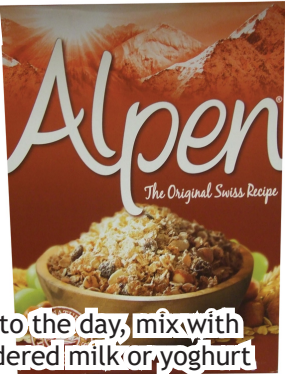


Make a Menu

Muesli



Great start to the day, mix with water, powdered milk or yoghurt

Energy per 100g 377 Kcal
 Energy / portion (45g) 170 Kcal
 Durability 4/5
 Health Factor 4/5
 Convenience 9/10

1

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Make a Menu

Baked Beans



Quick, easy, tasty, but really heavy

Energy per 100g 45 Kcal
 Energy / portion (1/2 tin) .. 90 Kcal
 Durability 5/5
 Health Factor 3/5
 Convenience 6/10

2

v2.4 www.lupineadventure.co.uk

Make a Menu

Bananas



Everyone loves bananas but they are a bit too delicate. Try and get dried bananas

Energy per 100g 85 Kcal
 Energy / portion 102 Kcal
 Durability 1/5
 Health Factor 5/5
 Convenience 9/10

3

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Make a Menu

Chocolate filled crepes



Really tasty, individually wrapped, can get a bit much

Energy per 100g 456 Kcal
 Energy / portion 146 Kcal
 Durability 2/5
 Health Factor 2/5
 Convenience 9/10

4

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Make a Menu

Cup a soup



Really easy to carry, a few but a bit of hassle to make for the benefits

Energy per 100g 405 Kcal
 Energy / portion 81 Kcal
 Durability 5/5
 Health Factor 3/5
 Convenience 7/10

5

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Make a Menu

Dates



Snack on Dried Fruit, but dates have less protein than most

Energy per 100g 287 Kcal
 Energy / portion (25g) 72 Kcal
 Durability 5/5
 Health Factor 3/5
 Convenience 10/10

6

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Make a Menu

Dolmio sachet



If you're having plain pasta then spice it up with this, Tastes good but heavy

Energy per 100g 50 Kcal
 Energy / portion (1/2 pack) 85 Kcal
 Durability 4/5
 Health Factor 3/5
 Convenience 6/10

7

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Make a Menu

Dried Apricots



Snack on Dried Fruit

Energy per 100g 165 Kcal
 Energy / portion (25g) 41 Kcal
 Durability 5/5
 Health Factor 5/5
 Convenience 10/10

8

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Make a Menu

Fruit
Flakes



Flakes of Dried Fruit

Energy per 100g 330 Kcal
 Energy / portion (20g) 66 Kcal
 Durability 5/5
 Health Factor 3/5
 Convenience 10/10

9

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Make a Menu

Hot
Chocolate



Quick, easy, sugary hot drink

Energy per 100g 400 Kcal
 Energy / portion 40 Kcal
 Durability 5/5
 Health Factor 1/5
 Convenience 7/10

10

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Make a Menu

Nut
Muesli
Bars



Muesli and
nut bars

Energy per 100g 478 Kcal
 Energy / portion 260 Kcal
 Durability 3/5
 Health Factor 3/5
 Convenience 10/10

11

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Make a Menu

Lloyd
Grossman
pasta
sauce



Bit more expensive but a bit more
energy than the dolmio version

Energy per 100g 83 Kcal
 Energy / portion (1/2 pack) 62 Kcal
 Durability 4/5
 Health Factor 3/5
 Convenience 6/10

12

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Make a Menu

Dried
Pasta



Boring but a staple. Sixty million
Italians can't be wrong

Energy per 100g 354 Kcal
 Energy / portion (100g) 354 Kcal
 Durability 4/5
 Health Factor 3/5
 Convenience 6/10

13

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Make a Menu

Dried
Mango



Surely the un-
disputed king of
dried fruit

Energy per 100g 330 Kcal
 Energy / portion (25g) 80 Kcal
 Durability 5/5
 Health Factor 5/5
 Convenience 10/10

14

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Make a Menu

Mars
bars



It is just sugar really

Energy per 100g 450 Kcal
 Energy / portion 260 Kcal
 Durability 1/5
 Health Factor 1/5
 Convenience 10/10

