

Level 1: Cheap and Easy

- Cold off-the-shelf food for breakfast, lunch and dinner
 - Breakfasts: Granola with powdered whole milk; artisan bread with cheese; protein drink powder and energy bar, etc.
 - Lunches: Artisan bread, tortillas, english muffins or crackers with cheese, almond or peanut butter; fresh or dried fruit; packaged cold salads (dressing packs); hard salami, jerky, trail mix
 - Dinners: Vacuum pack chicken, tuna or salmon on crackers with chopped celery and carrot; tortillas with cheese or peanut butter; made-at-home or purchased sandwiches; cold instant potatoes

Pros: Inexpensive, easy to shop for and easy at camp; no stove, fuel or pot needed; no pot scrubbing or wastewater

Cons: Can be heavy and bulky; limited variety

- Cooked off-the-shelf food for breakfast and dinner
 - Breakfasts: Cooked cereal with added dried fruit, nuts, coconut; instant polenta with cheese; pancakes with syrup; Instant (Via) coffee, tea or hot cocoa packs; scrambled eggs and cheese on a tortilla
 - Dinners: Top Ramen pack with vacuum packed or smoked meats; Boxed mac and cheese or Rice a Roni; Instant mashed potatoes with cheese and salami

Pros: Inexpensive, easy to shop for

Cons: High fuel use to cook food at camp; may need more cookware; more cleanup and cleaning supplies required; sometimes questionable nutrition

Level 2. Fast and Light

- Add some dehydrated foods for breakfast, lunch and dinner
 - Breakfasts: Pre-packaged dehydrated scrambled eggs meal with cheese or meat, on a tortilla
 - Lunches: Dehydrated hummus or bean flakes, or pre-packaged dehydrated chicken salad, rehydrated in cold water, on crackers or in a tortilla;
 - Dinners: Pre-packaged dehydrated dinner

Pros: *Lightweight (water is removed!), easy to shop for, easy at camp (only need hot water), minimal cleanup, minimal cookware*

Cons: *Expensive, limited variety, can be bulky, sometimes questionable nutrition (very high sodium)*

Level 3. Fast, Light, Cheap and Nutritious!

- Dehydrate some of your favorite healthy foods at home!
 - Breakfasts: Scrambled eggs with meat or cheese, cooked and dehydrated at home; home-cooked & dehydrated hot grain mixes (quinoa, barley, faro) mixed with toasted coconut and home-dried fruit
 - Dinners: Favorite store-bought or home-made casseroles, dehydrated at home

Pros: *Lightweight (water is removed!), inexpensive, tasty with limitless variety, you control the nutrition! Easy at camp (only need hot water), minimal cleanup, minimal cookware*

Cons: *More prep time at home, need a dehydrator*

Other Weight-Saving Tasty and Easy Food Ideas:

- Single-serve packs of nut butters, jelly, honey, salad dressing (no need to pack a jar!)
- “Ova-Easy” instant egg crystals – cook in a zip loc (bacon bits!)
- Dried hummus, bean or soup flakes, online or in bulk bins
- Gourmet dried fruits – mango, blueberries
- Enhance otherwise dull ingredients with lightweight ‘add-ons’:
 - Powdered sauce mixes – cheddar, coconut cream, sour cream, ‘fajita seasoning’
 - Flavored olive oils
 - Pesto in a tube
 - Ketchup or mustard packs
 - Even just a few fresh items (basil, red peppers, olives, onion) – last a couple of days
 - Parmesan or other hard cheese- lasts multiple days
 - Spices