

VEGGIE FOODPACK

Scotland Nomads



READY IN 3 MINUTES

BREAKFAST



What you get:

- **2x Pancakes with jam:** Add some local cheese.
- **2x Crackers with cheese tube:**
- **Oats**
- **Granola:** Delicious with an extra banana.
- **Chocolate muesli**

READY IN 5-10 MINUTES

LUNCH

What you get:

- **2x Couscous with lentils**
- **Chili stew beans**
- **Squash**
- **Thai red curry**
- **Asian curry**
- **Instant noodles**



READY IN 5-10 MINUTES

DINNER



What you get:

- Mexican style rice & tortilla
- Rice with beans
- **Gnocchi with pesto:** Delicious with parmesan and tomatoes.
- **Vegetable mix & mached potatoes**
- **Pasta with ratatouille and lentils**
- **Instant noodles:** Add some fresh vegetables.
- **Extra dehydrated food**

TO COVER EVERY STEP

EXTRAS

What you get:

- Salt and pepper
- Coffee and tea
- Cookies
- Muesli bar
- Oil



FOODPACK

Scotland Nomads 2026



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- **2x Pancakes with jam:** Add some local cheese.
- **2x Crackers with cheese tube:**
- **Oats**
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- **Chocolate muesli**

READY IN 5-10 MINUTES

LUNCH

What you get:

- Pasta bolognese
- Chicken curry
- Pulled pork rice
- Pasta salmon
- Kebab stew
- Taco bowl
- Instant noodle



READY IN 5-10 MINUTES

DINER



What you get:

- Mexican style rice & tortilla
- Rice with beans
- **Gnocchi with pesto:** Delicious with parmesan and tomatoes.
- **Haggis & mahed potatoes**
- **Pasta bolognese with meatballs**
- **Instant noodles:** Add some fresh vegetables.
- **Extra dehydrated food**

TO COVER EVERY STEP

EXTRAS

What you get:

- Salt and pepper
- Coffee and tea
- Cookies
- Muesli bar
- Oil

