

Breakfast (hot)

Serves: 1 Scout

Omelet in a Bag Pita Bread Beef Stick Pastry Hot Chocolate

- 2-3 eggs
 - ½ cup grated cheese
 - ½ cup diced ham
 - 1/8 cup milk
 - pinch salt/pepper
- 1slice 1stick 1 pre-pack 1 pack

At Home: Crack the eggs into a pint-size double wall zip-loc heavy-duty freezer bag. Add the milk, cheese, ham and seasonings (and anything else that you like). Seal the bag and squeeze the bag until it is well mixed. Place in freezer overnight until frozen. Wrap in newspaper and place in larger zip loc bag with slice of Pita Bread, beef stick, pre-packaged pastry and pack of hot chocolate. Store in pack.

In Camp: Bring a pot of water to boil and drop the bag in the pot. Cook until the eggs pull away from the sides of the bag and all material is firm (10-15 minutes). Open the bag, place the finished omelet inside the Pita bread and enjoy. Use the boiling water to make the hot chocolate.

Breakfast (cold)

Serves: 1 Scout

1 Cup cold cereal (pick one) Granola/Power Bar Beef Jerky Hot Choc./Fruit Drink

- Honey Nut Cheerios
 - Golden Grams
 - Frosted Mini Wheat
 - Frosted Flakes
 - Fruit Loops
 - Etc.
- 1 pre-packaged 1 piece 1 package

At Home: Place cereal in small plastic sandwich bag and store in larger zip loc bag with power bar or granola bar, beef jerky, and a pack of hot chocolate or pre-measured package of fruit drink. Store in pack.

In Camp: Remove ingredients from bag. Prepare drink using hot or cold water and enjoy!

Lunch (hot)

Serves: 1 Scouts

Mac & Cheese GORP Powdered Drink

- Raisins
- Honey Nut Cheerios
- Peanuts
- Dried Fruits
- M&Ms

At Home: Transfer the Mac & Cheese mix into a zip loc bag along with the instructions for preparation. In a large bowl, mix equal parts raisins, Honey Nut Cheerios, peanuts, dried fruits (your choice), and M&Ms. Separate GORP mixture into snack size zip lock bags. Prepare powdered drink mix in snack sized zip lock bag. Place the bags containing the Mac & Cheese, the GORP and the drink into a larger zip loc bag and place in your pack.

In Camp: Prepare the Mac & Cheese according to the directions. Mix the powdered drink mix and enjoy the GORP!