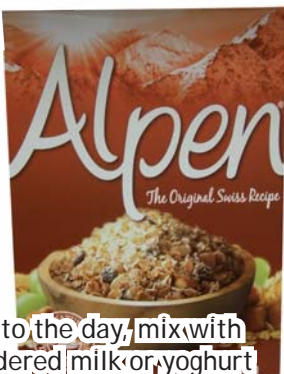


Make a Menu

Muesli



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

Energy per 100g 377 Kcal
Tastiness 1-5 3/5
Durability 4/5
Health Factor 4/5
Convenience 9/10

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1

Make a Menu

Baked Beans



Quick, easy, tasty, but really heavy

Energy per 100g 45 Kcal
Tastiness 1-5 3/5
Durability 5/5
Health Factor 3/5
Convenience 6/10

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2

Make a Menu

Bananas



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

Energy per 100g 85 Kcal
Tastiness 1-5 5/5
Durability 1/5
Health Factor 5/5
Convenience 9/10

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3

Make a Menu

Chocolate filled crepes



Really tasty, individually wrapped, can get a bit much

Energy per 100g 456 Kcal
Tastiness 1-5 5/5
Durability 2/5
Health Factor 2/5
Convenience 9/10

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4

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
Tastiness 1-5 2/5
Durability 5/5
Health Factor 3/5
Convenience 7/10

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5

Make a Menu

Dates



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

Energy per 100g 287 Kcal
Tastiness 1-5 4/5
Durability 5/5
Health Factor 3/5
Convenience 10/10

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6

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
Tastiness 1-5 3/5
Durability 4/5
Health Factor 3/5
Convenience 6/10

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7

Make a Menu

Dried Apricots



Snack on Dried Fruit

Energy per 100g 165 Kcal
Tastiness 1-5 4/5
Durability 5/5
Health Factor 5/5
Convenience 10/10

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8

Make a Menu

Fruit
Flakes



Flakes of Dried Fruit

Energy per 100g 330 Kcal
Tastiness 1-5 4/5
Durability 5/5
Health Factor 3/5
Convenience 10/10

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9

Make a Menu

Hot
Chocolate



Quick, easy, sugary hot drink

Energy per 100g 400 Kcal
Tastiness 1-5 5/5
Durability 5/5
Health Factor 1/5
Convenience 7/10

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10

Make a Menu

Nut
Muesli
Bars



Museli and
nut bars

Energy per 100g 478 Kcal
Tastiness 1-5 4/5
Durability 3/5
Health Factor 3/5
Convenience 10/10

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11

Make a Menu

Loyd
Grossman
pasta
sauce



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

Energy per 100g 83 Kcal
Tastiness 1-5 4/5
Durability 4/5
Health Factor 3/5
Convenience 6/10

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12

Make a Menu

Dried
pasta



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

Energy per 100g 354 Kcal
Tastiness 1-5 1/5
Durability 4/5
Health Factor 3/5
Convenience 6/10

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13

Make a Menu

Dried
Mango



Surely the un-
disputed king of
dried fruit

Energy per 100g 330 Kcal
Tastiness 1-5 5/5
Durability 5/5
Health Factor 5/5
Convenience 10/10

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14

Make a Menu

Mars
bars



It is just sugar really

Energy per 100g 450 Kcal
Tastiness 1-5 5/5
Durability 1/5
Health Factor 1/5
Convenience 10/10

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15

Make a Menu

Nutri-
Grain



Fruity snack bars

Energy per 100g 359 Kcal
Tastiness 1-5 3/5
Durability 3/5
Health Factor 3/5
Convenience 10/10

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16

Make a Menu

Oat
Cakes



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

Energy per 100g 421 Kcal
Tastiness 1-5 1/5
Durability 1/5
Health Factor 5/5
Convenience 9/10

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17

Make a Menu

Pasta 'n'
sauce



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

Energy per 100g 396 Kcal
Tastiness 1-5 2/5
Durability 4/5
Health Factor 3/5
Convenience 6/10

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18

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
Tastiness 1-5 4/5
Durability 4/5
Health Factor 4/5
Convenience 10/10

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19

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
Tastiness 1-5 3/5
Durability 4/5
Health Factor 2/5
Convenience 9/10

