

An aerial photograph of a canoe on a dark, calm lake at night. The canoe is illuminated from below, and a bright light source in the sky creates a shimmering reflection on the water's surface. The text is overlaid on the upper portion of the image.

FOODPACK MENU THE CANOE TRIP

THE CANOE TRIP SURVIVAL FOODPACK

This menu is for reference only. All ingredients of the foodpack can differ a bit from this example.

THE CANOE TRIP

FOODPACK MEAT

ARRIVAL DAY

Fika: Cinnamon rolls and coffee or tea

Lunch: Pasta Bolognese

Dinner: Swedish meatballs with mashed potatoes

DAY 2

Breakfast: Crunchy Granola

Lunch: Chicken Curry

Dinner: Rice with Chilli con Carne

DAY 3

Breakfast: Swedish bread with Jam

Lunch: Kebab stew

Dinner: Delicious hot dogs

DAY 4

Breakfast: Knäckebröt with chocolate spread

Lunch: Taco Bowl

Dinner: Ravioli

DAY 5

Breakfast: Blueberry & Vanille Muesli

Lunch: Ramen Noodles

Dinner: Mexican wraps

DAY 6

Breakfast: Swedish bread with chocolate spread

Lunch: Veggie Couscous

Dinner: Pasta Pesto

DAY 7

Breakfast: Rice cakes with Swedish cheese

Lunch: Creamy salmon pasta

Dinner: At the basecamp (optional booking)

DEPARTURE DAY

Breakfast: Knäckebröt with Swedish cheese

Lunch: Chicken Tikka Massala

*Would you like more fresh ingredients? Bring these yourself to add to your foodpack.

FOODPACK VEGETARIAN

ARRIVAL DAY

Fika: Cinnamon buns and coffee or tea

Lunch: Veggie Couscous

Dinner: Tomato-Lentil pasta

DAY 2

Breakfast: Crunchy Granola

Lunch: Asian Curry

Dinner: Rice with curry and lentils

DAY 3

Breakfast: Swedish bread with Jam

Lunch: Chili Stew

Dinner: Vegetarian hot dogs

DAY 4

Breakfast: Knäckebröt with Swedish cheese

Lunch: Thai Red Curry

Dinner: Rice with curry and chickpeas

DAY 5

Breakfast: Blueberry & Vanille Muesli

Lunch: Squash Casserole

Dinner: Veggie Mexican wraps

DAY 6

Breakfast: Swedish bread with chocolate spread

Lunch: Veggie Couscous

Dinner: Pasta Pesto

DAY 7

Breakfast: Rice cakes with Swedish cheese

Lunch: Mexican quinoa

Dinner: At the basecamp (optional booking)

DEPARTURE DAY

Breakfast: Knäckebröt with chocolate paste

Lunch: Lunch: Potato Garam Masala

*Would you like more fresh ingredients? Bring these yourself to add to your foodpack.

SNACKS IN YOUR FOODPACK

- Peanuts
- Salami sticks
- Marshmallows
- Salt chips
- Veggie chips
- Chocolate bar
- Nut mix
- Musli bars
- Coffee
- Tea
- Soup
- Jam
- Pepper & salt
- Apple
- Carrot

*Would you like more fresh ingredients? Bring these yourself to fill up your foodpack.

CAMPING MADE EASY BY TRAVELBASE.EU

PREPARE FAST MEALS WITH YOUR TRANGIA COOKING SET

MILK GLUTEN SOY EGGS NUTS PEANUTS CELERY FISH SESAME

GRAINS

BLUEBERRY VANILLE MUSLI	X	X							
CRUNCHY GRANOLA	X								

VEGETARIAN

ASIAN CURRY				X					
CHILI STEW				X					
THAI RED CURRY				X					
SQUASH CASSEROLE									
COUSCOUS	X	X	X				X		
POTATO GARAM MASALA	X		X						

MEAT

CHICKEN CURRY			X						
KEBAB STEW	X								
TACO BOWL							X		
RAMEN NOODLES			X	X	X				
PASTA CREAMY SALMON	X	X						X	
PASTA BOLOGNESE		X	X				X		
CHICKEN TIKKA MASSALA									

ALWAYS CHECK THE PRODUCT LABEL FOR UP-TO-DATE PRODUCTION INFORMATION.



WOULD YOU LIKE A FOODPACK DURING YOUR TRIP?

DON'T HAVE A CANOE TRIP SURVIVAL FOODPACK YET, BUT CHANGED YOUR MIND? FEEL FREE TO SEND AN EMAIL TO INFO@THECANOETRIP.COM TO ADD IT TO YOUR BOOKING (SUBJECT TO AVAILABILITY) OR DO IT VIA YOUR PERSONAL PROFILE ON THE WEBSITE.

See you in Sweden!