15

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Make a Menu

Nutri-
Grain



Fruity snack bars

Energy per 100g 359 Kcal
 Energy / portion 133 Kcal
 Durability 3/5
 Health Factor 3/5
 Convenience 10/10

16

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Make a Menu



Oat Cakes

These are not cakes!! But they are good hiking food

Energy per 100g 421 Kcal
 Energy / portion (3 'cakes') 141 Kcal
 Durability 1/5
 Health Factor 5/5
 Convenience 9/10

17

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Make a Menu



Pasta 'n' sauce

Quick, easy, and tastes OK. Not great but OK

Energy per 100g 396 Kcal
 Energy / portion (1 pack)... 518 Kcal
 Durability 4/5
 Health Factor 3/5
 Convenience 6/10

18

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Make a Menu



Salted peanuts

Full of fat, and protein. Don't only eat these, but can form part of a well balanced (walkers) diet

Energy per 100g 590 Kcal
 Energy / portion (50g) 295 Kcal
 Durability 4/5
 Health Factor 3/5
 Convenience 10/10

19

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Make a Menu



Peperami

I don't know what to say really, More fat and protein than you can shake a stick at

Energy per 100g 500 Kcal
 Energy / portion 126 Kcal
 Durability 4/5
 Health Factor 2/5
 Convenience 9/10

20

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Make a Menu



Pita bread

Flat bread is better than rolls as it takes less space but can go a bit hard and stale

Energy per 100g 268 Kcal
 Energy / portion 187 Kcal
 Durability 2/5
 Health Factor 2/5
 Convenience 8/10

21

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Make a Menu



Porridge

The breakfast of champions (if you can stomach it)

Energy per 100g 400 Kcal
 Energy / portion (+ milk) ... 170 Kcal
 Durability 4/5
 Health Factor 5/5
 Convenience 7/10

22

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Make a Menu



Pot Noodle

They are a bit of a cop out but if you have no better ideas then they can have a role as part of your menu

Energy per 100g 378 Kcal
 Energy / portion 340 Kcal
 Durability 2/5
 Health Factor 2/5
 Convenience 8/10

23

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Make a Menu



Sardines

Maybe OK in small quantities as a treat for if you want a healthy oils and protein hit

Energy per 100g 130 Kcal
 Energy / portion 98 Kcal
 Durability 5/5
 Health Factor 5/5
 Convenience 8/10

24

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Make a Menu

Snickers



A bit more protein than a Mars due to the peanuts I guess

Energy per 100g 511 Kcal
 Energy / portion 296 Kcal
 Durability 1/5
 Health Factor 1/5
 Convenience 10/10

25

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Make a Menu

Super noodles



Super by name...

Energy per 100g 500 Kcal
 Energy / portion 500 Kcal
 Durability 3/5
 Health Factor 2/5
 Convenience 6/10

26

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Make a Menu

Stir fry sauce



Use it as a stir fry or just a different pasta sauce

Energy per 100g 123 Kcal
 Energy / portion 148 Kcal
 Durability 4/5
 Health Factor 1/5
 Convenience 6/10

27

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Make a Menu

Wayfarer all day breakfast



Boil in the bag breakfast
Tasty, easy but heavy

Energy per 100g 135 Kcal
 Energy / portion 405 Kcal
 Durability 4/5
 Health Factor 2/5
 Convenience 8/10

28

v2.4 www.lupineadventure.co.uk

Make a Menu

Travel Lunch Bacon and potato



Dried food from the outdoors shop

Energy per 100g 484 Kcal
 Energy / portion 484 Kcal
 Durability 4/5
 Health Factor 3/5
 Convenience 7/10

29

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Make a Menu

Travel Lunch Beef and potato



Dried food from outdoor shops.
Lighter than an boil in the bag

Energy per 100g 448 Kcal
 Energy / portion 560 Kcal
 Durability 4/5
 Health Factor 4/5
 Convenience 7/10

30

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Make a Menu

Travel Lunch Pasta and sauce



Pricier than a pasta 'n' sauce from a supermarket but BIGGER

Energy per 100g 357 Kcal
 Energy / portion 446 Kcal
 Durability 4/5
 Health Factor 3/5
 Convenience 7/10

31

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Make a Menu

Travel Lunch Rice pudding



You will be suffering enough without making yourself eat rice pudding.

