

FOOD PLANNER

	BOX #		LOCATION:							
		TOTAL	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
MAPS & GUIDE BOOK PAGES										
STAPLES:										
	Peanut Butter (Jar)									
	Pringles (Can)									
	Hydration Mix (1/day)									
	Pepperoni (Bag)									
	Wipes									
	Hot Sauce (Packet)									
	PepperJack Cheese									
	Garlic Squeeze Tube									
	Summer Sausage									
	Laundry Soap									
	Jerky									
	Chapstick									
BREAKFAST			Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Pop Tarts (1-pkg)									
	Oat Clusters									
	Bagel									
	Shake									
SNACK (Incl. (2))										
	Bar									
	GORP									
	Nutella									
	Candy Bar									
LUNCH										
	Bagel									
	Cookies (Package)									
	Bar									
SNACK (Incl (2))										

