

DofE expedition menu planner

Group: _____	Date of expedition: _____
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	Breakfast	Midday meal	Evening meal	Snacks	Calorie total
Day 1	Have a nice breakfast before you start				
Day 2	Oat sachet 191 Kcal Crepe 137 Kcal Coffee 56 kcal	Tortilla wrap x2 346 kcal Cheese slice x4 184 kcal Peperami 113 kcal	Curry sauce 126 kcal Rice 260 kcal Battenberg 1/3 483 kcal		1896 kcal
Day 3	Oats 6 Sachet Crepe 6 sachet Coffee 6 sachet		Curry sauce 3 packet Jane Rice 780g Rob 780g Fred Battenberg 258g Jack 258g Milly		
Day 4			I am sure during your expedition you will of thought of something nice to have now.		

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