

ORIGINAL

Trip # 7
01/01/90 00:28

Expedition Menu Planner
4-day Cat

Shopping List
Page 1

Party of 5

Departs on 07/26/19 for 4 days

Supply	Amount	Uses/Meals
-----	-----	-----
Dairy		
Half & Half	16 floz (1 @ 16 floz)	1/0
Cheese-Sliced	35	5/5
Cheese-Mozzarella	3/4 lb	1/1
Ricotta Cheese	1 lb	1/1
Cheese-Parmesan	3 oz	1/1
Butter	8 oz	4/4
Eggs	2 dz	4/4
Cheese-Shred Cheddar	1/4 lb	1/1
Cheese-Shred Pepper	1/2 lb	1/1
Sour Cream	1 pt	2/2
Cheese-Brie	1/4 lb	1/1
Cheese-Feta	1/4 lb	1/1
Dry Goods		
Chocolate Bar-Dark	2	1/0
Frito Lay Scoops	1	4/4
Potato Chips-Pringle	3/4 lb	4/4
Assorted Cookies	2 lb	5/5
Pasta-Lasagna Noodle	16 oz (1 @ 16 oz)	1/1
Croutons	0 box	1/1
Brownies	1 box	1/1
Krusties	3/4 lb	1/1
Assorted Crackers	3/4 lb (1 @ 10 oz)	1/1
Cans		
Spaghetti Sauce/jar	40 oz	1/1
Olives-Kalamata	1/2 lb	1/1
Artichoke Heart	3/4 lb	1/1
Chiles-Whole Green	27 oz (1 @ 27 oz)	1/1
Beans-Refried	16 oz	1/1
Blueberries	1/2 can (1 @ 1/2 can)	1/1
Assorted Fruit	16 oz (1 @ 16 oz)	1/1
Smoked Oysters	1 can	1/1
Fresh		
Guacamole Pouch	32 oz (4 @ 8 oz)	5/5
Tomato(es)	6	6/6
Carrots-Baby	1 1/8 lb	5/5
Mushroom(s)	1 lb (2 @ 8 oz)	2/2
Spinach-Frozen	0	1/1
Garlic-minced	4 1/4 floz (1 @ 4 1/4 floz)	1/1
Lettuce-Romaine	1	1/1
Carrot(s)	2	2/2
Red Cabbage(s)	1/4 (1 @ 1/4)	2/2
Water	1/4 cup	1/1
Honey Do Melon(s)	1	1/1
Juice (frzn Canned)	24 floz (2 @ 12 floz)	3/3
Bell Pepper(s)	1	1/1
Celery Stalk(s)	8	2/2
Lettuce-Head	1	1/1

=====

Supply	Amount	Uses/Meals
-----	-----	-----
Fresh (cont.)		
Yellow Onion(s)	2	2/2
Lime(s)	1	1/1
Green Cabbage(s)	1/4 (1 @ 1/4)	1/1
Potato-Bake	5	1/1
Apple(s)	2	1/1
Zucchini(s)	2	1/1
Cantelope(s)	1	1/1
Meat		
Sliced Turkey	2 1/2 lb	4/4
Bacon	3 lb	3/3
Sirloin Steaks	5	1/1
Bakery		
Bread	3 loaf(3 @ 16 slc)	4/4
French Bread	1	1/1
Sourdough	7 1/2 slc	1/1
Tortillas (corn)	1 dz	1/1
English Muffins	5	1/1
Sundries		
Trail Mix	1/4 lb	1/0
Assorted Herb Teas	4	1/0
Assorted Black Tea	12	1/0
Coffee	2 1/2 lb	1/0
Cocoa (sngl Serving)	12 (1 @ 12)	1/0
Oil-Canola	10 floz	2/1
Oil-Olive	1 1/4 cup (40 @ 1/4 floz)	1/0
Honey	4 floz	1/0
Chlorox II Bleach	1/2 lb	1/0
Wet Ones	1	1/0
Toilet Paper	4 (1 @ 4)	1/0
Trash Bags	20	1/0
Ziplocks-Large	20 (1 @ 20)	1/0
Ziplocks-Small	25 (1 @ 25)	1/0
Matches	1 box	1/0
Paper Towels (rolls)	2	1/0
Clorox	1 qt	1/0
Dish Washing Liquid	8 floz	1/0
Sponges	1	1/0
Hand Soap	1	1/0
Foil (feet)	25 (1 @ 25)	1/0
Mayonnaise	16 oz (1 @ 16 oz)	4/4
Mustard-Dijon	4 oz	4/4
Peanut Butter	2 floz	4/4
Jam-Assorted	4 oz	4/4
Pretzels (Rods)	1 (4 @ 1/4)	4/4
Tortilla Chips	16 oz (1 @ 16 oz)	1/1
Salsa	13 oz	2/2
Dressing-Italian	3/4 cup	1/1
Picante Sauce	1/2 cup (1 @ 4 floz)	2/2
Dressing-Ranch	3/4 cup	2/2

