

TRAIL LUNCH/SNACK IDEAS

For backpacks, about forty percent of your daily calories should come from lunch and snacks. Of these, 60-70 percent of should be from carbohydrates such as whole grains, fruits and vegetables. Aim for a variety of textures and tastes.

BREADS & GRAINS	FRUITS & VEGETABLES	DAIRY PRODUCTS	ANIMAL PROTEINS	SPREADS & DIPS	MISCELLANEOUS
Bagels, pitas, sesame bread sticks, English muffins, hard rolls, flatbreads, tortillas, cornbread	Fruit leathers, dried fruits (peaches, pears, apricots, cranberries, pineapple, mangos, raisins, figs, dates), chocolate-covered raisins	Cheeses (string cheese, Cheddar, Parmesan, Gouda)	Jerky	Bean spread, hummus, pesto, olive oil	Recovery drinks and powders (<i>i.e.</i> Gatorade™, Cytomax™, Gookinaid™), boxed fruit juices, instant breakfast, hot Jello™, tea
Pretzels, crackers, pilot biscuits, rye crackers, Wheat Thins, saltines, Pringles	Fig bars, fruit bars (<i>Dudley's are great</i>)	Hard-boiled eggs	Salami	Honey packets	Hard candy, lemon drops
Pasta salad (<i>made with oil, not mayonnaise</i>), couscous/tabouli salad	One piece of fresh fruit (apple, orange, banana) OR One canned fruit (peaches, apricots, etc.)	Powdered milk (<i>add 1/3 cup plus 1 cup water to granola, etc.</i>)	Condensed mincemeat (<i>this comes in a box, not the kind in a jar</i>)	Jam packets, fruit spread, apple butter	Trail mix (<i>ideas: melba toast, croutons, goldfish crackers, mini pretzels, nuts, corn nuts, dried fruits, sesame sticks, pumpkin seeds, sunflower seeds, Rice/wheat Chex, M&Ms</i>), granola, shredded coconut, raisins)
Animal crackers, graham crackers	Bean salad sprinkled with sesame seeds, bean and cheese burrito	Yogurt	Sardines	Nut and seed butters (<i>i.e.</i> peanut butter, tahini)	Chocolate bars, malt balls, gummi bears, gourmet jelly beans, M&Ms
Trail breads (frybreads, pancakes, biscuits, bannock)	Carrot salad, fresh vegetables (broccoli, carrots, cauliflower, cabbage green beans, Chinese pea pods, small zucchini, jicama, celery, bell peppers) - <i>store in paper, not plastic</i>		Canned tuna or chicken, Vienna sausages bacon bits, devilled ham (<i>Water packed. Choose only one can per trip; eat immediately after opening.</i>)	Cream cheese packets, mayonnaise and/or mustard packets (<i>These keep for 2-3 days if protected from heat and the seal is not broken.</i>)	Energy bars (<i>best ones have 40 grams carbohydrates, 8-10 grams protein, less than 5 grams fat</i>)
Granola, cereals	Pre-cooked baked potato with butter and brown sugar, or relish, cheese, bacon bits, etc. (<i>Try a sweet potato or Yukon Gold. Seal well so it doesn't leak.</i>)		Foil packet of tuna (<i>i.e.</i> Starkist™ in sunflower oil)	Salsa	Fruitcake, pound cake, Pop Tarts, Twinkies, cookies