

	BREAKFAST	LUNCH	DINNER	DESSERT
1	<b>Blueberry Pancake</b> 1 cup water to blueberry 15 min (soft); stir in 1tsp oil +shake bag; shake flour mix +add to blueberry 'til moist; vegetable oil medium heat; ¼ cup/ pancake: 2-3min to bubble; flip 2min	<b>Beef &amp; Veggie Fried Rice (soy sauce)</b> In skillet; boil 2 2/3 cup water; add beef mix; remove from heat, cover, 15 min 'til rice soft; uncover boil medium heat, stir often, 5 min 'til mix hot +liquid absorbed; stir 1tbsp soy sauce <b>Heat stove once option:</b> soak 1h then heat up	<b>Chipotle Beef Chili –Just add water</b> In covered pan, 2 ½ cup water 30 min 'til veggies soft; uncover boil medium heat, stir often; reduce heat boil gently 15 min 'til veggies soft, stir often	<b>Raspberry Chocolate Pudding –Just add water</b> In pan, stir mix; add gradually 1 cup water; boil medium heat, stir often; reduce heat +boil gently, stir constantly, 2 min 'til thickened
2	<b>Cereal Mix</b> Add water	<b>No Cook Pasta – No Heat – Just add water</b> 2 cup water 30 min, cover, 'til pasta tender +mash leather <b>Heat option:</b> soak in pan; uncover +heat medium heat 'til bubbling	<b>Lemon Garlic Chicken</b> In covered pan, 2 cup water 30 min 'til chicken soft; uncover boil medium heat, stir often; reduce heat +simmer, stir often, 15 min 'til chicken +veggie tender & liquid slightly thickened	<b>Pear Cherry Ginger Crumble – Just add water</b> In pan, 1 cup (-2tbsp) water 10 min 'til pear soft; bring to a simmer low heat or campfire; simmer, stir occasionally, 10 min 'til fruit is plump +hot; add remaining water to cookie crumb, toss to combine; sprinkle over fruit +simmer 5min 'til topping hot
3	<b>Cinnamon Apple Porridge – Just add water</b> In covered pan, 2 cup water 30 min 'til grains soft; uncover boil medium heat, stir often; reduce heat simmer 5 min 'til grains tender +porridge thickened, stir often; thin with water if needed	<b>Orange &amp; Sweet Pepper Chicken – Just add water</b> In covered pan, 2 ½ cup water 30 min 'til chicken soft; uncover boil medium heat, stir constantly; reduce heat +simmer, stir often, 15 min 'til chicken +veggie tender & liquid slightly thickened	<b>Beef Stroganoff – Just add water</b> In covered pan, 2 ½ cup water 15 min 'til beef soft; uncover boil high heat; stir in noodle; reduce heat boil gently 5 min 'til noodle tender	<b>Fruit Bannock On Stick – Just add water (campfire + ½” think sticks)</b> ¼ water 10min 'til fruit soft; shake flour mix +add to fruit; w/ fork, stir 'til soft dough forms; gather w/ hands and lightly knead 'til dough hold together; divide in 4 and wrap ½” dough on stick; cook medium-hot area 'til golden brown
4	<b>Jerk Beef Potato and Peppers – Just add water</b> In skillet 2 ½ cup water 30 min 'til potato soft; boil medium heat; cover +simmer low 15 min (potato soft); uncover simmer 5 min 'til liquid evaporated +potato start to brown <b>***campfire:</b> cover 20 min 'til potato tender; uncover 5-10 min 'til liquid evaporated +potato start to brown	<b>Chili Mac &amp; Cheese – Just add water</b> In pan, 2 cup water 15 min 'til pasta soft; boil medium heat, stir constantly; reduce heat boil gently, stir often, 1 min 'til sauce reduced +thickened; salsa & tortilla chip if any <b>No heat option:</b> 1 ½ cup water; 30-45 min	<b>Pork, Potato, Apple Stew – Just add water</b> In covered pan, 3 cup water 30 min 'til veggies soft +mash leather; uncover boil medium heat, stir often; reduce heat boil gently 15 min 'til potato +meat tender & liquid slightly thickened	<b>Raspberry Chocolate Pudding –Just add water</b> In pan, stir mix; add gradually 1 cup water; boil medium heat, stir often; reduce heat +boil gently, stir constantly, 2 min 'til thickened
5	<b>Sweet Cornmeal Pancake</b> 1 cup water to corn 20 min (tender); stir in 1tsp oil +shake bag; shake flour mix +add to corn 'til moist; vegetable oil medium heat; ¼ cup/pancake: 2-3 min to bubble; flip 2 min	<b>Sloppy Joe – tortilla chip – Just add water</b> In covered pan, 2 ½ cup water 15 min 'til beef soft; uncover boil high heat; reduce heat boil gently 10 min 'til peppers soft +sauce reduced	<b>Teriyaki Beef Sir-Fry –Just add water</b> In skillet, boil 2 ½ cup water; add mix; remove from heat +cover 15 min (meat soft); uncover boil medium heat, stir often, 5 min 'til mix hot +liquid absorbed	<b>Banana Coconut Pudding – Just add water</b> In pan, stir mix; add gradually 1 cup water; boil medium heat, stir often; reduce heat +boil gently, stir constantly, 2 min 'til thickened
