



FOOD LIST

FOR BACKPACKING AND PADDLE ADVENTURES

NOTE:

This list will be continually updated. Return to the TEAM 4X Downloads area to obtain updates to the list. This list contains only quality, healthy food items. In other words, no MREs. Some items are listed as a meal and others are single items. This list is for light weight travel. There will be a separate download sheet for car camping meals.

Breakfast Options:

Powdered Coconut Milk pouch or powdered milk: <https://amzn.to/3oxYGUb>
(use this mixed with hot water to create a milk substitute)

Precooked Quinoa pouch: <https://amzn.to/2NJsv06>

Top with packaged dried cranberries or raisins: <https://amzn.to/3com9VD>

Mix in either cocoa powder: <https://amzn.to/3aoAKO2>

or prepackaged almond butter packet: <https://amzn.to/3r94Fk2>

plus chia seeds (small Ziplock): <https://amzn.to/3j78Rye>

Instant organic oatmeal packets: <https://amzn.to/3ahJBBj>

Mix in freeze dried fruit chips: <https://amzn.to/2NT9Pm4>

Hardboiled Eggs (either make them yourself or buy prepackaged shelled packs from your local grocer)

Lunch Options:

Sandwich Thins (not gluten free): <https://amzn.to/2ML6Mfi>

(Thinners are very thin whole wheat buns (generally not gluten free) you can get at your local grocer)

Add wild caught tuna packet <https://amzn.to/3ta5BXk>

and packets of mustard and mayo if desire (from grocer)

or add Prosciutto (from grocer)

continued...



Block of Parmesan Cheese or other durable cheese

Salami, summer sausage, or sobrasada: <https://amzn.to/3j28Z11>

Durable crackers or pretzel chips: <https://amzn.to/3tcC1cW>

Dinner 1:

Precooked rice pouch: <https://amzn.to/2NRGDvM>

Prepackaged precooked chicken pouch: <https://amzn.to/3tfxn4T>

Chopped kale, purple and green cabbage, diced mini peppers, zucchini slices, carrots in a ziplock
(long lasting, doesn't spoil easily)

Dinner 2:

Precooked Tasty Bites Bombay Potatoes pouch: <https://amzn.to/36KPTIP>

Precooked rice pouch: <https://amzn.to/2NRGDvM>

Powdered potato pouch: <https://amzn.to/3oDIhxA>

Mix in real bacon bits: <https://amzn.to/3cF4IjV>

Mix in freeze dried corn: <https://amzn.to/3tIjgLt>

Dinner 3:

Pasta Alfredo pouch (requires boiling): <https://amzn.to/2Ytgip0>

Mix in prepackaged precooked chicken pouch: <https://amzn.to/3tfxn4T>

Mix in pre-diced broccoli in a zip-lock: (from grocer)

Dinner 4:

Pesto Pasta pouch: <https://amzn.to/2MHHuyi>

Mix in sun-dried tomatoes: <https://amzn.to/3amFofw>

Mix in seasonings (from grocer)

Optional freeze dried soups



Snack Options:

Cuties or similar tangerines: (from grocer)

Apples: (from grocer)

Trail mix: (from grocer)

Almonds: <https://amzn.to/3aoDaw6>

Pistachios: <https://amzn.to/36wly0a>

Protein bars (be careful not to pack bars that will melt) most durable are Cliff Bars.

Cliff bars: <https://amzn.to/39zF0er>

Nugo Dark Bars: <https://amzn.to/2McXeK8>

Country Archer Beef Jerky: <https://amzn.to/2NjW5tG>

Mini sweet peppers: (from grocer)

Drink Options:

Hot Tea packets: <https://amzn.to/2L9CToq>

Mix in honey sticks: <https://amzn.to/3aknj1J>

Organic Instant Coffee packets: <https://amzn.to/3reuP5f>

Wine in a platypus bladder:

Platypus: <https://amzn.to/2L5YEW9>

Emergen-C packets: <https://amzn.to/3csQiTO>

Water A: Nalgene Bottle (large mouth for easy filtering): <https://amzn.to/3j61g2A>

Water B: Camelback bladder inside backpack (large): <https://amzn.to/2NTcbBq>

Titanium Flask or mini bottles of liquor if desired: <https://amzn.to/3r84dmm>

Other Items:

Spare Ziplocks: <https://amzn.to/3cttiDV>

Gas Canisters: <https://amzn.to/3revSIH>