Trip # 7
01/01/90 00:28

Expedition Menu Planner
4-day Cat

Shopping List
Page 3

=====

Supply -----	Amount -----	Uses/Meals -----
Sundries (cont.)		
Walnuts	1 cup (4 @ 1/4 cup)	2/2
Syrup-Real Maple	8 oz	1/1
Dressing-Lime	3/4 cup	1/1
Spices		
Sugar	1 cup	1/0

Party of 5

Departs on 07/26/19 for 4 days

Breakfast:

- B14 One-Eyed Johnnys 1 time: []
8 Eggs
5 Cheese-Sliced
1 Honey Do Melon(s)
5 floz Juice (frzn Canned)
7 1/2 slc Sourdough
1 3/4 tbsp Picante Sauce
- BB Breakfast Meat: Bacon 1 time: []
1 lb Bacon
- B2 Pancakes-Blueberry or Fruit 1 time: []
1 1/4 oz Butter
5 Eggs
10 oz Krusties
1/2 can Blueberries
5 oz Assorted Fruit
5 floz Juice (frzn Canned)
8 oz Syrup-Real Maple
- BB Breakfast Meat: Bacon 1 time: []
1 lb Bacon
- B13 Egg & Fresh Veggie Scramble 1 time: []
10 Eggs
1/4 lb Cheese-Feta
2 oz Butter
3 oz Mushroom(s)
1 Yellow Onion(s)
2 Zucchini(s)
1 Cantelope(s)
5 floz Juice (frzn Canned)
5 English Muffins
1 3/4 tbsp Picante Sauce
- BB Breakfast Meat: Bacon 1 time: []
1 lb Bacon

Lunch:

Trip # 7
01/01/90 00:25

Expedition Menu Planner
4-day Cat

Menu & Supplies
Page 2

#LA1 Cold Cuts-Turkey Kind: Lunch

=====
LA1 Cold Cuts-Turkey 4 times: [] [] [] []
7 1/2 Cheese-Sliced
1/4 Frito Lay Scoops
2 1/2 oz Potato Chips-Pringle
1/4 lb Assorted Cookies
5 oz Guacamole Pouch
1 Tomato(es)
2 1/2 oz Carrots-Baby
3/4 lb Sliced Turkey
3/4 loaf Bread
3 oz Mayonnaise
1 oz Mustard-Dijon
1 1/2 tbsp Peanut Butter
1 oz Jam-Assorted
1/4 Pretzels (Rods)

Dinner:

DD22 Lasagna, Garlic Bread & Toss Salad 1 time: []
3/4 lb Cheese-Mozzarella
3/4 lb Ricotta Cheese
3 oz Cheese-Parmesan
2 3/4 oz Butter
10 oz Pasta-Lasagna Noodle
0 box Croutons
40 oz Spaghetti Sauce/jar
1/2 lb Olives-Kalamata
3/4 lb Artichoke Heart
3/4 lb Mushroom(s)
0 Spinach-Frozen
2 3/4 tsp Garlic-minced
1 Lettuce-Romaine
1 Carrot(s)
1/8 Red Cabbage(s)
1 Tomato(es)
1 French Bread
3/4 cup Dressing-Italian

DB2 Quesadilla Pie & Cole Slaw 1 time: []
1/4 lb Cheese-Shred Cheddar
1/2 lb Cheese-Shred Pepper
1 cup Sour Cream
16 oz Chiles-Whole Green
16 oz Beans-Refried
1/2 Lettuce-Head
1 Tomato(es)
1 Yellow Onion(s)
1 Lime(s)
1/8 Green Cabbage(s)
1/8 Red Cabbage(s)
1 Carrot(s)
1 dz Tortillas (corn)
8 oz Salsa
1/4 cup Walnuts
1/2 cup Dressing-Ranch