Energy per 100g 358 Kcal
 Energy / portion 385 Kcal
 Durability 5/5
 Health Factor 3/5
 Convenience 7/10

32

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Make a Menu

Fruit and Nut trail mix



Great snacking food

Energy per 100g 453 Kcal
 Energy / portion (50g) 227 Kcal
 Durability 4/5
 Health Factor 4/5
 Convenience 10/10

33

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Make a Menu

Uncle Bens Mushroom rice



Semi cooked rice so heavier than the real thing, But it takes less time to cook

Energy per 100g 156 Kcal
 Energy / portion (1/2 pack) 195 Kcal
 Durability 4/5
 Health Factor 2/5
 Convenience 6/10

34

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Make a Menu

Uncle Bens Thai sweet chilli rice



Semi cooked rice so heavier than the real thing, But it takes less time to cook

Energy per 100g 148 Kcal
 Energy / portion (1/2 pack) 178 Kcal
 Durability 4/5
 Health Factor 2/5
 Convenience 6/10

35

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Make a Menu

Uncle Bens Mexican Bean rice



Semi cooked rice so heavier than the real thing, But it takes less time to cook

Energy per 100g 155 Kcal
 Energy / portion (1/2 pack) 194 Kcal
 Durability 4/5
 Health Factor 2/5
 Convenience 6/10

36

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Make a Menu

Wayfarer Beans and sausages



Boil in the bag meal from an outdoor shop

Energy per 100g 154 Kcal
 Energy / portion 462 Kcal
 Durability 4/5
 Health Factor 3/5
 Convenience 8/10

37

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Make a Menu

Wayfarer Chilli con carne



Boil in the bag meal from an outdoor shop

Energy per 100g 145 Kcal
 Energy / portion 435 Kcal
 Durability 4/5
 Health Factor 3/5
 Convenience 8/10

38

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Make a Menu

Wayfarer treacle pudding



Boil in the bag pudding, from an outdoor shop. More Calories than a wayfarer main meal and tastier

Energy per 100g 340 Kcal
 Energy / portion 680 Kcal
 Durability 3/5
 Health Factor 1/5
 Convenience 8/10

39

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Make a Menu

Wraps



Nicer but more fragile alternative to pita's

Energy per 100g 294 Kcal
 Energy / portion (2 wraps) .235 Kcal
 Durability 2/5
 Health Factor 2/5
 Convenience 9/10

40

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Make a Menu

Apples



Not much energy but good for you

Energy per 100g 47 Kcal
 Energy / portion (100g) 47 Kcal
 Durability 3/5
 Health Factor 5/5
 Convenience 10/10

41

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Make a Menu

Carrots



Not much energy but nutritious and last well

Energy per 100g 22 Kcal
 Energy / portion (100g) 22 Kcal
 Durability 3/5
 Health Factor 5/5
 Convenience 10/10

42

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Make a Menu

Boil in the bag curry Dal



Available from Asian supermarkets

Energy per 100g 92.8 Kcal
 Energy / portion (1 curry) .. 260 Kcal
 Durability 5/5
 Health Factor 4/5
 Convenience 8/10

43

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Make a Menu

Boil in the bag curry Biryani



Available from Asian supermarkets

Energy per 100g 150 Kcal
 Energy / portion (1 pack) ... 375 Kcal
 Durability 5/5
 Health Factor 4/5
 Convenience 8/10

44

v2.4 www.lupineadventure.co.uk

Make a Menu

Croissant



Great for day 1 lunch or day 2 breakfast at a push

Energy per 100g 440 Kcal
 Energy / portion 297 Kcal
 Durability 2/5
 Health Factor 2/5
 Convenience 10/10

45

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Make a Menu

Pain au chocolate



Great for day 1 lunch or day 2 breakfast at a push

Energy per 100g 427 Kcal
 Energy / portion 297 Kcal
 Durability 2/5
 Health Factor 2/5
 Convenience 10/10

46

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Make a Menu

Fig Rolls



An absolute classic of the hiking food genre

Energy per 100g 374 Kcal
 Energy / portion (2 rolls) ... 135 Kcal
 Durability 3/5
 Health Factor 3/5
 Convenience 10/10

