	Breakfast	numb	weight		Lunch	number	weight		Dinner	numb	weight		snack	numbe	weight	
Day 1									not counted in backpack weight			0				
	x								food from grocery store			0				
												0				
												0				
												0				
												0				0
												0				0
Day 2	not counted in backpack weight			16.5				18				17				12
	granola	1	12	12	Salami	1	6	6	chicken with rice	2	7.5	15	chocolate or other bar	3	1	3
	dried milk	1	2	2	cheese	1	6	6	lightsoup	1	2	2	gorp	3	3	9
	instant coffee	1	0.5	0.5	crackers	1	6	6				0				0
	hot chocolate	2	1	2								0				0
												0				
Day 3				17.5				15				19.6				12
	2 backpackers pantry Huevos rancheros	2	7	14	peanut butter	1	6	6	Beef Stew family Dinner	1	9.6	9.6	chocolate or other bar	3	1	3
	oil	1	1	1	crackers	1	6	6	heavy soup	1	6	6	gorp	3	3	9
	coffee	1	0.5	0.5	jerkey	1	3	3	dessert	1	4	4				0
	hot chocolate	2	1	2								0				0
				0								0				
Day 4				21.5				18				19.4				12
	Pancakes (2 1/2 c mix)	1	12	12	Salami	1	6	6	beef stroganoff	2	5.7	11.4	chocolate or other bar	3	1	3
	dried fruit	1	3	3	cheese	1	6	6	light soup	1	2	2	gorp	3	3	9
	oil	1	2	2	crackers	1	6	6	dessert	1	6	6				0
	syrup mix	1	2	2								0				0
	hot chocolate	2	1	2								0				
	instant coffee	1	0.5	0.5								0				
				0								0				
Day 5				16.5				15				18.8				12
	granola	1	12	12	peanut butter	1	6	6	chicken a la king & noodles	2	6.4	12.8	chocolate or other bar	3	1	3
	dried milk	1	2	2	crackers	1	6	6	light soup	1	2	2	gorp	3	3	9
	coffee	1	0.5	0.5	jerkey	1	3	3	dessert	1	4	4				0
	hot chocolate	2	1	2								0				0
				0								0				
Day 6				15.5				18				24				12
	oatmeal (2 1/2c)	1	6	6	Salami	1	6	6	chicken pot pie	2	6	12	chocolate or other bar	3	1	3
	brown sugar	1	3	3	cheese	1	6	6	heavy soup	1	6	6	gorp	3	3	9
	cinnamon	1	0	0	crackers	1	6	6	dessert	1	6	6				0
	raisins	1	4	4								0				0
	coffee	1	0.5	0.5								0				
	hot chocolate	2	1	2								0				
				0								0				
Day 7				12.9				15				21				12
	richmoor/natural high cheese omelette	3	2.8	8.4	peanut butter	1	6	6	chicken with rice	2	7.5	15	chocolate or other bar	3	1	3
	oil	1	2	2	crackers	1	6	6	light soup	1	2	2	gorp	3	3	9
	coffee	1	0.5	0.5	jerkey	1	3	3	dessert	1	4	4				0
	hot chocolate	2	1	2								0				0
				0								0				
Day 8				16.5				18				20.8				12
	granola	1	12	12	Salami	1	6	6	chicken a la king & noodles	2	6.4	12.8	chocolate or other bar	3	1	3
	dried milk	1	2	2	cheese	1	6	6	light soup	1	2	2	gorp	3	3	9
	coffee	1	0.5	0.5	crackers	1	6	6	dessert	1	6	6				0
	hot chocolate	2	1	2								0				0
				0								0				
Day 9				15.5				15				17				12
	oatmeal	1	6	6	peanut butter	1	6	6	Chili Mac	2	5.5	11	chocolate or other bar	3	1	3
	brown sugar	1	3	3	crackers	1	6	6	heavy soup	1	2	2	gorp	3	3	9
	cinnamon	1	0	0	jerkey	1	3	3	dessert	1	4	4				0
	raisins	1	4	4								0				0
	coffee	1	0.5	0.5								0				
	hot chocolate	2	1	2								0				
				0								0				
Day 10				21.5				18				20.1				12
	Pancakes	1	12	12	Salami	1	6	6	cheddar broccoli soup mix	1	11.2	11.2	chocolate or other bar	3	1	3

	dried fruit	1	3	3	cheese	1	6	6	tortelloni	1	8.9	8.9	gorp	3	3	9
	oil	1	2	2	crackers	1	6	6				0				0
	syrup mix	1	2	2								0				0
	hot chocolate	2	1	2								0				
	instant coffee	1	0.5	0.5								0				
				0		0	0					0				
Day 11				12.9				15				18				12
	richmoor/natural high cheese omelette	3	2.8	8.4	peanut butter	1	6	6	chicken pot pie	2	6	12	chocolate or other bar	3	1	3
	coffee	1	0.5	0.5	crackers	1	6	6	light soup	1	2	2	gorp	3	3	9
	hot chocolate	2	1	2	jerkey	1	3	3	dessert	1	4	4				0
	oil	1	2	2								0				0
				0								0				
Day 12				16.5				18				13.4				12
	granola	1	12	12	Salami	1	6	6	beef stroganoff	2	5.7	11.4	chocolate or other bar	3	1	3
	dried milk	1	2	2	cheese	1	6	6	light soup	1	2	2	gorp	3	3	9
	coffee	1	0.5	0.5	crackers	1	6	6				0				0
	hot chocolate	2	1	2								0				0
				0								0				
Day 13				15.5												
	oatmeal	1	6	6												
	brown sugar	1	3	3												
	cinnamon	1	0	0												
	raisins	1	4	4												
	coffee	1	0.5	0.5												
	hot chocolate	2	1	2												
	meal totals			183	oz			183	oz			209.1 oz				120 oz
				11.5	lbs			11.4	lbs			13.1 lbs				7.5 lbs
	food total	43.5 lbs														

shopping list:

granola	48	oz
pancake mix	24	oz
dried milk	6	oz
inst coffee		
hot chocolate	22	oz
high cheese omelette	6	pkg
huevos rancheros	2	pkg
salami	36	oz
cheese	36	oz
crackers	66	oz
peanut butter	30	oz
jerkey	15	oz
light soup	7	pkg
heavy soup	3	pkg
stroganoff	4	pkg
chicke/rice	4	pkg
beef stew (family)	1	pkg
wild thyme turkey	2	pkg
fettuccine	2	pkg
chedar broccoli soup	1	pkg
tortelloni	1	pkg
chicken pot pie	2	pkg
chicken a la king	2	pkg
dessert	5	pkg
cooking oil	9	oz

check servings