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| **\*Sea kayak expedition simple sample menu - 5 day** | | | |
| **Day** | **Breakfast** | **Lunch** | **Dinner** |
| Day 1 | Breakfast at Glenmore Lodge | Pitta Bread/wraps/oatcakes  Cheddar Cheese or Squeezy Primula  Chorizo  Apple  Carrot  Squeezy honey | Cup a soup  Packet Fresh pasta and tub stir-in sauce – Usually does 2 meals.  Jamaica Ginger Cake and instant custard powder |
| Day 2 | Boiled egg  Muesli mixed with chocolate/milk powder (or fresh milk) | Pitta Bread/wraps/oatcakes  Cheddar Cheese or Squeezy Primula  Chorizo  Apple  Carrot  Squeezy honey | Cup a soup  Fresh pasta and stir-in sauce  Cake and custard |
| Day 3 | Boiled egg  Muesli mixed with chocolate/milk powder (or fresh milk) | Pitta Bread/wraps/oatcakes  Cheddar Cheese or Squeezy Primula  Chorizo  Apple  Carrot  Squeezy honey | Cup a soup  Uncle Ben’s easy flavoured rice / cous cous – 1 or 2 packets.  Cake and custard |
| Day 4 | Boiled egg  Muesli mixed with chocolate/milk powder (or fresh milk) | Pitta Bread/wraps/oatcakes  Cheddar Cheese or Squeezy Primula  Chorizo  Apple  Carrot  Squeezy honey | Cup a soup  Uncle Ben’s easy flavoured rice / cous cous – 1 or 2 packets.  Cake and custard |
| Day 5 | Boiled egg  Muesli mixed with chocolate/milk powder (or fresh milk) | Pitta Bread/wraps/oatcakes  Cheddar Cheese or Squeezy Primula  Chorizo  Apple  Carrot  Squeezy honey |  |
| **Summary totals with weight and numbers suggestions** | | | |
| Totals | 6 eggs  1 packet muesli 1kg  4 sachets chocolate powder | x3 boxes/packs of oatcakes, x2 packs pitta breads or x1 or 2 packs wraps  x1 large cheddar cheese block or x2 primula  x1 chorizo  x5 apples  x5 carrots  x1 small honey (also good drink sugar substitute) | X1 Box of 4 cup-a-soups  X1 fresh pasta 300g and x1 stir in sauce 350g  X2 flavoured rice 250g each  X2 flavoured cous cous 100g each  X2 instant custard powder  X1 or 2 Cakes – e.g. Jamaica Ginger Cake |
| Extras totals | **\*\*Drinks**  Herbal tea bags x5  Tea bags x10  Hot chocolate x4  Filter Coffee - measured out for x10 drinks worth.  Milk powder  Optional – fresh milk x2 1pint cartons | **Snacks**  Nuts x2 200g bags  Mars x10 / snickers x10 / muesli bars x10  Wine gums x1 pack  Large Chocolate bar(s) | **Other stuff**  Large Zip lock freezer bags (for cheese, loo roll, wash liquid/pad etc)  Loo roll  Small 15ml washing up liquid and cleaning pad  Small rubbish bags  Lighter  Hand gel |
| **Water**  **Fresh water will be carried and resupplied form various clean sources found on the expedition.** | | | |

\*Note this is a suggested menu plan from one of our instructors and reflects their preferences and what they have found works well for Scottish expedition conditions and daily energy requirements.

\*\*Drinks – remember this is a personal plan and your requirements may differ slightly.

All main meal items could be dehydrated menu checkout here for ideas: <https://www.basecampfood.com>

Dehydrated food is more expensive but if saving weight is your motivation, they are great.

You could always prepare some foods at home before hand – flapjack for example would be a great substitute to shop- bought muesli bars.