

Party of 10

Departs on 06/15/15 for 7 days

Breakfast:

- BB Breakfast Meat: Bacon 3 times: [] [] []  
2 lb Bacon
- B14 One-Eyed Johnnys 1 time: []  
1 1/4 dz Eggs  
10 Cheese-Sliced  
1 Honey Do Melon(s)  
10 floz Juice (frzn Canned)  
1 loaf Sourdough
- B7 Eggs & Canned Veggie Scramble 1 time: []  
1 1/4 dz Eggs  
3/4 lb Cheese-Shred Cheddar  
10 oz Assorted Fruit  
1 Yellow Onion(s)  
10 floz Juice (frzn Canned)  
10 Tortillas (flour)  
8 oz Salsa  
3/4 lb Roasted Red Peppers  
10 oz Pepperoncini
- B18 Bagels & Cream Cheese 1 time: []  
10 oz Cream Cheese  
10 floz Juice (frzn Canned)  
10 Fresh Fruit Sngl Srv  
12 1/2 Bagels  
5 oz Jam-Assorted
- B10 Oatmeal 1 time: []  
2 lb Oatmeal  
40 floz Milk-Shelf Prepared  
10 oz Assorted Fruit  
10 floz Juice (frzn Canned)  
3/4 cup Brown Sugar  
1 cup Raisins  
1 1/4 cup Walnuts
- B9 Granola, Yogurt & Fruit 1 time: []  
40 floz Yogurt  
2 1/2 lb Cereal-Granola  
20 floz Milk-Shelf Prepared  
10 oz Assorted Fruit  
10 floz Juice (frzn Canned)
- B2 Pancakes-Blueberry or Fruit 1 time: []  
2 1/2 oz Butter  
10 Eggs  
20 oz Krusties  
1 can Blueberries  
10 oz Assorted Fruit  
10 floz Juice (frzn Canned)  
15 oz Syrup-Real Maple

Lunch:

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

L9 Cold Cuts-Pastrami 4 times: [] [] [] []  
15 Cheese-Sliced  
1/2 Frito Lay Scoops  
1/4 lb Potato Chips-Pringle  
3/4 lb Assorted Cookies  
3 Tomato(es)  
10 oz Guacamole Pouch  
1/4 lb Carrots-Baby  
1 1/4 lb Sliced Pastrami  
1 1/4 loaf Bread  
5 oz Mayonnaise  
1 oz Mustard-Dijon  
1 floz Peanut Butter  
2 oz Jam-Assorted  
1/4 Pretzels (Rods)

Dinner:

DC8 Chicken Fajitas 1 time: []  
1 cup Sour Cream  
3 3/4 lb Beans-Black  
6 tbsp 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

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Expedition Menu Planner  
7-Day Easy

Menu & Supplies  
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-----  
#DC1 Hamburgers, Beef & Veggie

Kind: Dinner  
=====

DC1 Hamburgers, Beef & Veggie 1 time: []  
12 1/2 Cheese-Sliced  
2 1/2 Veggie Burger  
3 Tomato(es)  
3/4 Lettuce-Head  
3/4 Red Onion(s)  
1 Lettuce-Romaine  
3 Carrot(s)  
1 1/4 Cucumber(s)  
11 Hamburger Patties  
13 Kaiser / Onion Rolls  
10 oz Pickles-Dill  
5 oz Ketchup  
3 oz Mayonnaise  
3 oz Mustard-Stone Ground  
1 1/4 cup Dressing-Italian

DD18 Thai Lime Pork & Som Tum 1 time: []  
2 lb Rice-Jasmine  
10 oz Bamboo Shoots  
19 oz Green Beans  
5 oz Jalapeno Chili-Slice  
1 Yellow Onion(s)  
2 1/4 tbsp Garlic-minced  
1/4 Green Cabbage(s)  
5 Carrot(s)  
2 1/2 Lime(s)  
10 Pork Chops  
1/8 cup Lime Juice  
5 3/4 floz Fish Sauce  
1/8 cup Brown Sugar  
2 1/2 floz Siracha Sauce  
1/8 cup Sugar

DA13 Spaghetti w/Veggies & Sausages 1 time: []  
10 oz Cheese-Parmesan  
5 1/2 oz Butter  
30 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

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-----  
#DA6 Beef Steaks & Bakes Kind: Dinner  
-----