#DB2 Quesadilla Pie & Cole Slaw Kind: Dinner
=====

DA6 Beef Steaks & Bakes 1 time: []
1 1/4 oz Butter
3/4 cup Sour Cream
5 Potato-Bake
5 Celery Stalk(s)
2 Apple(s)
5 Sirloin Steaks
3/4 cup Dressing-Lime
1/2 cup Walnuts

Sweets:

SA5 Brownies 1 time: []
1 Eggs
1 box Brownies
1/4 cup Water
1 1/8 floz Oil-Canola

SB5 Assorted Cookies 1 time: []
3/4 lb Assorted Cookies

Other:

A8 Tortilla Chips 1 time: []
5 oz Guacamole Pouch
10 oz Tortilla Chips
5 oz Salsa

A13 Vegetables & Dip 1 time: []
1 Bell Pepper(s)
1/2 lb Carrots-Baby
3 Celery Stalk(s)
1/2 cup Dressing-Ranch

A3 Crackers, Oysters & Brie 1 time: []
1/4 lb Cheese-Brie
1/4 lb Assorted Crackers
1 can Smoked Oysters

Trip # 7
01/01/90 00:25

Expedition Menu Planner
4-day Cat

Meals & Recipes
Page 2

#BB
Serve 1 time: []

Breakfast Meat: Bacon

Kind: Breakfast

=====
Recipe: Breakfast Meat: Bacon

Ingredients: 1 lb Bacon

Directions: Place the bacon as is in a dutch oven
----- over med-high heat. Cover with the lid.
Stir frequently. Once the slices have
separated, remove the lid and the bacon
will brown quickly.

Trip # 7
01/01/90 00:25

Expedition Menu Planner
4-day Cat

#B2 Pancakes-Blueberry or Fruit Kind: Breakfast
Serve 1 time: []
=====

Recipe: Pancakes-Blueberry or Fruit

- Ingredients: 10 oz Krusties
----- 1/2 can Blueberries
 8 oz Syrup-Real Maple
 1 1/4 oz Butter
 5 Eggs
 5 floz Juice (frzn Canned)

Directions: Prepare the pancakes according to the
----- Krusteaz directions. Drain the blueber-
 ries & fold them gently into the batter.
 Enjoy with melting butter and syrup!
 Add an egg on the side if desired.

Recipe: Breakfast Fruit-Canned

- Ingredients: 5 oz Assorted Fruit

Directions:

Trip # 7
01/01/90 00:25

Expedition Menu Planner
4-day Cat

Meals & Recipes
Page 4

#BB Breakfast Meat: Bacon Kind: Breakfast
Serve 1 time: []
=====

Recipe: Breakfast Meat: Bacon

Ingredients: 1 lb Bacon

Directions: Place the bacon as is in a dutch oven
----- over med-high heat. Cover with the lid.
Stir frequently. Once the slices have
separated, remove the lid and the bacon
will brown quickly.

Trip # 7
01/01/90 00:25

Expedition Menu Planner
4-day Cat

Meals & Recipes
Page 5

#B13 Egg & Fresh Veggie Scramble Kind: Breakfast
Serve 1 time: []
=====

Recipe: Egg & Fresh Veggie Scramble

Ingredients: 10 Eggs
----- 1/4 lb Cheese-Feta
 2 oz Butter
 3 oz Mushroom(s)
 1 Yellow Onion(s)
 2 Zucchini(s)
 5 English Muffins
 1 Cantelope(s)
 5 floz Juice (frzn Canned)
 1 3/4 tbsp Picante Sauce

Directions: Cook English muffins on griddle and cut
----- melon off the rind. Make juice.
 Chop veggies, saute onions, add zukes
 and mushrooms, cook till tender. Whip
 the eggs and pour over the veggies cook
 to desired dryness. Top with feta cheese
 and serve with toasted English muffins
 and melon.

Trip # 7
01/01/90 00:25

Expedition Menu Planner
4-day Cat

Meals & Recipes
Page 6

#BB Breakfast Meat: Bacon Kind: Breakfast
Serve 1 time: []
=====

Recipe: Breakfast Meat: Bacon

Ingredients: 1 lb Bacon

Directions: Place the bacon as is in a dutch oven
----- over med-high heat. Cover with the lid.
Stir frequently. Once the slices have
separated, remove the lid and the bacon
will brown quickly.

