
5 oz Cheese-Parmesan
1 1/4 lb Mushroom(s)
3/4 lb Olives-Kalamata
1 Spinach-Frozen
1 1/4 lb Artichoke Heart

Directions: Grate cheese and blend with riccota.
----- Layer sauce, noodles, cheese and veggies
Cook in D.O. for 1 hour, allow to stand
off coals for 10 minute and serve.

Recipe: Garlic Bread

Ingredients: 1 French Bread
----- 1/2 lb Butter
2 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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#DD22 Lasagna, Garlic Bread & Toss Salad Kind: Dinner

Recipe: Salad-Italian Toss Use by 7 days

- Ingredients:
- 2 Lettuce-Romaine
 - 2 Carrot(s)
 - 1/4 Red Cabbage(s)
 - 1 Tomato(es)
 - 1 1/4 cup Dressing-Italian
 - 1 box Croutons

Directions:

#DA6
Serve 1 time: []

Steaks & Bakes

Kind: Dinner

Recipe: Steaks & Bakes

Use by 7 days

Ingredients: 10 Sirloin Steaks
----- 10 Potato-Bake
1/4 lb Butter
2 cup Sour Cream

Directions: Start the charcoal. Boil the potatoes...
----- to be served with butter and sour cream.
Grill the steaks to their mouth-watering
best...and devour with steak sauces!

Recipe: Salad-Toss

Ingredients: 1 Lettuce-Romaine
----- 3 Carrot(s)
1 1/4 Cucumber(s)
1 1/4 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.

#DA13
Serve 1 time: []

Spaghetti w/Veggies & Sausages

Kind: Dinner

Recipe: Spaghetti w/Veggies & Sausages

Ingredients:

40 oz Pasta-Spaghetti
5 Italian Sausages
32 oz Spaghetti Sauce/jar
1 Eggplant
2 Bell Pepper(s)
2 Yellow Onion(s)
2 tsp Garlic-minced
10 oz Cheese-Parmesan

Directions:

Saute onions and garlic in oil. Slice
sausage into 1" chunks. Remove the onion
and garlic from the skillet. Add
sausage to skillet and brown. Put
all the ingredients in a pot and simmer.
Season with additional spices if desired
Prepare noodles according to the di-
rections on the package. Spoon sauce
over noodles and serve. Mama mia!

Recipe: Garlic Bread

Ingredients:

1 French Bread
1/2 lb Butter
2 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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#DA13 Spaghetti w/Veggies & Sausages Kind: Dinner
=====

Recipe: Salad-Toss

Ingredients:	1	Lettuce-Romaine
-----	3	Carrot(s)
	1 1/4	Cucumber(s)
	1 1/4 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.

#SB5
Serve 1 time: []

Assorted Cookies

Kind: Sweets

=====

Additional meal supplies:

1 1/4 lb Assorted Cookies

#SA5

Brownies

Kind: Sweets

Serve 1 time: []

=====

Recipe: Brownies

Ingredients:

1 box Brownies

2 Eggs

2 1/4 floz Oil-Canola

1/2 cup Water

1/2 cup Walnuts

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 possible. 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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#SB5 Assorted Cookies Kind: Sweets
Serve 1 time: []
=====

Additional meal supplies:

1 1/4 lb Assorted Cookies

#SA7

Lemon Pie

Kind: Sweets

Serve 1 time: []

Recipe: Lemon Pie

- Ingredients:
- 1 box

1

3 3/4 cup

1 can

9 oz

Jello Pudding-Lemon

Graham Cracker Crust

Milk-Shelf Prepared

Raspberries

Whipped Topping-can
- Directions:
- Follow instructions for jello pudding
pour prepared pudding into crusts and
set aside to thicken during meal prep.
Serve topped w/fruit and whipped topping

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#SB5Assorted CookiesKind: Sweets

Serve1 time: []

=====

Additional meal supplies:

1 1/4 lbAssorted Cookies

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#SB5 Assorted Cookies Kind: Sweets
Serve 1 time: []
=====

Additional meal supplies:

1 1/4 lb Assorted Cookies

#A13

Vegetables & Dip

Kind: Other

Serve 1 time: []

=====

Recipe: Vegetables w/Dip

Use by 7 days

Ingredients:

2

1 lb

5

3/4 lb

Bell Pepper(s)

Carrots-Baby

Celery Stalk(s)

Vegetable Dip

Directions:

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#A20 Texas Caviar Kind: Other
Serve 1 time: []
=====

Recipe: Texas Caviar & Scoops

Ingredients:	1	Black-eyed Peas
-----	1	Shoe Peg Corn
	4 oz	Jalapeno Chiles
	2	Bell Pepper(s)
	1/2	Cilantro (bunch)
	1 cup	Dressing-Italian
	1	Tomato(es)
	1	Frito Lay Scoops

Directions: Dice veggies and peppers, combine all
----- ingredients and set out w/scoops.

