

E3Adventures Gold Menu Planner



Day	Breakfast	Lunch	Dinner	Snacks
Day 1	Eat a filling breakfast at home before you come on expedition	Can be a packed lunch	Something hot and easy to cook.	Something to give you energy and keep your spirits up. Something you can share with the group?
Day 2	Something to give you a good start to the day			
Day 3				
Day 4			Eat at home	
Emergency Rations				



- 1 – Choosing easy to cook – tasty – filling food will help give you energy and keep your spirits up.
- 2 – Cooking does not need to be a team activity but cooking together can be easier and more fun.
- 3 – Good high energy snacks will help keep you going – especially in poor weather or at the end of a long walk.