Trip # 7
01/01/90 00:25

Expedition Menu Planner
4-day Cat

Meals & Recipes
Page 7

#LA1 Cold Cuts-Turkey Kind: Lunch
Serve 4 times: [] [] [] []
=====

Recipe: Cold Cuts-Turkey

Use by 7 days

Ingredients: 3/4 lb Sliced Turkey
----- 5 oz Guacamole Pouch
3/4 loaf Bread
7 1/2 Cheese-Sliced
1 Tomato(es)
3 oz Mayonnaise
1 oz Mustard-Dijon
2 1/2 oz Carrots-Baby

Directions: Slice tomatoes and lay out ingerdients.
----- Everyone can create their own sandwiches
with the assortment of ingredients.
Serve carrots on the side.

Recipe: Lunch Extras

Ingredients: 1 1/2 tbsp Peanut Butter
----- 1 oz Jam-Assorted
1/4 Pretzels (Rods)
1/4 Frito Lay Scoops
2 1/2 oz Potato Chips-Pringle
1/4 lb Assorted Cookies

Directions:

Trip # 7
01/01/90 00:25

Expedition Menu Planner
4-day Cat

#DD22 Lasagna, Garlic Bread & Toss Salad Kind: Dinner
Serve 1 time: []

Recipe: Lasagna Use by 10 days

- Ingredients: 10 oz asta-Lasagna Noodle
 ----- 40 oz Spaghetti Sauce/jar
 3/4 lb Cheese-Mozzarella
 3/4 lb Ricotta Cheese
 3 oz Cheese-Parmesan
 3/4 lb Mushroom(s)
 1/2 lb Olives-Kalamata
 0 Spinach-Frozen
 3/4 lb Artichoke Heart

Directions: Grate cheese and blend with riccota.
 ----- Layer sauce, noodles, cheese and veggies
 Cook in D.O. for 1 hour, allow to stand
 off coals for 10 minute and serve.

Recipe: Garlic Bread

- Ingredients: 1 French Bread
 ----- 2 3/4 oz Butter
 2 3/4 tsp Garlic-minced

Directions: Split the bread in half. Butter each
 ----- half and spread the garlic evenly over
 the butter. Toast on a griddle until
 golden brown, slice and serve out of a
 warm D.O.

Trip # 7
01/01/90 00:26

Expedition Menu Planner
4-day Cat

#DD22 Lasagna, Garlic Bread & Toss Salad Kind: Dinner
=====

Recipe: Salad-Italian Toss

Use by 7 days

- Ingredients: 1 Lettuce-Romaine
----- 1 Carrot(s)
 1/8 Red Cabbage(s)
 1 Tomato(es)
 3/4 cup Dressing-Italian
 0 box Croutons

Directions:

Trip # 7
01/01/90 00:26

Expedition Menu Planner
4-day Cat

Meals & Recipes
Page 10

#DB2
Serve 1 time: []

Quesadilla Pie & Cole Slaw

Kind: Dinner

Recipe: Quesadilla Pie

Ingredients:

1 dz Tortillas (corn)
1/4 lb Cheese-Shred Cheddar
1/2 lb Cheese-Shred Pepper
8 oz Salsa
16 oz Chiles-Whole Green
16 oz Beans-Refried
1/2 Lettuce-Head
1 Tomato(es)
1 Yellow Onion(s)
1 cup Sour Cream
1 Lime(s)

Directions:

Preheat a Dutch Oven which has been oil-
ed. Cut cheese into thin slices. Place
corn tortillas on the bottom of the D.O.
and begin to layer ingredients on top of
the torts: green chiles, cheese, refried
beans, salsa, olives, and more tortillas
...ending with salsa and olives. Bake
until the cheese is melted and the en-
tire pie is heated through.

Trip # 7
01/01/90 00:26

Expedition Menu Planner
4-day Cat

Meals & Recipes
Page 11

#DB2 Quesadilla Pie & Cole Slaw
=====

Kind: Dinner

Recipe: Salad-Cole Slaw

Ingredients:	1/8	Green Cabbage(s)
-----	1/8	Red Cabbage(s)
	1	Carrot(s)
	1/4 cup	Walnuts
	1/2 cup	Dressing-Ranch

Directions: Shred the cabbage. Grate the carrots.
----- Toss together with some chopped walnuts.
Dress if you wish or set dressing on the
side to be dressed individually.