DA6 Beef Steaks & Bakes 1 time: []  
2 1/2 oz Butter  
1 1/4 cup Sour Cream  
10 Potato-Bake  
10 Celery Stalk(s)  
4 Apple(s)  
10 Sirloin Steaks  
1 1/4 cup Dressing-Lime  
1 cup Walnuts

DD3 Cuban Black Beans & Rice 1 time: []  
2 cup Sour Cream  
1/2 lb Cheese-Blue Cheese  
4 cup Rice-Basmati  
5 3/4 lb Beans-Black  
16 oz Tomatoes-Diced  
2 can Beets-canned  
4 Carrot(s)  
2 Yellow Onion(s)  
1 1/4 lb Roasted Red Peppers  
1/2 cup Lime Juice  
32 oz Salsa  
1/8 cup Vinegar-Apple Cider  
1 oz Mustard-Dijon  
1/4 cup Oil-Olive  
3/4 cup Walnuts  
< 1/8 cup Sugar

Sweets:

SB5 Assorted Cookies 4 times: [] [] [] []  
1 1/4 lb Assorted Cookies  
  
SA5 Brownies 2 times: [] []  
1 Eggs  
1 box Brownies  
1/2 cup Water  
2 1/4 floz Oil-Canola

Other:

A1 Crackers And Cheeses 3 times: [] [] []  
1 1/4 lb Cheese-Assorted  
3/4 lb Assorted Crackers  
  
A8 Tortilla Chips 3 times: [] [] []  
10 oz Guacamole Pouch  
20 oz Tortilla Chips  
10 oz Salsa

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Party of 10

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-----  
#BB Breakfast Meat: Bacon Kind: Breakfast  
Serve 3 times: [] [] []  
=====

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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-----  
#B14 One-Eyed Johnnys Kind: Breakfast  
Serve 1 time: []  
=====

Recipe: One-Eyed Johnnys  
-----

Use by 20 days

Ingredients: 1 1/4 dz Eggs  
----- 10 Cheese-Sliced  
1 loaf Sourdough  
1 Honey Do Melon(s)  
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.

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

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

Ingredients: 1 1/4 dz Eggs  
----- 3/4 lb Cheese-Shred Cheddar  
1 Yellow Onion(s)  
10 floz Juice (frzn Canned)  
10 Tortillas (flour)  
8 oz Salsa  
3/4 lb Roasted Red Peppers  
10 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: 10 oz Assorted Fruit  
-----

Directions:  
-----

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-----  
#B18 Bagels & Cream Cheese Kind: Breakfast  
Serve 1 time: []  
=====

Recipe: Bagels & Cream Cheese  
-----

Ingredients: 12 1/2 Bagels  
----- 10 oz Cream Cheese  
5 oz Jam-Assorted  
10 floz Juice (frzn Canned)

Directions:  
-----

Recipe: Breakfast Fruit-Fresh  
-----

Use by 7 days

Ingredients: 10 Fresh Fruit Sngl Srv  
-----

Directions:  
-----

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-----  
#B10 Oatmeal Kind: Breakfast  
Serve 1 time: []  
=====

Recipe: Oatmeal  
-----

Ingredients:            2 lb    Oatmeal  
-----                40 floz   Milk-Shelf Prepared  
                         3/4 cup   Brown Sugar  
                         1 cup    Raisins  
                         1 1/4 cup   Walnuts  
                         10 floz   Juice (frzn Canned)

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

Recipe: Breakfast Fruit-Canned  
-----

Ingredients:            10 oz    Assorted Fruit  
-----

Directions:  
-----

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-----  
#B9 Granola, Yogurt & Fruit Kind: Breakfast  
Serve 1 time: []  
=====

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

Ingredients: 2 1/2 lb Cereal-Granola  
----- 20 floz Milk-Shelf Prepared  
40 floz Yogurt  
10 floz Juice (frzn Canned)

Directions:  
-----

Recipe: Breakfast Fruit-Canned  
-----

Ingredients: 10 oz Assorted Fruit  
-----

Directions:  
-----

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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  
                         2 1/2 oz   Butter  
                         10        Eggs  
                         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!  
                         Add an egg on the side if desired.

