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5-Day Backpacking Meal Plan

Rockwall Trail

Here you will find some of our favourite recipes. We value lightweight meals without compromising great taste and full bellies. We included some of our favourite recipes and the instructions on how to make them. This is your one stop shop for a lightweight, delicious, and nutritious backpacking meal plan. Enjoy!

Meal Plan Description

Ingredients for the meals emphasize the nutritional requirements specific for backpacking. Meals are tasty and filling, with a strong focus on being lightweight. Based on a vegetarian diet, you can add meat to any recipe for the carnivores in your life. Two to three granola bars per day work well to add additional calories and variety.

Meat suggestions include, but are not limited to:

- Canned tuna placed in a ziplock taped shut
- Foil packet of tuna, chicken, or another meat of choice
- Jerky
- Sausages
- Canned chicken dehydrates much better than a cooked chicken breast

Required Equipment

The meals are based on having a stove on which you can adjust the level of the flame. These meals will not work well with a jet boil. Some recipes require the use of a dehydrator or using an oven as a dehydrator

Portions

All recipes are based on single servings unless otherwise noted.

Tips for backcountry cooking

1. Break everything out into portions. This will minimize the extra garbage and left overs that you'll need to pack out.
2. Put all dry ingredients for one recipe into the same baggie. Simple = better. This way all you need to do is dump everything in the one pot.
3. Eat the heavy and bulky meals first. Your pack will become lighter and you'll free up space quicker.
4. The plastic bags that the meals were packaged in can be used as garbage bags.
5. Start by heating the water for your main meal. Pour in the ingredients that need to rehydrate and set off to the side. Place soup pot on stove. When soup is ready, reheat the main meal. When you finish eating the soup your main meal will be ready. This allows for very efficient cooking and fuel usage. The will stay running continuously as you switch between pots, eliminating the need to re-prime the stove which consumes a lot of fuel.

Other Main Meal Options Not Requiring a Dehydrator

- Kraft Dinner + dehydrated veggie flakes. Add extra old cheese and enjoy!
- Instant noodles, like Mr Noodles, + powdered soup base for a sauce + veggie flakes + jerky
- Instant Rice + powdered soup base + veggie flakes

Other Resources

Check out Get Outside's blog for more [recipes](#) and helpful hints for making your backpacking trip a success

		Recipe	Instructions
Day 1	Appetizer	Crackers and Cheese <ul style="list-style-type: none"> - 3 good slices of brie - 4 dates - 4 crackers 	
	Main	Pesto Tortellini <ul style="list-style-type: none"> - 1.5 cups of tortellini - 1 tbsp parmesan cheese - 3-5 baby tomatoes - 2 mushrooms - 1 pesto sauce mix 	<p>At Home → Pack tomatoes and mushrooms in your pot so they don't get squished. Place the tortellini in a plastic bag. Place the parmesan cheese in another bag.</p> <p>At Camp → Boil tortellini and remove from pot once cooked. Fry tomatoes and mushrooms in pot. Combine all ingredients in pot, mix. Add amount of water needed for pesto sauce.</p>
	Desert	Flavoured Popcorn <ul style="list-style-type: none"> - ¼ cup popcorn kernels - 1/8 teaspoon smoked paprika - 1/8 teaspoon dried garlic - 1/8 teaspoon red chili flakes - Pinch of salt and pepper - 4 tablespoons of oil 	<p>At Home → Place kernels in a Ziploc. Combine spices in another bag. Add oil to the screw top container needed for the entire trip</p> <p>At Camp → Pour oil in pot. Once hot pour popcorn kernels in pot. With lid on continues to shake pot on top of medium-high heat on stove.</p>
Day 2	Breakfast	Breakfast Sandwiches <ul style="list-style-type: none"> - 1 english muffin - 1 avocado per 10 people - 1 tomato per 10 people - 1 slice of cheese - 1-2 eggs - 2 tablespoons of oil 	<p>At Home → Slice cheese and place parchment paper between slices to prevent sticking. Crack and pour eggs into 500ml Nalgene, place in freezer. Add oil to the screw top container needed for entire trip</p> <p>At Camp → Eggs will defrost overnight. Shake eggs in Nalgene, add oil to frying pan, pour eggs in once pan is hot, cover. Slice avocado and tomato. Once eggs are cooked cut into portions and construct sandwich</p>
	Lunch	Tuna Veggie Wraps <ul style="list-style-type: none"> - 1 wrap - 1 bag of Sweet Kale Vegetable Salad kit - Salad dressing, crasins from salad kit 	<p>At Home → Place wraps in Ziploc. Slice cheese and place parchment paper between slices to prevent sticking</p> <p>At Camp</p>