47

v2.4 www.lupineadventure.co.uk

Make a Menu

Jamaica Cake



No I bought it from a shop

Energy per 100g 364 Kcal
 Energy / portion (1/4 cake) 182 Kcal
 Durability 3/5
 Health Factor 3/5
 Convenience 9/10

48

v2.4 www.lupineadventure.co.uk

Make a Menu

Look what we found



Really tasty but not much energy for the weight

Energy per 100g 77 Kcal
Energy / portion 208 Kcal
Durability 5/5
Health Factor 4/5
Convenience 8/10

49

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Make a Menu

Look what we found



Really tasty but not much energy for the weight

Energy per 100g 107 Kcal
Energy / portion 289 Kcal
Durability 5/5
Health Factor 4/5
Convenience 8/10

50

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Make a Menu

Ryvita



Healthy cardboard. Loads more energy per g than bread

Energy per 100g 370Kcal
Energy / portion (2 slices) .. 88 Kcal
Durability 2/5
Health Factor 5/5
Convenience 9/10

51

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Make a Menu

Cheddar Cheese



Full of fat and therefore energy

Energy per 100g 390 Kcal
Energy / portion (50g) 195 Kcal
Durability 3/5
Health Factor 3/5
Convenience 9/10

52

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Make a Menu

Mushroom and Bulgur Wheat



Bulgur Wheat - Something different I guess.

Energy per 100g 353 Kcal
Energy / portion 530 Kcal
Durability 5/5
Health Factor 4/5
Convenience 7/10

53

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Make a Menu

Si's Mixed Bean Chilli



Dried Veggi meal but takes 18 minutes to cook

Energy per 100g 321 Kcal
Energy / portion 289 Kcal
Durability 4/5
Health Factor 4/5
Convenience 5/10

54

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Make a Menu

Haribo



Not really food

Energy per 100g 340 Kcal
Energy / portion (80g) .. 272 Kcal
Durability 5/5
Health Factor 1/5
Convenience 10/10

55

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Make a Menu

Malt loaf



Another 'old school' staple of the hiking world

Energy per 100g 302 Kcal
Energy / portion (1/5) .. 160 Kcal
Durability 5/5
Health Factor 4/5
Convenience 9/10

56

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Make a Menu

Raisins



Great for turning porridge into something approaching a foodstuff

Energy per 100g 289 Kcal
Energy / portion (50g) .. 145 Kcal
Durability..... 4/5
Health Factor 5/5
Convenience 9/10

57

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Make a Menu

School Bars (fruit)



More processed dried fruit

Energy per 100g 337 Kcal
Energy / portion 67 Kcal
Durability..... 4/5
Health Factor 4/5
Convenience 9/10

58

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Make a Menu

Screen Banana Loaf



More sugar, more fat and less protein than the malt loaf. Not as 'healthy' but maybe better for our purposes

Energy per 100g 313 Kcal
Energy / portion (1/5) .. 178 Kcal
Durability..... 5/5
Health Factor 3/5
Convenience 9/10

59

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Make a Menu

Bachelors Savoury Rice



Dried rice with a 'Chinese' twist

Energy per 100g 360 Kcal
Energy / portion (1pk) .. 432 Kcal
Durability..... 5/5
Health Factor 4/5
Convenience 7/10

60

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Make a Menu

Babybel



Cheese in manageable little packets

Energy per 100g 304 Kcal
Energy / portion 61 Kcal
Durability..... 4/5
Health Factor 4/5
Convenience 9/10

61

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Make a Menu

Squeeze & Stir soup



Concentrated soup

Energy per 100g 58 Kcal
Energy / portion 144 Kcal
Durability..... 5/5
Health Factor 3/5
Convenience 7/10

62

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Make a Menu

Mixed Grains



Super healthy superfoods

Energy per 100g 204 Kcal
Energy / portion 510 Kcal
Durability..... 5/5
Health Factor 5/5
Convenience 7/10

63

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Make a Menu

Baxters Sweet Potato Dahl



A bit of an impractical pot, a bit heavy, not many calories but tasty

Energy per 100g 77 Kcal
Energy / portion 308 Kcal
Durability..... 3/5
Health Factor 4/5
Convenience 7/10

