

Troop 48 Backpack Meal Plan (Revised Feb 2022) _____ Patrol

EVENT _____ **Price Target (\$3-4 per meal)** \$ _____

SUPPER **Day** _____ **Date** _____ **Carried By** _____

Main Dish (e.g. chili, chicken & rice) _____

Ingredient 1 _____

Ingredient 2 _____

Ingredient 3 _____

Side (bread, vegetable) _____

Dessert _____

Drink _____

BREAKFAST **Day** _____ **Date** _____ **Carried By** _____

Main Meal (e.g. tortillas, oatmeal, pancakes) _____

Fruit _____

Protein Bar _____

Drink (e.g. hot cocoa) _____

LUNCH **Day** _____ **Date** _____ **Carried By** _____

Main Dish (e.g. tortillas, chicken) _____

Ingredient 1 _____

Ingredient 2 _____

Ingredient 3 _____

Vegetable _____

Chips _____

Dessert _____

Drink _____

CRACKER BARREL/SNACKS

Snack 1 When? _____

Snack 2 When? _____

Snack 3 When? _____

CONSUMABLE ITEMS

Carried By

Paper Towels	_____	_____
Soap (for pots)	_____	_____
Scouring Pads	_____	_____
Aluminum Foil	_____	_____
Cooking Oil	_____	_____
Garbage Bags	_____	_____
Plastic Bags (small)	_____	_____
Salt	_____	_____
Pepper	_____	_____
Matches	_____	_____
Propane Cylinder	_____	_____

APPROVED: _____ (Leadership Corps)

APPROVED: _____ (Adult Leader)