Trip # 7
01/01/90 00:27

Expedition Menu Planner
4-day Cat

Meals & Recipes
Page 12

#DA6
Serve 1 time: []

Beef Steaks & Bakes

Kind: Dinner

Recipe: Beef Steaks & Bakes

Use by 7 days

Ingredients: 5 Sirloin Steaks
----- 5 Potato-Bake
1 1/4 oz Butter
3/4 cup Sour Cream

Directions: Start the DO charcoal, bake the potatoes
----- to be served with butter and sour cream.
Start the grill charcoal after potatoes
have baked for 30 minutes.
Grill the steaks to their mouth-watering
best...and devour all of it!

Recipe: Salad-Apple, Celery & Walnut

Ingredients: 3/4 cup Dressing-Lime
----- 5 Celery Stalk(s)
2 Apple(s)
1/2 cup Walnuts

Directions: Thinly slice celery, cut apples to thin
----- sliced triangles and chop walnuts. Place
all in a large bowl and toss w/dressing.

Trip # 7
01/01/90 00:27

Expedition Menu Planner
4-day Cat

#SA5
Serve 1 time: []

Brownies

Kind: Sweets

Recipe: Brownies

- Ingredients:
- 1 box Brownies
 - 1 Eggs
 - 1 1/8 floz Oil-Canola
 - 1/4 cup Water

Directions:

Start the charcoal. To make the brownie batter, follow the directions on the box with one exception: For the best baking results, keep the batter as dry as possible. Add only enough water to make a thick batter. Pour the batter into a greased Dutch Oven. Brownies take longer to bake than cakes: one to one & 1/2 hours. Don't use extra brickets, however ...you'll only burn the brownies. Just be patient and allow for extra cooking time. When you smell 'em baking, test with a knife for doneness. Cool. Feast.

Trip # 7
01/01/90 00:27

Expedition Menu Planner
4-day Cat

#SB5
Serve 1 time: []

Assorted Cookies

Kind: Sweets

Additional meal supplies:

3/4 lb Assorted Cookies

Trip # 7
01/01/90 00:27

Expedition Menu Planner
4-day Cat

Meals & Recipes
Page 15

#A8 Tortilla Chips Kind: Other
Serve 1 time: []
=====

Recipe: Tortilla Chips

Ingredients: 10 oz Tortilla Chips
----- 5 oz Salsa
5 oz Guacamole Pouch

Directions: Open the salsa pour into a bowl, open
----- the guacamole squish into another bowl,
set out with open chip bag and call it.

Trip # 7
01/01/90 00:27

Expedition Menu Planner
4-day Cat

#A13
Serve 1 time: []

Vegetables & Dip

Kind: Other

Recipe: Vegetables w/Dip

Use by 7 days

- Ingredients:
- 1 Bell Pepper(s)
 - 1/2 lb Carrots-Baby
 - 3 Celery Stalk(s)
 - 1/2 cup Dressing-Ranch

Directions:

Trip # 7
01/01/90 00:27

Expedition Menu Planner
4-day Cat

#A3 Crackers, Oysters & Brie Kind: Other
Serve 1 time: []
=====

Recipe: Assorted Cackers, Oysters & Brie

Ingredients: 1/4 lb Assorted Crackers
----- 1/4 lb Cheese-Brie
1 can Smoked Oysters

Directions: Open the box of crackers, open the tins
----- of fish...enjoy an appetizer while you
do what you wish.

Additional trip supplies:

- 12 floz Half & Half
- 2 Chocolate Bar-Dark
- 1/4 lb Trail Mix
- 4 Assorted Herb Teas
- 12 Assorted Black Tea
- 2 1/2 lb Coffee
- 4 Cocoa (sngl Serving)
- 9 floz Oil-Canola
- 1 1/4 cup Oil-Olive
- 1/2 cup Honey
- 1/2 lb Chlorox II Bleach
- 1 Wet Ones
- 2 Toilet Paper
- 20 Trash Bags
- 12 Ziplocks-Large
- 20 Ziplocks-Small
- 1 box Matches
- 2 Paper Towels (rolls)
- 1 cup Clorox
- 1 cup Dish Washing Liquid
- 1 Sponges
- 1 Hand Soap
- 1 Foil (feet)
- 1/4 cup Sugar