Breakfast ideas

Ready-made bacon brunch
good, quick, easy, but heavy & expensive

Instant porridge/ready brek
there are some nice flavoured ones,
add dried milk to the water first before heating
you can add chocolate, honey, jam or syrup

Scotch pancakes, or chocolate crepes
Can be warmed over trangia. Add honey/syrup
fruit sauce/jam from a squeezy bottle

Muesli or weetabix or cereal that won't crush
but remember you don't have milk, unless
you take powdered milk and mix it up,
again, you can add dried fruit

Hot drink is essential tea/coffe/hot choc/soup

Drinks

Tea, coffee, packet instant soups
cocoa, (made with water & dried milk)

Water, small unbreakable bottle of
concentrated squash

No canned, sugary or fizzy drinks
as these dehydrate you.

Lunch ideas.

Last night's left overs
Make double quantities of pasta/rice etc
pack into plastic boxes and re-heat or eat cold

First day only, fresh ham or cheese, salad etc.
which you can make into wraps, sandwiches etc.

First day only, sausage rolls, ready-made pies etc

Tortillas or Pitta bread filled with Baby bel or
squeezy cheese, peperamis or mattesons sausage
marmite, peanut butter or tuna sandwich filling

Instant noodles or pasta in a mug

Fresh fruit and veg like satsumas, oranges , carrots
travel well, but are heavy so eat on day 1

Dried fruit, cakes, scones, biscuits etc.

Snacks

Dried fruits, sultanas, apricot, mango, coconut etc.
Fruit bars
Nuts (really high calorie and nutrition)
Jelly cubes, straight from the packet.
Chocolate (NB it might melt)
Cereal bars, flapjack etc.
Biscuits, crisps, cheddars, sweets.

Dinner ideas

There are lots of instant packet pasta , rice, risotto,
noodle, couscous and similar meals available in shops
but they need extra meat adding to provide more protein
such as Mattesons sausage, peperami, beef jerky.

Ready made meals: "Look What I've Found" and
"Wayfayrer" ranges, or dedyrated meals e.g.
"Adventure Food" available from Go-Outdoors and Cotswold

You can use packet sauces and soups, oxo cubes,
mini sachets of pesto, ketchup etc. or dried tomatoes
to add flavour.

Packet cakes, tarts, flapjack etc
Such as ginger cake or flapjack with custard
(add dried milk to water before making custard

Or chocolate swiss roll or brownies with choc custard
(add sachet of hot chocolate to the custard mixture)

Angel delight with marshmallows

Hot drink essential. Packet soup, cocoa etc.

Emergency rations:

A minimum of five items; four from the
snacks list, plus one instant hot drink

You need to eat 3500 calories a day. Your food all needs to be light-weight, non-perishable, not need refridgeration, not matter if it crushes, be high calorie, high- protein, high carbohydrate (sugars, starch). It needs to be in unbreakable plastic containers, bags, etc. NO glass or tins allowed.