

Be adventurous and cook foods that you will look forward to eating!

Beans and pulses are full of energy and protein and will keep you fuller for longer – perfect for after those long expedition days.

Tuesday 10th December Lunch		
Tasty Feta and Chickpea Wraps		
Cherry tomatoes	6 or 7	
tinned chickpeas	half a tin	
Feta cheese		
cucumber	1 quarter	
tinned olives	half a tin	
Chilli sauce eg. Siracha	1 tablespoon	
Flour tortilla wraps	2	
Total:		0

Tuesday 10th December Dinner		
Lentil and Pumpkin Tikka		
dried red lentils	100g	
chopped pumpkin	100g	
onion	half	
fresh ginger	about 1 inch piece	
garlic cloves	1	
Tinned spinach	half a tin	
coconut milk	half a carton	
Naan bread	1	
Rice	100g	
Ms Steciuk's special curry mix - cumin, garam masala, turmeric, chilli flakes, salt and pepper	1 teaspoon	
Total:		0

Wednesday 11th December Breakfast		
Mexican Breakfast Burrito		
Mixed beans	1 tin	
Tinned tomatoes	1 tin	
flour tortilla wraps	x2	
Onion	Half	
red bell pepper	Half	
Ms Steciuk's special mexican mix - chillie flakes, smoked paprika, salt and pepper	1 teaspoon	
Total:		0

Wednesday 11th December Lunch		
Spicy Peanut Soba Noodles		
chopped red bell pepper	half	
chopped onion	half	
peanut butter	2 tablespoons	
tinned sweetcorn	half a tin	
Soy sauce	1 tablespoons	
chilli sauce eg. siracha	1 teaspoon	
peanuts	25g	
honey	half a teaspoon	
Dried soba or egg noodle	100g	
Total:		0

Create spice mixes to add lots of flavour (and little weight). It's a great idea to put these in smaller containers or ziplock bags before the trek and label them clearly so that you don't have to bring the bulky original jars.

Wednesday 11th December Dinner		
Super Tasty Chorizo Pasta		
pasta	100g	
dried chorizo ring	60g	
Carton of tomato passata	1 carton	
garlic	1 clove	
courgette	60g	
Onion	half	
Tinned mushrooms	half a tin	
Ms Steciuk's special pasta mix - fennel seeds, chilli flakes, dried mix italian herbs, salt and pepper	1 teaspoon approx	
Total:		0

Thursday 12th December Breakfast		
Luxury Fruity Porridge		
porridge oats	40g	
mixed dried fruit eg. cranberries, sultanas and apricots	20g	
mixed nuts	20g	
honey	1 teaspoon	
Total:		0

Decant sauces/condiments such as honey and chilli sauce into smaller containers to make them easier to carry just as you would do with shampoos etc.

Thursday 12th December Lunch		
Tuna Pasta Salad		
dried pasta	100g	
Cherry tomatoes	6 or 7	
olives	Half a tin	
chopped green bell pepper	Half a pepper	
tinned sweetcorn	Half a tin	
lime	1 small	
chopped red onion	Half an onion	
Tinned tuna in olive oil	1 small tin	
Miss Steciuks pasta salad Spice mix - chilli flakes, zaatar, salt, pepper	approx half a teaspoon	
Total:		0

Dried meats like chorizo and salami last longer and are safe to eat after a few days even if they haven't been refrigerated.

Snacks		
dried salami snacks		
6-7 oranges		
dried mango and apricots		
peanuts		
Snickers bar		
rice crackers		
Biscuits		
cereal bars		
Total:		

Chop vegetables beforehand to save time, space and effort when transporting and cooking.

Emergency Rations		
Dried Pork jerky		
mixed nuts		
dried apricots, sultans and cranberries		
Snickers bar		
cereal bar x2		

Make your own trail mix out of your favourite nuts and dried fruits, then put it in tupperware to eat throughout the day.

Drinks		
English breakfast teabags		
Mint teabags		
Hot chocolate satchets		
UHT milk		
Orange squash concentrate (decanted into a small plastic bottle)		

Tinned vegetables are a great substitute for fresh on the later days of your trek as they ill keep for a very long time.