**Sample Menu:**

**Monday**

*Breakfast:* Oatmeal, brown sugar, powdered milk, raisins, craisins

*Dinner:* Pesto Pasta

Pasta, onions, canned peas, jar pesto/packets of pesto powder, Parmesan Cheese

\*Options: Change sauce, change pasta type, make it a cold pasta salad (this requires cooking the pasta in the morning), switch some vegetables, add different spices

**Tuesday**

*Breakfast:* Granola, yogurt, fruit/dried fruit

*Dinner:* Sweet Potato Burritos

sweet potatoes, onion, canned black beans, boxed mexican rice, salsa, canned corn, tortillas, cheese

\*Options: Add sour cream, cilantro, sub chicken/ground beef for sweet potatoes, add can of green chiles,

**Wednesday**

*Breakfast:* Muffins

*Dinner:* Falafel & Cous Cous

2 boxes falafel mix (2-3 cups), 3-4 cups cous-cous; flavor cous-cous as desired, *chopped tomatoes, cucumbers,* red onion, ranch-style dressing

\*Options: Pita pockets instead of cous cous. Make mediterranean style cous cous dish (Cous-cous, chickpeas, olives, sundried tomatoes, canned chicken, feta, cucumber -depending on access to freshies)

**Thursday**

*Breakfast:* Bagels and cream cheese

*Dinner:* Gourmet Grilled Cheese and Tomato Soup

Bread (sourdough, rye, wheat, white), cheese (swiss, cheddar, colby, pepper jack), meat (bacon, lunch meat turkey, ham, roast beast), veggies (tomatoes, pickles, roasted bell peppers, red onion), soup (canned, boxed, or of your own creation. Tomato, butternut squash, corn chowder, minnestroni)

**Friday**

*Breakfast:* Cereal, powdered milk

*Dinner:* Dirty Mashed Potatoes

Idahoan Mashed Potatoes, canned peas, canned green beans, bacon bits, cheese, chives, butter, sour cream

\*Options: Shephard’s pie if you have access to a dutch oven, use different flavors of mashers, make it a baked potato bar instead of instant mashed if you have the ability. Add freshies like green peppers, jalapenos, onions, broccols.

**Saturday**

*Breakfast:* Grits, honey, fruit

*Dinner:* Curry and Rice

Rice, Curry(Golden Curry found in most asian sections of grocery stores is relatively cheap and already well spiced. Goes a long way. Otherwise curry powder), coconut milk, vegetables- potatoes, carrots, bell peppers, squash, peas, chickpeas, broccoli, kale, etc

\*Options: Different sauce: soy sauce, teriyaki sauce, switch up vegetables.

**Sunday**

*Breakfast:* Bacon, eggs, pancakes, fried potatoes

*Dinner:* Pita Pizza

Pita, cheese, red onion, canned mushrooms, olives, pepperoni, red sauce

\*Options: Green peppers, BBQ Sauce, chicken, pinepapple, canadian bacon, bacon bits. Pick and choose.

**Alternates:**

Indian Dahl: Canned spinach, canned stewed tomatoes, curry powder and any other exotic spice you may have at your disposal, chick peas, lentils, coconut milk.

\*Options: Add corn, peas, other fresh veggies, serve with rice, couscous, quinoa, etc

Gado gado: Peanut butter, pasta, brown sugar, vinegar, soy sauce, carrots, onions

\*Options: This is sort of a poor-man’s backcountry Phad-thai. Add bean sprouts, cilantro, lime, sriracha, peanut chunks, etc.

Mac n Cheese: You know what to do.

Hobo Dinner (if you have access to fire): Tin Foil, potatoes, sausage (summer sausage i=works fine), carrots, onions, corn, other veggies if you please.

**Lunch Ideas:**

Apples, oranges, carrots, meat stick, hard cheeses, bread/tortillas, crackers, tuna packets, avocado, leftovers!

\* Options for easy variance in the meal making menu more interesting.