	<ul style="list-style-type: none"> - 1 slice of cheese - 1 foil packet of tuna per 3 people 	→ Construct wrap. Using the included salad dressing as sauce for wrap. Use one of the plastic bags from a previous meal to store the wrap if made ahead of time.	
Appetizer	Soup <ul style="list-style-type: none"> - 1 packet of Knorr soup mix of your choice per 4 people 	At Camp → Follow instructions on packaging	
Main	Spicy Peanut Noodles <ul style="list-style-type: none"> - 1 packet of instant noodles - ¼ cup veggie flakes - 1 handful cashews - 2 tablespoons peanut butter - 1 packet of soy sauce - ¼ teaspoon garlic powder - ½ bouillon cube - ¼ cup coconut milk powder 	At Home → Place noodles in a large Ziploc. Add cashews, veggie flakes, spices, milk powder, and bouillon cube to a Ziploc. At Camp → Bring enough water to boil that would just cover the noodles. Add and stir in the dry ingredients and let sit for 10-15min. Reheat water and add noodles. Serve once noodles are desired texture.	
Desert	Chocolate Chip Bannock (for 4 people) <ul style="list-style-type: none"> - 1 cup all-purpose flour - 1 tbsp baking powder - 1/8 tsp salt - 2 tablespoons oil - ½ cup chocolate chips 	At Home → Mix the dry ingredients and place them in a ziploc At Camp → Add enough cold water to the dry mix to make sticky dough. Cook the dough in a frying pan. When the bottom is golden, flip the bannock to cook the top	
Day 3	Breakfast	Dehydrated Hash Browns (for 4 people) <ul style="list-style-type: none"> - 1 ½ boxes dehydrated hash browns - 2/3 tablespoon of dried onion - 2/3 tablespoon of dried garlic - 2/3 teaspoons black pepper - 1/3 tablespoon chili spice - 2 tablespoons oil - Any left over from the Sweat Kale Salad 	At Home → Mix dry ingredients together in a Ziploc In Camp → Bring water to boil, add ingredients. Cover. Take off stove and let sit for 10-15min. Fry in frying pan with oil until crispy or reaches desired texture
	Lunch	Bagel Sandwiches <ul style="list-style-type: none"> - 1 bagel - 1 slice of old cheese - 4 slices of dried salami or veggie meat - 1 leaf of kale 	At Home → Slice cheese and place parchment paper between slices to prevent sticking. Place kale leaves in a Ziploc wrapped in paper towel. Leave the meat in the same bag it was packaged in by the deli attendant. At Camp → Construct sandwich

	Appetizer	Soup <ul style="list-style-type: none"> - 1 packet of Knorr soup mix of your choice per 4 people 	At Camp → Follow instructions on packaging
	Main	TVP Tacos <ul style="list-style-type: none"> - ¾ cup TVP (Textured Vegetable Protein) - ½ tablespoon chili powder - ¾ teaspoon garlic powder - ¼ teaspoon onion powder - ½ teaspoon dried onion - ¾ teaspoon cumin - ½ teaspoon paprika - ¼ teaspoon dried oregano - ¼ teaspoon dried cilantro - ½ teaspoon salt - 2 soft taco wraps - ¾ cup boiled water - Optional hot sauce 	At Home → Add items into a Ziploc At Camp → Rehydrate TVP in a Ziploc for 10-20'. Add to frying pan to heat. Nice to add fresh onion and garlic. Serve on soft taco wraps. Hot sauce optional.
	Desert	Backpacking Parfait <ul style="list-style-type: none"> - 1 box Jell-O instant pudding mix - Coconut milk powder as per pudding box - 5 Oreos - Cold water as per pudding box 	At Home → Combine pudding mix and coconut milk powder in ziploc. Write the amount of water needed on the side of ziploc. At Camp → add cold water (amount from pudding package) to pudding and milk powder mix. Continue to ass cold water in small increments until the desired consistency is reached. Let sit for 5min. Add more water if needed. Place pudding in cup. Top with Oreo pieces.
	Breakfast	Mashed Potatoes <ul style="list-style-type: none"> - 2 servings of instant mashed potatoes - Milk powder per mashed potato box - ¼ teaspoon dried onion - ¼ teaspoon dried garlic - ½ tablespoon bacon bits - ½ tablespoon parmesan cheese - Water per mashed potato box 	At Home → Combine ingredients in a Ziploc. At Camp → Add combined ingredients to pot. Slowly add hot water per mashed potato box (including the volume needed for the milk). If needed add extra water to reach desired consistency.
Day 4	Lunch	Charcuterie Board and Dried Fruit <ul style="list-style-type: none"> - 5 slices (#2 slice) Dry cured salami - 1 tempeh stick or landjaeger - 5 slices old age cheese - 5 apricots - 5 dates 	At Home → Slices cheese and place piece of parchment paper between to prevent sticking.

