



Fish River Canyon – Meal Ideas



Breakfast:

- Rusks
- Oats (Oats so Easy or regular quick cooking oats)
- Kasha (High protein instant cereal by Fry's) <https://www.fryfamilyfood.com/za/vanilla-and-chia/>
- FutureLife
- Extras to add: seeds (pumpkin, sesame, sunflower), muesli, whey protein

Lunch:

- Crackers (Provita or similar that won't break easily)
- John West tuna sachet or tinned chicken
- Cheese wedges
- Cup 'a Soup / Cup 'a Snack / Quick Snack – these are soups with added pasta/veggies

Snacks:

- Biltong - not too wet or fatty, as it goes off in the heat
- Peanuts & Raisins
- Mixed Nuts
- Oven roasted chickpeas - have a look at this recipe <https://www.yayforfood.com/recipes/crunchy-oven-roasted-chickpeas-4-ways>
- Dried Fruit (dried mango, pineapple and apple are our favourites)
- Protein Bars (we recommend Trek, Nakd, Racefood FARBar)
- Boiled eggs (kept in their shells) – these will last up to about 4 days

Dinner:

We try and keep our dinners as light in weight as possible, but still nutritious

Carb Sources:

- Pasta - We try not to eat too much pasta on hikes, but if you are a fan of pasta, the easiest option is to get a pasta and sauce packet and add a protein.
 - Other Pasta options include:
 - Gluten-free pasta
 - Pulse pasta (made from peas, lentils, chickpeas & borlotti beans) – available at Pick 'n Pay or online at Wellness Warehouse
 - 2-minute Noodles – we never take these with us as they don't have much in terms of nutrition, even though they taste nice and are light
- Quinoa – great source of protein as well and cooks relatively fast
- Smash

Protein Sources:

- Dehydrated mince – This is a favourite of ours. Using Extra Lean beef mince, make normal savoury mince, with the usual herbs, onions and seasoning you would usually use, but keep it as dry as possible, and cook it without any oil. Spread it out thinly onto a baking sheet in the oven, and dehydrate it slowly at the lowest temperature setting your oven has. Keep mixing it every hour. It is done when the mince pieces are hard and tiny, but not burnt (3-4 hours).
- John West Sachet Tuna
- Biltong
- Tinned chicken – tasty but heavy & tins are difficult to dispose of in the Canyon
- Bacon Biltong
- Vacuum Sealed Smoked Chicken Breasts – these MUST be frozen when you pack them. Wrap them in a sheet of newspaper. They will last about 2/3 days on the hike if unopened. They are heavy but tasty after a long day
- Soya Mince – not our favourite but a few people we know take this hiking

Things to add to make your meals tasty:

- Dehydrated onions – buy these from any grocery store or make your own in the oven/dehydrator
- Dehydrated mushrooms – buy these from any grocery store or make your own in the oven/dehydrator
- Dehydrated mixed veggies – you can buy the Back Country version from any outdoor shop, or make your own in the oven