64

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Make a Menu

Loyd Grossman's Carbonara



Packets of pasta and bacon

Energy per 100g 122 Kcal
Energy / portion 183 Kcal
Durability 5/5
Health Factor 3/5
Convenience 7/10

65

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Make a Menu

Dolmio Bolognese Sauce



Tomato Sauce in a light weight packet

Energy per 100g 55 Kcal
Energy / portion 83 Kcal
Durability 5/5
Health Factor 4/5
Convenience 7/10

66

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Make a Menu

Chocolate Hobnobs in a tube



Great biscuits in a protective tube

Energy per 100g 491 Kcal
Energy / portion (4 biscuits) 380 Kcal
Durability 3/5
Health Factor 2/5
Convenience 9/10

67

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Make a Menu

Jam in a plastic pot



The pot is a bit big but you can empty some of it out.

Energy per 100g 196 Kcal
Energy / portion 40 Kcal
Durability 4/5
Health Factor 2/5
Convenience 8/10

68

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Make a Menu

Beanfeast Bolognese



It won't go off and tastes OK. One of the first mainstream foods to be adopted by expeditioners

Energy per 100g 316 Kcal
Energy / portion (1 pack) 774 Kcal
Durability 5/5
Health Factor 5/5
Convenience 7/10

69

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Make a Menu

Beanfeast Mexican Chilli



It won't go off and tastes OK. One of the first mainstream foods to be adopted by expeditioners

Energy per 100g 310 Kcal
Energy / portion (1/2 pack) 759 Kcal
Durability 5/5
Health Factor 5/5
Convenience 7/10

70

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Make a Menu

Bagels



Tough but tasty bread product

Energy per 100g 226 Kcal
Energy / portion (1 bagel) 203 Kcal
Durability 3/5
Health Factor 4/5
Convenience 7/10

71

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Make a Menu

Jelly Babies



The staple diet of ultra distance runners

Energy per 100g 335 Kcal
Energy / portion (1/8 packet) 80 Kcal
Durability 4/5
Health Factor 1/5
Convenience 10/10

72

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Make a Menu

Tuna in a
sachet



All the goodness of oily fish without the weight of a tin

Energy per 100g 165 Kcal
Energy / portion 140 Kcal
Durability 5/5
Health Factor 5/5
Convenience 7/10

73

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Make a Menu

Tunnock's



Another cult classic for outdoor types

Energy per 100g 448 Kcal
Energy / portion 134 Kcal
Durability 2/5
Health Factor 1/5
Convenience 10/10

74

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Make a Menu

Blackfriars
Flapjack



Chocolate flapjack, what is not to like.

Energy per 100g 478 Kcal
Energy / portion 515 Kcal
Durability 3/5
Health Factor 3/5
Convenience 10/10

75

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Make a Menu

Warburton
Thins



Solid, pre sliced, little bread for sandwiches, more durable than normal bread.

Energy per 100g 252 Kcal
Energy / portion 100 Kcal
Durability 2/5
Health Factor 4/5
Convenience 8/10

76

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Make a Menu

Energy per 100g Kcal
Energy / portion Kcal
Durability /5
Health Factor /5
Convenience /10

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Make a Menu

Energy per 100g Kcal
Energy / portion Kcal
Durability /5
Health Factor /5
Convenience /10

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Other services from Lupine Adventure Co-operative



As well as our free expedition training resources we also offer the following services to schools, youth groups and individuals.

- Mountain Leader qualified Supervisors and Assessors to assist you on your expeditions.
- Expedition training courses for students in a residential setting or on your premises.
- Practice and qualifying expeditions for participants that you have trained.
- Open expeditions for those who missed out of their expedition or had to drop out due to injury or illness
- Lowland Leader Award and other Training on remote supervision and teaching navigation.
- Residential for gold candidates.



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Make a Menu

These cards have been designed to assist participants of the Duke of Edinburgh's Award expedition to compare suitable foods that they may wish to take on their expedition.

Compare different types of foods and use the cards to make up a menu for a day.

The colour of the background to number denotes if the meal is usually an evening meal or a Breakfast / lunch / snack item for easy separation should you wish to focus on just the evening meal (for example).

These cards will be added to regularly and more free resources are available to download from our web site.

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