	Appetizer	Soup - 1 packet of Knorr soup mix of your choice per 4 people	At Camp → Follow instructions on packaging
	Main	Vegetarian Chili - 2/3 cup dry quinoa - 1 tablespoon olive oil - 1 large yellow onion, diced - 4 cloves garlic, minced - 2 (14.5oz) cans diced tomatoes - 1 (15oz) can tomato sauce - 1 (14.5oz) can low sodium veg broth - 1 (7oz) can diced green chilies - 2 ½ tablespoon chili powder - 2 teaspoon ground cumin - 2 tablespoon cocoa powder - 1 ½ teaspoon paprika - ½ teaspoon ground coriander - 1/8 teaspoon cayenne pepper - Salt and pepper to taste - 2 (15oz) cans kidney beans, drained and rinsed - 1 (15oz) can black beans, drained and rinsed - 1 ½ cup frozen corn - ¼ cup chopped cilantro - 1 tablespoon lime juice	At Home → Prepare chili. Heat olive oil in a large pot over medium-high heat. Once oil is hot add onion and sauté until translucent, about 4 minutes. Add garlic and sauté 1 minute longer. Add in diced tomatoes, tomato sauce, cooked quinoa, vegetable broth, green chilies, chili powder, cumin, cocoa, paprika, coriander, cayenne pepper and season with salt and pepper to taste. Bring mixture just to a boil, then reduce heat to a simmer, cover pot and allow to simmer 30 minutes. Add in all kidney beans, black beans, corn, cilantro and lime and cook until heated through. Once cooked. Place in dehydrator until dried through. Pack 1-1.5 cups of dehydrated chili per person At Camp → Bring water to boil. Same number of cups as the chili. Let sit for 15-20min. Serve.
	Desert	Chocolate Covered Almonds - 6 chocolate covered almonds	At Home → Place in a ziploc
Day 5	Breakfast	Oatmeal - 1/3 cup oatmeal - 1/3 cup granola - ¼ cup raisins or other dried fruit - 1 tablespoon coconut flakes	At Home → Place dry ingredients in a Ziploc. Place dried fruit in its own bag. At Camp → Pour oatmeal and granola in bowl or cup. Add water to desired texture. Add dried fruit. Let sit 5min.
	Lunch	Peanut Butter and Nutella Sandwich - 1 bagel - Desired amount of Nutella and peanut butter	At Home → Construct sandwich and place in ziploc
	Appetizer	Soup - 1 packet of Knorr soup mix of your choice per 4 people	At Camp → Follow instructions on packaging
	Main	Curry - ½ cup instant rice - ¼ cup cashews	At Home → Add ingredients in a Ziploc

	<ul style="list-style-type: none"> - 2 tablespoons golden raisins - Bouillon - ¼ cup veggies flakes - ¼ teaspoon onion powder - ¼ teaspoon curry powder - ¼ teaspoon crushed red peppers - ½ boiled water 	<p>At Camp → Add items to boiled water and let sit for 15-20'</p>
Desert	<p>Cinnamon Bannock (for 4 people)</p> <ul style="list-style-type: none"> - 1 cup all-purpose flour - 1 tbsp baking powder - 1/8 tsp salt - 2 tablespoons oil 	<p>At Home → Mix the dry ingredients and place them in a ziploc</p> <p>At Camp → Add enough cold water to the dry mix to make sticky dough. Cook the dough in a frying pan. When the bottom is golden, flip the bannock to cook the top</p>