

Silver Menu Planning for NSG

Group: _____

Focus on: **WEIGHT** (reduce packaging for weight and volume)

CALORIES (3000-5000 per day)

TASTE (make sure you enjoy it!)

NUTRITION (make sure you have a balanced menu and & not too many high sugar snacks)

QUICK (make sure it's quick to cook – you don't want to wait too long or use all your fuel up)

ORGANISE (pack each meal type or day into waterproof/freezer bags that are labelled, prepare food before you arrive & weigh out what you need)

	Breakfast	Lunch	Dinner	Snacks & drinks	Approx Calories
Day 1	Have at home or on bus on way up				
Day 2					
Day 3			On your way home!		

Ideas for meals

Breakfast

This needs to be preferably hot and with a hot drink (tip: use dried milk powder mixed with hot water for warm milk)

- ✓ Cereal/Muesli
- ✓ Porridge
- ✓ Scotch pancakes/waffles/crepes/brioche
- ✓ Tea, coffee or hot chocolate
- ✓ Breakfast bars
- ✓ Hot breakfast – beans/boil in a bag breakfast

Lunch

- ✓ Cooked pasta & sauce from evening before (cold)
- ✓ Sandwiches/pitta/wraps/crackers
- ✓ Fillings: tuna in foil pouches, cheese slices, squeazy cheese, salami, honey/jam etc
- ✓ Flapjack/muesli bars/biscuits/chocolate bars/oat cakes
- ✓ Dried fruit/nuts/pretzels

Evening meal

- ✓ Soup to start
- ✓ Rice based dish/curry
- ✓ Pasta and sauce/filled pasta
- ✓ Cous-cous
- ✓ Noodles
- ✓ Extras: vegetables, tuna (in foil bag), sweetcorn, chickpeas, kidney beans, cheese, pepperami, chorizo etc
- ✓ Pudding: chocolate and marshmallows, custard and fruit, biscuits or cake, rice pudding