Recipe: Breakfast Fruit-Canned  
-----

Ingredients:            10 oz    Assorted Fruit  
-----

Directions:  
-----

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-----  
#LA1 Cold Cuts-Turkey Kind: Lunch  
Serve 3 times: [] [] []  
=====

Recipe: Cold Cuts-Turkey  
-----

Use by 7 days

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

Directions:  
-----

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#L9 Cold Cuts-Pastrami Kind: Lunch  
Serve 4 times: [] [] [] []

Recipe: Cold Cuts-Pastrami

Use by 7 days

- Ingredients: -----
- |            |                 |
|------------|-----------------|
| 1 1/4 lb   | Sliced Pastrami |
| 1 1/4 loaf | Bread           |
| 15         | Cheese-Sliced   |
| 3          | Tomao(es)       |
| 5 oz       | Mayonnaise      |
| 1 oz       | Mustard-Dijon   |
| 10 oz      | Guacamole Pouch |
| 1/4 lb     | Carrots-Baby    |

Directions:  
-----

Recipe: Lunch Extras  
-----

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

Directions:  
-----

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#DC8  
Serve 1 time: []

Chicken Fajitas

Kind: Dinner

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.

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-----  
#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.

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

Kind: Dinner

Recipe: Hamburgers Beef & Veggie

Use by 7 days

Ingredients: 11 Hamburger Patties  
----- 2 1/2 Veggie Burger  
13 Kaiser / Onion Rolls  
12 1/2 Cheese-Sliced  
3 Tomato(es)  
3/4 Lettuce-Head  
10 oz Pickles-Dill  
5 oz Ketchup  
3 oz Mayonnaise  
3 oz Mustard-Stone Ground  
3/4 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: 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.

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#DD18  
Serve 1 time: []

Thai Lime Pork & Som Tum

Kind: Dinner

Recipe: Thai Lime Pork

Use by 10 days

Ingredients:

10 Pork Chops  
2 lb Rice-Jasmine  
1 Yellow Onion(s)  
10 oz Bamboo Shoots  
19 oz Green Beans  
1 1/8 tsp Garlic-minced  
5 oz Jalapeno Chili-Slice  
1/8 cup Lime Juice  
3/4 floz Fish Sauce  
1/8 cup Brown Sugar

Directions:

BBQ and slice pork or brown sliced pork.  
Simmer rice w/2X water for 20 to 30 min.  
Saute chopped onion, add drained canned  
goods and pork, heat.  
Combine all other ingredients and blend.  
Add to pork mixture and heat.  
Serve w/rice on the side.

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-----  
#DD18

Thai Lime Pork & Som Tum

Kind: Dinner  
=====

Recipe: Salad-Som Tum  
-----

Ingredients:	1/4	Green Cabbage(s)
-----	5	Carrot(s)
	2 tbsp	Garlic-minced
	2 1/2 floz	Siracha Sauce
	5 floz	Fish Sauce
	2 1/2	Lime(s)
	1/8 cup	Sugar

Directions:	Blend chopped garlic & onion w/Siracha.
-----	Use a spoon to mash until mushy, scrape down into bowl and add shredded cabbage and carrots. Pound until softened/3 min Add one at a time, pounding between; sugar, fish sauce & lime juice. Toss and serve.

-----  
#DA13 Spaghetti w/Veggies & Sausages Kind: Dinner  
Serve 1 time: []  
=====

Recipe: Spaghetti w/Veggies & Sausages  
-----

Ingredients: 30 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. Set  
aside if you have vegetarians. Put other  
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!  
Serve sausage on the side or add em in!

Recipe: Garlic Bread  
-----

Ingredients: 1 French Bread  
----- 5 1/2 oz 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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-----  
#DA6 Beef Steaks & Bakes Kind: Dinner  
Serve 1 time: []  
=====

Recipe: Beef Steaks & Bakes  
-----

Use by 7 days

Ingredients: 10 Sirloin Steaks  
----- 10 Potato-Bake  
2 1/2 oz Butter  
1 1/4 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: 1 1/4 cup Dressing-Lime  
----- 10 Celery Stalk(s)  
4 Apple(s)  
1 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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-----  
#DD3 Cuban Black Beans & Rice Kind: Dinner  
Serve 1 time: []  
=====

Recipe: Cuban Black Beans & Rice  
-----

Ingredients:	5 3/4 lb	Beans-Black
-----	1 1/4 lb	Roasted Red Peppers
	4	Carrot(s)
	2	Yellow Onion(s)
	16 oz	Tomatoes-Diced
	1/2 cup	Lime Juice
	32 oz	Salsa
	2 cup	Sour Cream
	4 cup	Rice-Basmati

Directions: Prepare rice with 2 parts water.  
----- Saute carrots and onions, add undrained  
canned goods (chopped where needed).  
Bring to a boil, stir in lime juice and  
serve topped with sour cream.

