



MEAL PLANNING - GRUBMASTER

Patrol Name:		Date:	
Patrol Leader:		Destination:	
Grubmaster:		Quartermaster:	

Total # of Scouts _____ SPL Approval Signature: _____

Allergies or Dietary Needs: _____

MEALS: (Remember to include foods from each of the *MyPlate* groups: *Protein, Vegetable, Fruit, Grain, Dairy*)

MEAL:	Friday Dinner	Saturday Breakfast	Saturday Lunch	Saturday Dinner	Sunday Breakfast
Main Dish					
Side					
Side					
Vegetable					
Drink					

SHOPPING LIST:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Item	Check	Need
Propane Fuel (IMPORTANT)		
Aluminum Foil	Patrol Box	
Dutch Oven (need to check out)		
Charcoal (if needed)		

Item	Check	Need
Dish Soap	Patrol Box	
Bleach (small amount or tablet)	Patrol Box	
Scrubber sponges		
Paper Towels	Patrol Box	

NOTE: Make 3 copies once approved: 1) copy for the **Grubmaster**, 2) copy for the **Patrol Leader**, 3) copy to **post in plain sight** at camp (all copies go to camp).

MEAL IDEAS: Put your phone to good use...search camping recipes! <http://koa.com/camping-recipes>



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BASE CAMP

Meal	Ideas
Lunch	<ul style="list-style-type: none"> Grilled Cheese Sandwiches, w/Butter Fried Bologna Sandwiches, s/Butter Apple & cheese wraps Soup Carrot sticks & ranch salad dressing Fruit (grapes, berries, etc.)
Dinner	<ul style="list-style-type: none"> Chicken and Rice (use prepackaged meat) Pork Chops & Apple Sauce Stuffing casserole Chili Mac (mix it up!) Tacos, Burritos, Fajitas, Quesadillas, etc. Pasta and sauce (parm cheese, veggie) Dutch Oven Pizza, or skillet pizza stew w/o crust Beef Stew Stir-fry veggies and Rice (Soy, Teriyaki) Hot Dogs cooked over a campfire Silver Turtles (foil packs...packed with anything!)
Dinner Sides	<ul style="list-style-type: none"> Corn on the cob (campfire, or boiled) Baked / Mashed potatoes Beans, beans, beans!
Breakfast	<ul style="list-style-type: none"> Mountain Man Breakfast (eggs, sausage, hashbrowns, cheese) Breakfast Burritos (eggs, sausage, onion, salsa, cheese) Pancakes, Fruit Biscuits on a Stick (over a campfire) Granola, Fruit, Yogurt

BACKPACKING

Meal	Ideas
Lunch	<ul style="list-style-type: none"> Summer Sausage, Jerky, Cheese, Crackers Packaged Tuna/Salmon/Spam/Deviled Ham PB&J or Hummus (w/ bagels or tortillas) Energy bars, nuts, dark chocolate, dried fruit Fruit roll-up, chews, gels Drink: water
Dinner	<ul style="list-style-type: none"> Option: Add pre-packaged meat to any of these. Option: Add dried vegetables to any of these. Option: Don't forget to bring salt/pepper/etc. Pro Tip: Grab Fast Food condiment packets Seasoned Noodles (e.g. Ramen) Seasoned Instant Rice Instant Potatoes Instant Soups StoveTop Stuffing Jambalaya Cheese Quesadillas Red beans and rice Mac & Cheese Drink: water, powdered mixes, cider, etc.
Dinner Desserts	<ul style="list-style-type: none"> Oatmeal cookies, Fig Newtons Instant Pudding, Apple Sauce, Marshmallows Research trail dessert recipes!!
Breakfast	<ul style="list-style-type: none"> Oatmeal, Nuts, Raisins, Brown Sugar Grits, Cheese, Butter, Cured Ham Cream of Wheat Cereal w/powdered milk Granola bars Drink: powdered apple cider, hot chocolate

PHILMONT GRACE

*For food, for raiment
For life, for opportunity
For friendship and fellowship
We thank thee, O Lord*