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#A8 Tortilla Chips Kind: Other
Serve 1 time: []
=====

Recipe: Tortilla Chips

Ingredients:	20 oz	Tortilla Chips
-----	10 oz	Salsa
	10 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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#A9 Crackers & Marinated Veggies Kind: Other
Serve 1 time: []
=====

Recipe: Assorted Crackers w/Marinated Veggies

Ingredients:	7 oz	Marinated Artichokes
-----	7 oz	Marinated Veggies
	1/4 lb	Olives-Kalamata
	1/2 lb	Cheese-Brie
	3/4 lb	Assorted Crackers

Directions:	Open the box of crackers. Eat one while
-----	you open the jars of veggies...

#A7

Pretzels & Mustard

Kind: Other

Serve 1 time: []

Recipe: Pretzels & Mustard

Ingredients: 1 1/4 Pretzels (Rods)
10 oz Mustard-Stone Ground

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

#A3

Crackers, Oysters & Brie

Kind: Other

Serve 1 time: []

Recipe: Assorted Cackers, Oysters & Brie

Ingredients:

3/4 lb Assorted Crackers

3/4 lb Cheese-Brie

1 can Smoked Oysters

Directions:

Open the box of crackers, open the tins

of fish...enjoy an appetizer while you

do what you wish.

Additional trip supplies:

- 35 floz Half & Half
- 13 Ice-Block
- 21 Assorted Herb Teas
- 35 Assorted Black Tea
- 2 1/4 lb Coffee
- 21 Cocoa (sngl Serving)
- 15 1/2 floz Oil-Canola
- 1 cup Oil-Olive
- 1 cup Honey
- 1 Wet Ones
- 8 Toilet Paper
- 24 Trash Bags
- 24 Ziplocks-Large
- 24 Ziplocks-Small
- 4 cup Lighter Fluid
- 1 box Matches
- 25 lb Charcoal
- 2 Paper Towels (rolls)
- 1 cup Clorox
- 1 cup Dish Washing Liquid
- 1 Sponges
- 2 Hand Soap
- 1 Foil (feet)
- 4 cup Sugar
- 2 Allum

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Shopping List
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Party of 10

Departs on 08/01/13 for 7 days

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Supply	Amount	Uses/Meals
-----	-----	-----

Dairy

Half & Half	35 floz	1/0
Cheese-Sliced	55	4/4
Eggs	6 1/2 dz	5/5
Butter	2 lb	7/7
Sour Cream	3 pt	3/3
Cheese-Feta	1 lb	2/2
Cheese-Brie	1 1/8 lb	2/2
Cheese-Mozzarella	1 1/4 lb	1/1
Ricotta Cheese	2 lb	1/1
Cheese-Parmesan	15 oz	2/2
Whipped Topping-can	14 oz (1 @ 14 oz)	1/1
Cheese-Shred Pepper	1/4 lb	1/1
Cheese-Shred Cheddar	1/4 lb	1/1
Yogurt	2 1/2 pt	1/1

Dry Goods

Potato Chips-Lays	4 1/2 lb	7/7
Assorted Cookies	9 1/2 lb	11/11
Pasta-Udon	1 1/4 lb	1/1
Frito Lay Scoops	1	1/1
Brownies	1 box	1/1
Assorted Crackers	1 1/4 lb (2 @ 10 oz)	2/2
Pasta-Lasagna Noodle	32 oz (2 @ 16 oz)	1/1
Croutons	1 box	1/1
Jello Pudding-Lemon	1 box	1/1
Graham Cracker Crust	1	1/1
Milk-Shelf Prepared	1 1/2 qt	2/2
Pasta-Bow Tie	1 1/4 lb	1/1
Krusties	1 1/4 lb	1/1
Pasta-Spaghetti	40 oz	1/1
Cereal-Granola	3 3/4 lb	1/1
Couscous	1 1/4 cup (5 @ 1/4 cup)	1/1

Cans

Mandrine Oranges	15 oz (1 @ 15 oz)	1/1
Black-eyed Peas	1	1/1
Shoe Peg Corn	1	1/1
Jalapeno Chiles	8 oz	2/2
Crn Of Mushroom Soup	21 1/2 oz (2 @ 10 3/4 oz)	1/1
Applesauce	20 oz	1/1
Chunk Chicken	25 oz (2 @ 12 1/2 oz)	1/1
Olives-Black/chopped	17 oz	4/4
Beans-Black	3 3/4 lb	1/1
Olives-Kalamata	1 1/8 lb	2/2
Spaghetti Sauce/jar	112 oz	2/2
Artichoke Heart	1 1/4 lb	1/1
Raspberries	1 can	1/1
Beans-Garbanzo	15 oz	1/1
Sundried Tomatos	1/4 lb	1/1
Blueberries	1 can (2 @ 1/2 can)	1/1