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-----  
#DD3 Cuban Black Beans & Rice

Kind: Dinner  
=====

Recipe: Salad-Beet & Walnut  
-----

Use by 30 days

Ingredients:            2 can    Beets-canned  
-----            1/8 cup   Vinegar-Apple Cider  
                         1 oz     Mustard-Dijon  
<            1/8 cup   Sugar  
                         1/4 cup   Oil-Olive  
                         3/4 cup   Walnuts  
                         1/2 lb    Cheese-Blue Cheese

Directions:            Blend dressing ingredients and toss w/  
-----            beets. Just before serving toss in nuts.  
                         Serve with blue cheese on the side.  
                         Cheese will turn red if it sets on beets

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

-----  
Additional meal supplies:  
-----

1 1/4 lb Assorted Cookies

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-----  
#SA5 Brownies Kind: Sweets  
Serve 2 times: [] []  
=====

Recipe: Brownies  
-----

Ingredients: 1 box Brownies  
----- 1 Eggs  
2 1/4 floz Oil-Canola  
1/2 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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-----  
#A8 Tortilla Chips Kind: Other  
Serve 3 times: [] [] []  
=====

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.

Additional trip supplies:  
-----

14 floz Half & Half  
2 Chocolate Bar-Dark  
1 1/8 lb Trail Mix  
70 Assorted Herb Teas  
70 Assorted Black Tea  
2 1/4 lb Coffee  
70 Cocoa (sngl Serving)  
31 1/8 floz Oil-Canola  
4 1/2 cup Oil-Olive  
1 cup Honey  
1/2 lb Chlorox II Bleach  
1 Wet Ones  
7 Toilet Paper  
10 Trash Bags  
10 Ziplocks-Large  
10 Ziplocks-Small  
1 box Matches  
2 Paper Towels (rolls)  
1/2 cup Clorox  
1 cup Dish Washing Liquid  
1 Sponges  
1 Hand Soap  
1 cup Sugar  
1 Allum

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Shopping List  
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Party of 10

Departs on 06/15/15 for 7 days

Supply	Amount	Uses/Meals
-----	-----	-----
Dairy		
Half & Half	16 floz (1 @ 16 floz)	1/0
Eggs	3 1/2 dz	5/5
Cheese-Sliced	127 1/2	9/9
Cheese-Shred Cheddar	3/4 lb	1/1
Cream Cheese	16 oz (2 @ 8 oz)	1/1
Yogurt	48 floz (2 @ 24 floz)	1/1
Butter	11 oz	3/3
Cheese-Assorted	3 3/4 lb	3/3
Sour Cream	3 pt	3/3
Cheese-Parmesan	10 oz	1/1
Cheese-Blue Cheese	1/2 lb	1/1
Dry Goods		
Chocolate Bar-Dark	2	1/0
Oatmeal	2 lb	1/1
Milk-Shelf Prepared	64 floz (2 @ 32 floz)	2/2
Cereal-Granola	2 1/2 lb	1/1
Krusties	1 1/4 lb	1/1
Frito Lay Scoops	3 1/2	7/7
Potato Chips-Pringle	2 1/4 lb	7/7
Assorted Cookies	9 1/2 lb	11/11
Assorted Crackers	2 lb (3 @ 10 oz)	3/3
Rice-Jasmine	2 lb (20 @ 1/4 cup)	1/1
Pasta-Spaghetti	30 oz	1/1
Rice-Basmati	4 cup	1/1
Brownies	2 box	2/2
Cans		
Assorted Fruit	48 oz (3 @ 16 oz)	4/4
Blueberries	1 can (2 @ 1/2 can)	1/1
Beans-Black	9 1/2 lb	2/2
Bamboo Shoots	10 oz	1/1
Green Beans	32 oz (2 @ 16 oz)	1/1
Jalapeno Chili-Slice	8 oz (2 @ 4 oz)	1/1
Spaghetti Sauce/jar	32 oz	1/1
Tomatoes-Diced	16 oz	1/1
Beets-canned	2 can	1/1
Fresh		
Honey Do Melon(s)	1	1/1
Juice (frzn Canned)	60 floz (5 @ 12 floz)	6/6
Yellow Onion(s)	9	5/5
Fresh Fruit Sngl Srv	10	1/1
Guacamole Pouch	104 oz (13 @ 8 oz)	10/10
Tomato(es)	27	9/9
Carrots-Baby	2 1/4 lb	7/7
Garlic-minced	4 1/4 floz (1 @ 4 1/4 floz)	5/3
Bell Pepper(s)	8	2/2
Clantro (bunch)	1	1/1
Green Cabbage(s)	3/4 (4 @ 1/4)	2/2

