

Hiker's Menu "I wanna hike not cook!" (this menu will slightly increase your per person per day cost due to readymades)

This menu is great for not spending too much time in the kitchen. No dutch oven meals, lots of deli spread lunches make it easy to just do pack lunches, and predominantly easy breakfasts for a quick get away.

| Date | Rig day | Launch day | | | | | | | | | |
|--|---|---|--|--------------------------------------|--|--|---|---|--|--|---|
| EACH DAY BOX BEGINS AT THE DINNER FOR THAT DAY & THE BKST/LUNCH IS FOR THE FOLLOWING DAY. | | | | | | | | | | | |
| day box # | put-in/rig | DAY BOX 1 | DAY BOX 2 | DAY BOX 3 | DAY BOX 4 | DAY BOX 5 | DAY BOX 6 | DAY BOX 7 | DAY BOX 8 | DAY BOX 9 | DAY BOX 10 |
| hors | | chips & dip | chips & salsa | veggies & dip | cheese, salami, crackers | pesto cream cheese & pita | veggies & dip | hummus, pita, carrots | chips & dip | smoked oysters, cheese, crackers | nuts & pretzels |
| dinner | Marble Canyon Lodge or @ Lee's Ferry | salmon, broccoli, rice | Burritos fajita style w/ chicken, rice & beans | steaks, potatoes, salad | Readymade: Beef & broccoli, rice | spaghetti w/ italian sausage, salad, bread | stroganoff, egg noodles, corn, veggie salad | grilled chicken, orzo, veggie salad | burgers, blue cheese slaw & baked beans | Readymade: sweet & sour pork, couscous, asian slaw | chili w/ ground beef, salad, quesadillas |
| bkst | Launch Morning Continental Bkst | eggs to order, english muffins, sausage | cold cereal, bagels | french toast w/ bacon | hot cereal, english muffins | breakfast burritos w/ chorizo | cold cereal, bagels, yogurt | pancakes w/ sausage patties | hot cereal, english muffins | eggs, home fries, sausage | cold cereal, bagels, yogurt |
| lunch | 1st on river Lunch deli style | deli lunch | chicken caesar wraps | deli lunch | deli lunch | snack style | deli lunch | deli lunch | veggie wraps | deli lunch | hardboiled eggs, cheese, crackers & jerky |
| Date day box # | DAY BOX 11 | DAY BOX 12 | DAY BOX 13 | DAY BOX 14 | DAY BOX 15 | DAY BOX 16 | DAY BOX 17 | DAY BOX 18 | DAY BOX 19 | DAY BOX 20 | |
| hors | bruschetta& crackers | hummus, crackers, carrots | chips & dip | nuts & pretzels | antipasto | tapenade, feta, crackers | cream cheese w/ salsa & crackers | Pub mix | pesto cream cheese & crackers | nuts & olives | |
| dinner | pork chops, stuffing, green beans | Readymade: chicken enchiladas, rice & beans | chicken brats, coleslaw & beans | Readymade: posole, rice, quesadillas | pesto pasta w/ 3-bean salad | veggie curry w/ tofu, & quinoa | grilled cheese & tomato soup | white chili, rice, coleslaw | spaghetti w/ italian sausage, veggie salad | quesadillas, rice & beans | |
| bkst | eggs, english muffins, canadian bacon | hot cereal, english muffins | pancakes w/ breakfast ham | cold cereal, bagels, yogurt | eggwiches w/ canadian bacon | cold cereal, bagels, yogurt | TAKEOUT MORNING DAY 18 | hot cereal, english muffins | pancakes w/ eggs | TAKEOUT MORNING DAY 21 | cold cereal |
| lunch | deli lunch | PB & J | deli lunch wraps | deli lunch wraps | salmon salad wraps | snack style | tuna salad wraps | hardboiled eggs, cheese, crackers & jerky | cashew chicken salad wraps | | |
| Breakfast fruit available - mix & match, eat what's ripe! Grapefruit, melons, oranges, pineapple | | | | | Your choice of dessert when you like! 12 total: 2 no bake cheesecake, 2 fruit salad, 2 cookies, 4 chocolates, 2 pound cake w/ berries | | | | | | |