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Shopping List
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Supply	Amount	Uses/Meals
-----	-----	-----
Cans (cont.)		
Assorted Fruit	2 lb	3/3
Beans-Kidney	30 oz	1/1
Smoked Oysters	1 can	1/1
Tuna	37 1/2 oz (3 @ 12 1/2 oz)	1/1
Water Chestnuts	10 oz	1/1
Fresh		
Guacamole Pouch	56 oz (7 @ 8 oz)	6/6
Tomato(es)	14	6/6
Carrots-Baby	2 lb	4/4
Bell Pepper(s)	13 1/2 (27 @ 1/2)	5/5
Celery Stalk(s)	6	2/2
Yellow Onion(s)	10	5/5
Zucchini(s)	5	2/2
Garlic-minced	8 1/2 floz (2 @ 4 1/4 floz)	5/4
Lime(s)	5	1/1
Lettuce-Romaine	6	4/4
Juice (frzn Canned)	84 floz (7 @ 12 floz)	7/6
Stawberries	3/4 lb	1/1
Banana(s)	4	1/1
Clantro (bunch)	2	2/2
Potato-Red	10	1/1
Green Cabbage(s)	3/4 (4 @ 1/4)	2/2
Red Cabbage(s)	3/4 (3 @ 1/4)	3/3
Carrot(s)	14	5/5
Water	1/2 cup	1/1
Honey Do Melon(s)	2	1/1
Red Onion(s)	1	1/1
Lettuce-Head	1	1/1
Mushroom(s)	2 lb (4 @ 8 oz)	2/2
Cantelope(s)	1	1/1
Spinach-Frozen	1	1/1
Potato-Bake	10	1/1
Cucumber(s)	2 1/2 (5 @ 1/2)	2/2
Eggplant	1	1/1
Brkfst Fruit (1 Srv)	10	1/1
Meat		
Sliced Turkey	2 lb	3/3
Sliced Pastrami	2 lb	3/3
Fish Steaks/6 oz	10	1/1
Sausage Links	20	1/1
Pork Chops	10	1/1
Bacon	4 lb	2/2
Chicken Breast	8	1/1
Sirloin Steaks	10	1/1
Italian Sausages	5	1/1
Bakery		
Bread	4 loaf (4 @ 16 slc)	3/3
French Bread	4	3/3
Sourdough	1 1/4 loaf	1/1

Supply	Amount	Uses/Meals
-----	-----	-----
Bakery (cont.)		
Tortillas (flour)	24	2/2
Tortillas (uncooked)	15	1/1
English Muffins	20	2/2
Sundries		
Ice-Block	13	1/0
Assorted Herb Teas	21	1/0
Assorted Black Tea	35	1/0
Coffee	2 1/4 lb	1/0
Cocoa (sngl Serving)	24 (2 @ 12)	1/0
Oil-Canola	23 floz	3/2
Oil-Olive	1 cup (28 @ 1/4 floz)	1/0
Honey	9 floz	2/1
Wet Ones	1	1/0
Toilet Paper	8 (2 @ 4)	1/0
Trash Bags	24	1/0
Ziplocks-Large	40 (2 @ 20)	1/0
Ziplocks-Small	25 (1 @ 25)	1/0
Lighter Fluid	4 cup	1/0
Matches	1 box	1/0
Charcoal	30 lb (3 @ 10 lb)	1/0
Paper Towels (rolls)	2	1/0
Clorox	1 qt	1/0
Dish Washing Liquid	7 floz	1/0
Sponges	1	1/0
Hand Soap	2	1/0
Foil (feet)	25 (1 @ 25)	1/0
Mayonnaise	32 oz (2 @ 16 oz)	4/4
Mustard-Dijon	3 oz	3/3
Peanut Butter	1 3/4 cup	7/7
Jam-Assorted	17 oz	8/8
Pretzels (Rods)	3 (12 @ 1/4)	8/8
Vegetable Dip	3/4 lb	1/1
Oil-Seasame	5 floz	1/1
Soy Sauce	12 oz (1 @ 12 oz)	1/1
Tamari	10 floz (1 @ 10 floz)	1/1
Almonds	1 cup	1/1
Dressing-Sesame	2 1/2 cup	2/2
Syrup-Real Maple	29 oz	2/2
Dressing-Italian	5 3/4 cup	5/5
Walnuts	1 3/4 cup (7 @ 1/4 cup)	3/3
Dressing-Ranch	1 1/2 cup	2/2
Cashews	1 cup	1/1
Tortilla Chips	32 oz (2 @ 16 oz)	2/2
Salsa	26 oz	2/2
Lime Juice	1/2 cup (16 @ 1/4 floz)	1/1
Marinated Artichokes	18 oz (3 @ 6 oz)	2/2
Marinated Veggies	12 oz (1 @ 12 oz)	1/1
Roasted Red Peppers	3/4 lb	1/1
Mustard-Stone Ground	10 oz	1/1

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Shopping List
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Supply -----	Amount -----	Uses/Meals -----
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Spices

Sugar	4 cup	1/0
Allum	2	1/0
Chili Powder	1	1/1
Cayenne	1	1/1
Oregano	1	1/1