Backpacking/Outdoor Food

Breakfast
Granola
Oatmeal
Grits
Grape nuts
Breakfast bars
Dried Milk
Raisons
Dried Fruit
Hash browns
Pancakes
Tang
Powdered breakfast drink

Lunch/ trail food
Dried fruit
Granola bars/ energy bars
Bagels, pita bread, tortillas, English muffins
Nuts and seeds
Peanut butter, jelly, honey
Cheese
Tuna
Fresh fruit
GORP
Instant humus
Pepperoni or dried meat

Dinner
Lipton cup of soup
Ramen noodles
Pasta
Rice
Bulgur
Falafel
Couscous
Beans
Potato flakes
Vegetables – dehydrated or fresh
Cheese
Pepperoni or other dried meat

Miscellaneous
Brown or white sugar
Maple syrup, honey
Tea, coffee
Cocoa
Powdered milk
Drink mix (lemonade, iced tea, fruit punch, Gatorade, tang)
Margarine
Spice kit: salt, pepper, garlic powder, chili powder, curry, cinnamon, oregano, basil, cumin, cayenne, dill, hot sauce, etc.