

## **Backpacking Meal Plan**

Welcome to the OAT Backpacking Meal Plan, your guide to nourishing and energizing meals for a 3-day adventure in the backcountry. Whether you're an experienced backpacker or new to the trail, this guide will help you prepare delicious, plant-based meals that are easy to make and perfect for fueling your journey.

### **How to Use This Meal Plan**

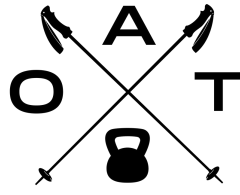
This meal plan is organized to cover all your meals and snacks for a 3-day trip. Each day includes breakfast, lunch, dinner, and snacks, ensuring you have a steady supply of energy throughout your adventure. The meals are designed to be lightweight, non-perishable, and simple to prepare, with most ingredients requiring minimal cooking.

### **Recipes**

Detailed recipes are provided with step-by-step instructions to ensure you can easily prepare each meal on the trail. Simply follow the links included in the meal plan for each recipe.

### **Why Plant-Based?**

By prioritizing plant-based foods, you not only enhance your physical performance and recovery but also contribute to a healthier planet. This mindful approach to nutrition and sustainability enriches your backpacking experience, allowing you to connect more deeply with nature and your own well-being.



# BACKPACKING MEAL PLAN

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Trip Duration: 3 days



## BREAKFAST [Click Here For Recipe](#)

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- |                                              |                                                    |
|----------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Organic Rolled Oats | <input type="checkbox"/> Protein Powder            |
| <input type="checkbox"/> Chia Seeds          | <input type="checkbox"/> Freeze Dried Strawberries |
| <input type="checkbox"/> Hemp Seeds          | <input type="checkbox"/> Walnuts                   |
| <input type="checkbox"/> Flax Seed Meal      | <input type="checkbox"/> Instant Coffee            |
| <input type="checkbox"/> Coconut Sugar       | <input type="checkbox"/> _____                     |
| <input type="checkbox"/> _____               | <input type="checkbox"/> _____                     |



## SNACKS

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- |                                                                                             |                                                         |
|---------------------------------------------------------------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> Dal Mix                                                            | <input type="checkbox"/> Powdered Hummus                |
| <input type="checkbox"/> Dried Mango                                                        | <input type="checkbox"/> Mary's Crackers                |
| <input type="checkbox"/> Medjool Dates                                                      | <input type="checkbox"/> Homemade Sweet Potato Brownies |
| <input type="checkbox"/> Peanut Butter                                                      | <input type="checkbox"/> Electrolytes                   |
| <input type="checkbox"/> Homemade Trail Mix (peanuts, almonds, cranberries, coconut flakes) | <input type="checkbox"/> Homemade OAT Balls             |
| <input type="checkbox"/> Freeze Dried Edamame                                               | <input type="checkbox"/> Miso Soup Packets              |
| <input type="checkbox"/> Baby Carrots                                                       | <input type="checkbox"/> Sriracha Packets               |
|                                                                                             | <input type="checkbox"/> _____                          |
|                                                                                             | <input type="checkbox"/> _____                          |



## BACKCOUNTRY CURRY [Click Here For Recipe](#)

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- Minute Rice
- Tofu
- Powdered Coconut Milk
- Onion
- Garlic
- Ginger
- Leafy Greens
- Zucchini
- Curry Powder
- Seaweed



## BURRITO BOWLS [Click Here For Recipe](#)

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- Minute Rice
- TVP
- Dehydrated Black Beans
- Taco Seasoning Packet
- Onion
- Bell Pepper
- Leafy Greens
- Nutritional Yeast

# GROCERY SHOPPING LIST



## AISLE SECTION

- Coconut Sugar
- Protein Powder
- Freeze Dried Strawberries
- Instant Coffee
- Dal Mix
- Dried Mango
- Peanut Butter
- Taco Seasoning Packet
- Powdered Hummus
- Mary's Crackers
- Miso Soup Packets
- Minute Rice
- Sriracha Packets
- Powdered Coconut Milk
- Seaweed



## BULK SECTION

- Organic Rolled Oats
- Chia Seeds
- Hemp Seeds
- Flax Seed Meal
- Walnuts
- Peanuts
- Almonds
- Coconut Flakes
- Dehydrated Black Beans
- TVP
- Nutritional Yeast
- Freeze Dried Edamame
- Medjool Dates
- Curry Powder



## PRODUCE

- Onion (2)
- Bell Pepper (1)
- Leafy Greens (for both dinners)
- Garlic
- Ginger
- Zucchini (1)
- Baby Carrots