

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						