



MEAL PLANNING - GRUBMASTER

Patrol Name:		Date:	
Patrol Leader:		Destination:	
Grubmaster:		Quartermaster:	

Total # of Scouts _____

SPL Approval Signature: _____

Allergies or Dietary Needs: _____

MEALS: (Remember to include foods from each of the **MyPlate** groups: **Protein, Vegetable, Fruit, Grain, Dairy**)

MEAL:	Friday Dinner	Saturday Breakfast	Saturday Lunch	Saturday Dinner	Sunday Breakfast
Main Dish					
Side					
Side					
Vegetable					
Drink					

SHOPPING LIST:

Propane (1 bottle per night)		
3x veggie ramen		
4x chicken ramen		
Ramen seasoning?		
Pancake instant batter		

Item	Check	Need
Propane Fuel (IMPORTANT)		
Aluminum Foil	Patrol Box	
Dutch Oven (need to check out)		
Charcoal (if needed)		

Item	Check	Need
Dish Soap	Patrol Box	
Bleach (small amount or tablet)	Patrol Box	
Scrubber sponges	Patrol Box	
Paper Towels	Patrol Box	

NOTE: Make 3 copies once approved:

- 1) copy for the **Grubmaster**, 2) copy for the **Patrol Leader**,
- 3) copy to **post in plain sight** at camp (all copies go to camp).



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MEAL IDEAS: Put your phone to good use...search camping recipes! <http://koa.com/camping-recipes>

*Remember to include foods from each of the **MyPlate** groups: **Protein, Vegetable, Fruit, Grain, Dairy***

BASE CAMP

Meal	Ideas
Lunch	- Grilled Cheese Sandwiches, w/Butter - Fried Bologna Sandwiches, s/Butter - Apple & cheese wraps - Soup - Carrot sticks & ranch salad dressing - Fruit (grapes, berries, etc.)
Dinner	- Chicken and Rice (use prepackaged meat) - Pork Chops & Apple Sauce - Stuffing casserole - Chili Mac (mix it up!) - Tacos, Burritos, Fajitas, Quesadillas, etc. - Pasta and sauce (parm cheese, veggie) - Dutch Oven Pizza, or skillet pizza stew w/o crust - Beef Stew - Stir-fry veggies and Rice (Soy, Teriyaki) - Hot Dogs cooked over a campfire - Silver Turtles (foil packs...packed with anything!)
Dinner Sides	- Corn on the cob (campfire, or boiled) - Baked / Mashed potatoes - Beans, beans, beans!
Breakfast	- Mountain Man Breakfast (eggs, sausage, hashbrowns, cheese) - Breakfast Burritos (eggs, sausage, onion, salsa, cheese) - Pancakes, Fruit - Biscuits on a Stick (over a campfire) - Granola, Fruit, Yogurt

NO SODA

NO POP-TARTS

PHILMONT GRACE

For food, for raiment
 For life, for opportunity
 For friendship and fellowship
 We thank thee, O Lord

BACKPACKING

Meal	Ideas
Lunch	- Summer Sausage, Jerky, Cheese, Crackers - Packaged Tuna/Salmon/Spam/Deviled Ham - PB&J or Hummus (w/ bagels or tortillas) - Energy bars, nuts, dark chocolate, dried fruit - Fruit roll-up, chews, gels - Drink: water
Dinner	- Option: Add pre-packaged meat to any of these. - Option: Add dried vegetables to any of these. - Option: Don't forget to bring salt/pepper/etc. - Pro Tip: Grab Fast Food condiment packets - Seasoned Noodles (e.g. Ramen) - Seasoned Instant Rice - Instant Potatoes - Instant Soups - StoveTop Stuffing - Jambalaya - Cheese Quesadillas - Red beans and rice - Mac & Cheese - Drink: water, powdered mixes, cider, etc.
Dinner Desserts	- Oatmeal cookies, Fig Newtons - Instant Pudding, Apple Sauce, Marshmallows - Research trail dessert recipes!!
Breakfast	- Oatmeal, Nuts, Raisins, Brown Sugar - Grits, Cheese, Butter, Cured Ham - Cream of Wheat - Cereal w/powdered milk - Granola bars - Drink: powdered apple cider, hot chocolate