Supply	Amount	Uses/Meals
<b>Fresh (cont.)</b>		
Red Cabbage(s)	1/4 (1 @ 1/4)	1/1
Carrot(s)	18	5/5
Veggie Burger	3	1/1
Lettuce-Head	1	1/1
Red Onion(s)	3/4 (3 @ 1/4)	1/1
Lettuce-Romaine	2	2/2
Cucumber(s)	2 1/2 (5 @ 1/2)	2/2
Lime(s)	3	1/1
Eggplant	1	1/1
Potato-Bake	10	1/1
Celery Stalk(s)	10	1/1
Apple(s)	4	1/1
Water	3/4 cup	2/2
<b>Meat</b>		
Bacon	6 lb	3/3
Sliced Turkey	3 3/4 lb	3/3
Sliced Pastrami	5 lb	4/4
Chicken Breast	8	1/1
Hamburger Patties	11	1/1
Pork Chops	10	1/1
Italian Sausages	5	1/1
Sirloin Steaks	10	1/1
<b>Bakery</b>		
Sourdough	1 loaf	1/1
Tortillas (flour)	10	1/1
Bagels	13	1/1
Bread	9 loaf(9 @ 16 slc)	7/7
Tortillas (uncooked)	15	1/1
Kaiser / Onion Rolls	13	1/1
French Bread	1	1/1
<b>Sundries</b>		
Trail Mix	1 1/8 lb	1/0
Assorted Herb Teas	70	1/0
Assorted Black Tea	70	1/0
Coffee	2 1/4 lb	1/0
Cocoa (sngl Serving)	72 (6 @ 12)	1/0
Oil-Canola	36 floz	3/2
Oil-Olive	4 3/4 cup (150 @ 1/4 floz)	2/1
Honey	8 floz	1/0
Chlorox II Bleach	1/2 lb	1/0
Wet Ones	1	1/0
Toilet Paper	8 (2 @ 4)	1/0
Trash Bags	10	1/0
Ziplocks-Large	20 (1 @ 20)	1/0
Ziplocks-Small	25 (1 @ 25)	1/0
Matches	1 box	1/0
Paper Towels (rolls)	2	1/0
Clorox	1 qt	1/0
Dish Washing Liquid	7 floz	1/0

Supply -----	Amount -----	Uses/Meals -----
Sundries (cont.)		
Sponges	1	1/0
Hand Soap	1	1/0
Salsa	70 oz	5/5
Roasted Red Peppers	2 lb	2/2
Pepperoncini	10 oz (1 @ 10 oz)	1/1
Jam-Assorted	19 oz	8/8
Brown Sugar	1 cup	2/2
Raisins	1 cup	1/1
Walnuts	3 1/2 cup (14 @ 1/4 cup)	4/4
Syrup-Real Maple	15 oz	1/1
Mayonnaise	48 oz (3 @ 16 oz)	8/8
Mustard-Dijon	8 oz	8/8
Peanut Butter	7 floz	7/7
Pretzels (Rods)	1 3/4 (7 @ 1/4)	7/7
Tortilla Chips	64 oz (4 @ 16 oz)	3/3
Lime Juice	1 1/8 cup (35 @ 1/4 floz)	3/3
Dressing-Ranch	3/4 cup	1/1
Pickles-Dill	10 oz	1/1
Ketchup	32 oz (1 @ 2 lb)	1/1
Mustard-Stone Ground	3 oz	1/1
Dressing-Italian	2 1/2 cup	2/2
Fish Sauce	5 3/4 floz (23 @ 1/4 floz)	2/1
Siracha Sauce	2 1/2 floz (10 @ 1/4 floz)	1/1
Dressing-Lime	1 1/4 cup	1/1
Vinegar-Apple Cider	1/8 cup	1/1
Spices		
Sugar	2 cup	3/2
Allum	1	1/0
Chili Powder	1	1/1
Cayenne	1	1/1
Oregano	1	1/1