

Meal & Snack Ideas

Breakfast

General	Gluten-Free (GF)	Vegan	Milk Allergy
Scrambled eggs with buttered toast and fruit	Scrambled eggs with buttered GF toast and fruit	Scrambled tofu with toast spread with dairy-free margarine and fruit	Scrambled eggs with toast spread with dairy-free margarine and fruit
Instant oatmeal with powdered milk, raisins and pumpkin seeds ⇒ OR Quinoa with powdered soy milk, raisins and pumpkin seeds	GF instant oatmeal (e.g. Glutenfreeda brand - available online \$8) with powdered milk, raisins, pumpkin seeds ⇒ OR Quinoa with powdered soy milk, raisins and pumpkin seeds	Instant oatmeal with powdered soy milk (e.g. Better Than Milk - available online \$20), raisins and pumpkin seeds ⇒ OR Quinoa with powdered soy milk, raisins and pumpkin seeds	Instant oatmeal with powdered soy milk (e.g. Better Than Milk - available online), raisins and pumpkin seeds ⇒ OR Quinoa with powdered soy milk, raisins and pumpkin seeds
<i>Campfire meal</i>			
<i>Your suggestion</i>			

Lunch

General	Gluten Free (GF)	Vegan	Milk Allergy
Deli meat & cheese sandwich with yogurt cup and apple	Cheese sandwich on GF bread with yogurt cup and apple	Vegetarian 'meat' sandwich (e.g. Yves brand) with soy yogurt cup and apple	Deli meat sandwich with soy yogurt cup and apple
<i>Fractured tacos in solar oven</i>			
<i>Campfire meal</i>			

Dinner

General	Gluten Free (GF)	Vegan	Milk Allergy
Pasta with bolognese sauce, powdered Parmesan cheese and veggie sticks with ranch dip	GF pasta with bolognese sauce and real grated Parmesan cheese OR vegan-and-GF cheese substitute (e.g. Daiya brand) and veggie sticks with GF ranch dip	Pasta with marinara sauce and vegan cheese substitute (e.g. Daiya brand) and veggie sticks with hummus	Pasta with bolognese sauce and vegan cheese substitute (e.g. Daiya brand) and veggie sticks with hummus
Chili (ground beef, canned beans, tomatoes, peppers, onions, spices) with buttered rolls and Caesar salad ⇒ OR Bean chili* (omit beef) over rice and green salad with vinaigrette* <i>*ensure all ingredients GF and dairy-free</i>	Chili (ground beef, GF canned beans, tomatoes, peppers, onions, GF spices) with GF bread and Caesar salad, no croutons, GF Caesar dressing ⇒ OR Bean chili (omit beef) over rice and green salad with vinaigrette	Chili (omit beef, canned beans, tomatoes, peppers, onions, spices) with rolls with dairy-free margarine and Caesar salad, no dressing, or a vinaigrette ⇒ OR Bean chili* (omit beef) over rice and green salad with vinaigrette*	Chili (ground beef, canned beans, tomatoes, peppers, onions, spices) with rolls with dairy-free margarine and Caesar salad, no dressing, or a vinaigrette ⇒ OR Bean chili* (omit beef) over rice and green salad with vinaigrette*
<i>Chicken stir-fry</i>			

<i>Foil-pack meal</i>			
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Mug-Up

General	Gluten-Free (GF)	Vegan	Milk Allergy
Hot chocolate mix	Cocoa powder with sugar and milk	Cocoa powder with sugar and soy milk	Cocoa powder with sugar and soy milk
<i>Chicken noodle soup</i>			
<i>Cheese and crackers</i>			

<i>Homemade trail mix (e.g. nuts, dried fruit, seeds, mini pretzels, chocolate chips)</i>			
<i>Your suggestion</i>			

Some Resources:

- Gluten free items at Save-on-Foods: <http://www.saveonfoods.com/gluten-free-products>
- Backcountry meal ideas: <http://www.wildernesscooking.com/backcountry-cooking.htm>
- Product examples ('X' indicates many products in the line meet dietary requirements):

	Gluten-Free	Vegan	Dairy-Free
Daiya dairy-free cheese substitute	X	X	X
Udi's breads	X		X
Silver Hills gluten-free bread varieties	X	X	X
GlutenFreeda	X		
Glutino	X	X	X
All But Gluten	X	X	X
Bob's Red Mill	X	X	X