Backpacking meal ideas

Breakfasts:

- Oatmeal
- Pop tarts*
- Freeze-dried options
- Breakfast bars*
- Ready-to-serve bacon (heat on a rock over fire if possible?)

Lunches/dinners:

- Idahoan loaded baked potato soup (serves 2)
- Burritos (serves 2) (heavier – cook on first night if multi-day trip)
    - 4 soft flour tacos
    - 1 cup instant rice and 1 envelope black beans OR one packet of rice and beans (ensure rice and beans has quick cooking time, i.e. simmer for 5-7 minutes; Knorr is good)
    - Envelope of pre-cooked chicken** (1 large Tyson or 2 single-serve Starkist Chicken Creations or similar - different flavors available)
    - Spices of your choosing
- Chicken** & Rice (serves 2)
    - Knorr Sides Spanish Rice
    - Envelope of pre-cooked chicken (1 large Tyson or 2 single-serve Starkist Chicken Creations or similar - different flavors available)
    - Spices of your choosing
- Ramen & Chicken** (serves 1; easy to double)
    - Packet Ramen noodles (don't use spice packet)
    - Single-serve envelope of pre-cooked chicken (Starkist Chicken Creations or similar; look for taco/fajita/buffalo flavored - something with some spices)
    - Spices of your choosing
- Summer sausage (not refrigerated) and hard cheese*
- Freeze-dried chili
- Freeze-dried options

Snacks:

- Dried fruit
- Trail mix
- Nuts
- Sunflower seeds
- Beef jerky
- Granola bars or other bar snacks
- Sweets (avoid anything that will melt if it's hot out)
- Kind brand bars are great (non-chocolate options)

Other:

- Coffee (instant or bags)
- Spice mix: cumin, red pepper flakes, Cajun, garlic

* Stove-less option
** Substitute other meat if desired