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20

Make a Menu

Pitta
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
Tastiness 1-5 1/5
Durability 2/5
Health Factor 2/5
Convenience 8/10

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21

Make a Menu

porridge



The breakfast of champions (if you can stomach it)

Energy per 100g 400 Kcal
Tastiness 1-5 2/5
Durability 4/5
Health Factor 5/5
Convenience 7/10

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22

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
Tastiness 1-5 1/5
Durability 2/5
Health Factor 2/5
Convenience 8/10

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23

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
Tastiness 1-5 4/5
Durability 5/5
Health Factor 5/5
Convenience 8/10

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24

Make a Menu

Snickers



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

Energy per 100g 511 Kcal
Tastiness 1-5 5/5
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
Tastiness 1-5 2/5
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
Tastiness 1-5 3/5
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
Tastiness 1-5 4/5
Durability 4/5
Health Factor 2/5
Convenience 8/10

28

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Make a Menu

Travel
Lunch
Bacon and
potato



Dried food from the outdoors shop

Energy per 100g 484 Kcal
Tastiness 1-5 3/5
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
Tastiness 1-5 3/5
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
Tastiness 1-5 3/5
Durability 4/5
Health Factor 3/5
Convenience 7/10

31

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Make a Menu

Travel
Lunch Rice
pudding



I cannot possibly judge this

Energy per 100g 358 Kcal
Tastiness 1-5 unknown
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
Tastiness 1-5 4/5
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
Tastiness 1-5 2/5
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
Tastiness 1-5 3/5
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
Tastiness 1-5 3/5
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
Tastiness 1-5 4/5
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
Tastiness 1-5 4/5
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
Tastiness 1-5 5/5
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 pitta's

Energy per 100g 294 Kcal
Tastiness 1-5 3/5
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
Tastiness 1-5 4/5
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
Tastiness 1-5 2/5
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
Tastiness 1-5 4/5
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
Tastiness 1-5 4/5
Durability 5/5
Health Factor 4/5
Convenience 8/10

44

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Make a Menu

Croissant



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

Energy per 100g 440 Kcal
Tastiness 1-5 5/5
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
Tastiness 1-5 5/5
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
Tastiness 1-5 4/5
Durability 3/5
Health Factor 3/5
Convenience 10/10

47

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Make a Menu

Jamaica
Cake



No I bought it from a shop

Energy per 100g 364 Kcal
Tastiness 1-5 4/5
Durability 3/5
Health Factor 3/5
Convenience 9/10

48

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Make a Menu

Look
what we
found



Really tasty but not much energy for the weight

Energy per 100g 77 Kcal
Tastiness 1-5 5/5
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
Tastiness 1-5 5/5
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
Tastiness 1-5 2/5
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
Tastiness 1-5 3/5
Durability 3/5
Health Factor 3/5
Convenience 9/10

52

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Make a Menu

Energy per 100g Kcal
Tastiness 1-5 /5
Durability /5
Health Factor /5
Convenience /10

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Make a Menu

Energy per 100g Kcal
Tastiness 1-5 /5
Durability /5
Health Factor /5
Convenience /10

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Make a Menu

Energy per 100g Kcal
Tastiness 1-5 /5
Durability /5
Health Factor /5
Convenience /10

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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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Make a Menu

Energy per 100g Kcal
Tastiness 1-5 /5
Durability /5
Health Factor /5
Convenience /10

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Make a Menu

Energy per 100g Kcal
Tastiness 1-5 /5
Durability /5
Health Factor /5
Convenience /10

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Make a Menu

Energy per 100g Kcal
Tastiness 1-5 /5
Durability /5
Health Factor /5
Convenience /10

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Make a Menu

Energy per 100g Kcal
Tastiness 1-5 /5
Durability /5
Health Factor /5
Convenience /10

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Make a Menu

Energy per 100g Kcal
Tastiness 1-5 /5
Durability /5
Health Factor /5
Convenience /10

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Make a Menu

Energy per 100g Kcal
Tastiness 1-5 /5
Durability /5
Health Factor /5
Convenience /10

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Make a Menu

Energy per 100g Kcal
Tastiness 1-5 /5
Durability /5
Health Factor /5
Convenience /10

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Make a Menu

Energy per 100g Kcal
Tastiness 1-5 /5
Durability /5
Health Factor /5
Convenience /10

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