6	<b>Omelet</b> 2/3 cup (1/2 cup+2tbsp) water 15 min 'til veggie soft; vegetable oil medium-low heat; add egg: 3 min	<b>Instant Mac &amp; Cheese – Just add water</b> In pan, 2 cup water 15 min 'til pasta soft; boil medium heat, stir constantly; reduce heat boil gently, stir often, 1 min 'til sauce reduced +thickened; add grilled fish if any <b>No heat option:</b> 1 ½ cup water; 40-45 min	<b>Pork &amp; Tomato Risotto –Just add water</b> In covered pan, 2 ½ cup water 30 min 'til chicken soft; uncovered boil medium heat, stir often; reduce heat to low, cover +simmer, stir twice, 10 min 'til rice tender; uncover +simmer, stir, 'til liquid absorbed	<b>Fruit Cobbler – Just add water</b> In pan, 2/3 water 15 min 'til fruit soft; add 1/3 water to topping mix in bag; knead gently 'til soft dough forms; boil fruit mix medium heat; drop topping spoonful over fruit; reduce heat to low, cover, simmer 5-10 min 'til dumpling puffed and fork clean; uncover +simmer 2 min 'til dumplings look dry; cool 5-10min
7	<b>Cereal Mix</b> Add water	<b>Chicken Fried Rice – Just add water</b> In skillet; boil 2 2/3 cup water; add chicken mix; remove from heat, cover, 15 min 'til rice soft; uncover boil medium heat, stir often, 5 min 'til mix hot +liquid absorbed <b>Heat stove once option:</b> soak 1h then heat up	<b>Curried Beef with Apples –Just add water</b> In covered pan, 3 cup water 30 min 'til chicken soft; uncover boil medium heat, stir often; reduce heat boil gently 15 min 'til potato & liquid slightly thickened	<b>Fudgy Skillet (parchment paper)</b> Add 3 tbsp water + 1 tbsp oil in flour mix; squeeze gently 'til moist; heat skillet medium heat 'til fairly warm; rub little water over both side parchment paper, put in skillet; pour batter +spread; cover + reduce heat to low, 5-10 min 'til top looks dry and springs back when lightly touched; slide paper onto plate; cool slightly
8	<b>Beef Jerky, Egg, Mushroom Wrap</b> 1/2 cup+4tbsp water 20 min 'til jerk +mushroom soft; whisk 'til frothy; Warm tortillas in skillet or wrap in foil over campfire; vegetable oil medium-low heat; add mix: 2 min; salsa	<b>One-Pot Simple Spaghetti – Just add water</b> In pan, 3 cup water 30 min 'til mushrooms soft; boil medium heat, stir often; add spaghetti; reduce heat boil gently 8 min 'til pasta tender +sauce reduce & thickened	<b>Moroccan Couscous – Just add water</b> In pan, 1 1/3 cup water 30 min 'til chickpeas soft; boil high heat, stir often; remove from heat +add couscous; cover 5min 'til liquid absorbed; fluff w/ fork <b>No-heat option:</b> 1 cup water 45min	<b>Campfire Apple Crumble – Just add water</b> In pan, ¾ water 15 min 'til apple soft; simmer over campfire or low heat stove, stir occasionally, 10 min 'til apple are plum +hot; sprinkle w/ cookie crumb
9	<b>Banana Nut Oatmeal – Just add water</b> In covered pan, 2 cup water 30 min 'til oats soft; uncover boil medium heat, stir often; reduce heat simmer 5 min 'til oats tender +porridge thickened, stir often; thin with water if needed	<b>Smoked Sausage Risotto – Just add water</b> In covered pan, 2 ½ cup water 30min, mash leather, 'til leather soft; uncovered, boil medium heat, stir often; reduce heat to low, cover +simmer, stir twice, 10min 'til rice tender; uncover +simmer, stir, 'til liquid absorbed	<b>Thai Noodle – Just add water</b> In pan, 2 2/3 cup water 15 min 'til veggie soft; add noodles; boil medium heat, stir often, 5 min 'til noodle +veggie tender	<b>No-Bake Blueberry Cheesecake –Just add water</b> In pan, boil 1 cup water; add blueberry; remove from heat, cover, 30min, stir occasionally 'til mix is thick and cooled; sprinkled graham crumbs
10	<b>Scrambled Egg (Replacer)</b> ½ cup + 1 tbsp +2 tsp water 15 min 'til leather soft; vegetable oil medium-low heat; add egg: 2 min	<b>Caribbean Rice &amp; Beans – Just add water</b> In skillet; boil 2 ½ cup water; add rice; remove from heat, cover, 15min 'til rice soft; uncover boil medium heat, stir often, 5min 'til mix hot +liquid absorbed <b>Heat stove once option:</b> soak 1h then heat up	<b>Viking Stew – Just add water</b> In covered pan, 3 cup water 30min 'til veggies soft +mash leather; uncover boil medium heat, stir often; reduce heat boil gently 15min 'til potato +meat tender & liquid slightly thickened	<b>Chocolate Banana Nut Quesadillas</b> Heat skillet medium heat 'til warm; put mix on tortilla leaving 1-inch border; fold tortilla; place in skillet, heat, flipping once 'til slightly toasted and chocolate melted <b>No-Heat option:</b> use no heat