



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Expedition Food Ideas

- The following are ideas for your expedition.
- Amounts are for a 1 person portion so you can scale up if necessary.
- Male cadets generally need at least 3000 kcal per day and females 2500 kcal a day on an expedition as you are using more energy than normal.
- Consider weight. Ideally avoid tins / lots of liquid. Remember you have to carry it all and carry your rubbish during the day

### BREAKFAST IDEAS

Sweet Oats	Fruity Oats	Weetabix & Milk	
50 g Porridge Oats 25g Dried Milk 25g Brown Sugar 250ml water	50 g Porridge Oats 25g Dried Milk 25g Raisins (or other) 250ml water	3 Weetabix 25g Dried Milk 25g Brown Sugar Hot water to mix	A hot drink is also a great idea to start the day.  You can also consider using Oat so Simple (more expensive) & breakfast bars. But you must have a good breakfast to ensure enough energy to walk all day.
<b>367 kcal</b>	<b>339 kcal</b>	<b>387 kcal</b>	

### EVENING MEAL IDEAS

Sausage & Mash	Lentils & Couscous	Bean Curry & Rice	Peperami Pasta	Ham Tortellini
½ Mattessons Smoked Sausage ½ pkt Instant Mash	250g pack Merchant Gourmet precooked Puy Lentils ½ pack couscous	250g pack "on the pulse" Thai Curry Bean Bag 250g pack precooked rice	75g quick cook Pasta ½ pack Dolmio stir in sauce 1 Peperami sausage	½ pack Italian Tortellini ½ pack Dolmio stir in sauce
<b>560 kcal</b>	<b>602 kcal</b>	<b>642 kcal</b>	<b>473 kcal</b>	<b>445 kcal</b>

### PUDDING IDEAS

Flapjack & Custard	Brownie & Custard	LATE EVENING	
		Snacks	
80g Flapjack ½ packet Instant Custard	50g Chocolate Brownie ½ packet Instant Custard	Hot Chocolate (not light version) Snack Bar / Cake or similar	The evening meal is to replace energy used during the day and prepare you for the next day. It should be a hot meal that you will enjoy eating, be quick to prepare and have enough calories.
<b>510 kcal</b>	<b>380 kcal</b>	<b>270 kcal</b>	The late night snack is designed to both warm you up before you go to sleep and top up your energy. You could also consider soup sachets, Cocoa, Malted milk etc.

### LUNCH IDEAS

LUNCH IDEAS	SNACKS ON THE MOVE	
Pitta Bread – 130 kcal each 85g Tuna Sachet – 136 kcal (M) 80g Tin Coronation Tuna – 76 kcal 125g Tin Mackerel in sauce – 258 kcal 75g Jar Vegetable spread – 137kcal (M) 75g Jar Chicken spread – 162 kcal 15g sachet Nutella – 80 kcal ¼ Malt Loaf – 200 kcal	Unsalted Nuts – 260 kcal per 50g Dried Fruit bags – 110 to 200 kcal per 50g Sunflower & Pumpkin Seeds – 300 kcal per 50g Snack bars various – 120 to 190 kcal per bar Chocolate various – check bar for kcal	On day 1 you can bring a packed lunch. On subsequent days you need to bring food to sustain you through the day, which should be quick to eat and not need cooking or refrigerating.  On the move you will get tired, so a nutritious energy filled snack will help you on your way. Maybe make up your own "Trail Mix" of dried fruits & nuts & seeds. Avoid eating just sugar based sweets or very salty snacks.  The lists opposite are items to consider. Choose what you like, just ensure it has enough calories to take your daily intake up to the required level!

### EMERGENCY RATIONS

These are carried "just in case" you get caught out and have to remain out longer than planned. They should only be eaten "in an emergency situation," not just because you are getting hungry. If nothing has gone wrong they should be intact at the end of the expedition. So choose something that is high in calories, does not need cooking and that you will enjoy eating. Eg a snack bar and chocolate raisins.