

SUGGESTED QUANTITIES PER PERSON

Breakfasts

		kJ
Muesli	100 g	1380
Honey crunch	100 g	1430
Pro Nutro	60 g	868
Meilie Meal	140g	888
Oatso easy	2 pkt	1610
Rolled Oats	60 g	866
Boiled Eggs	2	648
Stewed Fruit	50 g	612
Couscous	$\frac{1}{4}$ box	451

Lunches

Pro Vita	12	1260
Ry Vita	6	738
Finn Crisp	$\frac{1}{2}$ pkt	1350
Wheatsworth	1/3 pkt	1327
Rice Cakes	4	512
Cheese Wedges	3-5	180 (1)
Corned beef	$\frac{1}{2}$ tin	1440
Tuna salad	$\frac{1}{2}$ tin	690
Soup (Snack)	1 pkt	462
Nuts & Raisins	100 g	1972
Energy bars	1	
Biltong	100 g	1075
Pate'	$\frac{1}{2}$ tin	
Tinned Ham	$\frac{1}{2}$ tin	678
Smooersnoek	$\frac{1}{2}$ tin	

Emergency Foods

Sundries

Dinners

kJ

Rice	75g	650
Condensed Milk	20g	268
Soup (Not instant)	1 pk	746
Chocolate	100g	2277
Tea/Coffee/Milk/ Sugar		
Biltong	100g	1075
Tea		
Coffee		
Milk powder	100g	1470
Sugar	60 g	972
Salt	3 g	
Other Seasonings		
Chocolate	100 g	2277
Boiled sweets	100g	1497
Super C Gums	75g	998
Kool Aid		
Game	500g	610
Trail Mix		
Milo	8g	133

Rice	75 g	650
Noodles	125 g	708
Spagetti	125 g	708
Smash	$\frac{1}{2}$ pkt	690
RCM/MRE	1	
Dehydrated meat		
Soya Mince	100g	1413
Tinned Ham	$\frac{1}{2}$ tin	678
Corned beef	$\frac{1}{2}$ tin	1440
Dehydrated Veges		
Pate'		
Couscous	$\frac{1}{4}$ box	451
Fruit cake	100g	1390
Instant custard	$\frac{1}{4}$ pkt	
Kasha	100g	1402
Salami	60g	627
Quinoa	100g	1556

Seasonings:

Buy small plastic bottles from your pharmacy and then put in any of the following:

Salt; Pepper; Mixed herbs; Parmesan cheese; Biltong powder; Cinnamon (excellent for stabilising blood sugar – use a teaspoon in your coffee or Milo)

These seasonings will help spice up any meal.

Sample Hike menus:

Breakfast: Oatsoeasy (2 pks) 774kJ per pk = 1548kJ
Tea/coffee

Lunch: Tuna with sweetcorn and mayo 920kJ / 100g ½ tin = 690kJ
Wheatsworth biscuits 1990kJ / 100g 1/3 box = 1327kJ
Jungle snack bar 183kJ per bar = 183kJ

2200kJ

Dinner: Pasta 1539kJ / 100g ¼ pk = 1924kJ
Pasta sauce (dried) 1443kJ / 100g ½ pk = 360kJ
Salami 627kJ / 60g 60g = 627kJ
Tinned fruit & custard 315kJ / 100g ½ tin = 630kJ
Milo 266kJ / 16g 4 tsp = 266kJ

3807kJ

Breakfast: Meusli 1702kJ / 100g 100g serve = 1702kJ
Tea/coffee

Lunch: Cubed cheese 1660kJ / 100g 2 cubes = 830kJ
Finn Crisp biscuits 1350kJ / 100g ½ box = 1350kJ
Fruit stix 1433kJ / 100g 2 x 33g ea. = 946kJ

3126kJ

Dinner: Smash 1381kJ per pk ½ pk = 690kJ
Corned beef 815kJ / 100g ½ tin = 1223kJ
Tinned peas (small) 210kJ / 100g ½ tin = 226kJ
Gravy (constituted) 251kJ / 100ml ½ pk = 251kJ
Chocolate 2277kJ per 100g ½ bar = 1138kJ
Milo 328kJ per 20g = 328kJ

3856kJ

Snack ideas:

Trail mix – peanuts (unsalted); sunflower seeds; pumpkin seeds (unsalted); raisens (dried cranberries or chopped up apricots); sliced biltong; mini liquorice all sorts.

Mini chocolate bars – barone; lunchbar; chomp; milo bars

Super C energy gums; Jungle snack bars; Energy bars; Fruit cake