 **OPEN CANOE EXPEDITION MENU**

**NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

TOTAL CALORIES: SATURDAY\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SUNDAY\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Aim for 3500- 4000 calories per day on expedition)

SNACKS:

 TOTAL CALORIES:

SUNDAY LUNCH:

 TOTAL CALORIES:

SUNDAY BREAKFAST:

 TOTAL CALORIES:

SATURDAY DINNER:

 TOTAL CALORIES:

SATURDAY LUNCH:

 TOTAL CALORIES: