



OVERLAND FOR GOOD'S

10 DAY ADVENTURE MEAL PLAN GUIDE

IN GLACIER NATIONAL PARK

Organize and plan adventure meals.

GUIDE DETAILS: large group, all day mix of adventures, campground switches, cool weather conditions.

Plan your food around your adventures.

[Keri's Notes listed in ORANGE.](#)



ADVENTURE MEAL PLAN

BY: OVERLAND FOR GOOD

ASSIGN - CREATE LISTS

MY DESTINATION:

GLACIER NATIONAL PARK

DATE: THURSDAY, JUNE 28



SIDE OF THE ROAD SOMEWHERE?



- Leave after work- around 4pm?
- Drive to Missoula - 7.5 hours?
- _____

Breakfast: N/A

Snack: N/A

Lunch: N/A

Snack: Goldfish/ Pretzels

Dinner: Chick -Fil -A !!

SHOPPING LIST

PACKED

• Goldfish

• Pretzels

• _____

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i don't make my kids eat the snacks I have assigned to those days. It just gives me an idea on what I have and make sure they don't eat certain food on hiking days so I have convenient snacks for those days. IM VERY FLEXIBLE. ;)

DATE: FRIDAY, JUNE 29



FISH CREEK CAMPGROUND



- Drive the rest of the way to Glacier
- Set up camp for everyone
- Drive Going to the Sun Road

Breakfast: Costco Muffins

Snack: Hummus/ Pretzel Chips

Lunch: Winco Italian Sandwiches

Pre assembled makes it so much easier - cut & serve

Snack: Squeeze Cheese Cracker Art

Fun snacks for long travel days.

Dinner: Thai Quinoa Peanut Chicken

Salad

Pre cooked - assembly only for travel days.

SHOPPING LIST

PACKED

• Costco Muffins

• Hummus

• Pretzel Chips

• Italian Sandwich ~~x2~~

• Squeeze Cheese

• Ritz Crackers

• Quinoa

• Sesame Dressing

• peanut butter

• Red Cabbage

• shredded carrots

• red bell peppers

• peanuts

• cilantro

• limes

• cucumbers

• _____



ADVENTURE MEAL PLAN

BY: OVERLAND FOR GOOD

ASSIGN - CREATE LISTS

MY DESTINATION:

GLACIER NATIONAL PARK

DATE: SATURDAY, JUNE 30



Fish Creek Campground



- Hike Garden Wall Trail
- Donna & McKenzie arrive around 4pm
- Michael & Heather arrive around 9:30pm

Breakfast: Oatmeal

BARS b/c we're hiking this day.

Snack: Gogo Squeeze - Luna Bars

Lunch: Italian Sandwich

Don't add to shopping list again. I add a x2 next to my italian sandwich on the previous day.

Snack: Cut Veggies/ Ranch

Dinner: Sweet Pork Nachos

SHOPPING LIST

PACKED

- Oatmeal
- Green Apples
- 2 Gogo Squeeze
- Luna Bars
- Tortilla Chips
- Velveta Cheese
- Rotel Tomatoes
- Sour Cream
- Cherry Tomatoes ^{x2}
- Avocado
- Olives
- Sweet Pork
- Black Beans ^{x2}
- Carrots
- Broccoli
- Ranch

DATE: SUNDAY, JULY 1ST



Fish Creek Campground



- Canoe on Lake McDonald
- Play at camp/ kids dig / split up
- Get Donuts/ Ice Cream at Apgar Village

Breakfast: Breakfast Burritos ^G

G is for Group Breakfast so I remember I have to prepare for everyone. Just something I do.

Snack: Chips/ Pretzels

Lunch: Thai Peanut Quinoa (leftovers)

Snack: Jello Fruit Cups

Dinner: Tinfoil Dinners
- S'mores

SHOPPING LIST

PACKED

- Bacon
- Eggs
- Hashbrowns
- Shredded Cheese ^{x2 - x1}
- Chips
- Jello Fruit Cups
- Frozen Hamburgers
- Sausage
- Potatoes
- Canned Corn
- Fresh Green Beans
- 2 Yellow Onions ^{x2}
- Seasoning
- Candy Bars
- GramCrackers
- Marshmallows
- Ketchup



ADVENTURE MEAL PLAN

BY: OVERLAND FOR GOOD

ASSIGN - CREATE LISTS

MY DESTINATION:

GLACIER NATIONAL PARK

DATE: MONDAY, JULY 2



FISH CREEK CAMPGROUND



- Avalanche Creek (Trail of the Cedars)
- Avalance Lake Hike - 4 miles
- Daniel /Danielle Arrive

Breakfast: Bagels & Cream Cheese

Snack: Apples/ Peaches

Lunch: Hawaiian Ham Sandwiches

Snack: Oreo's / Pretzel Chips

Dinner: Chicken Fajitas
- Biscoff S'mores Banana Boats

SHOPPING LIST

PACKED

- Bagels
- Cream Cheese
- Apples/ Peaches
- Hawaiian Bread
- Spicy Mustard
- Ham
- Mickles Pickles
- Oreos
- Pretzels
- Chicken
- Fajita Seasonings
- Bell Peppers
- Flour Tortillas
- _____
- _____
- _____
- _____

DATE: TUESDAY, JULY 3



ST. MARY'S CAMPGROUND



- Drive Going to the Sun Road
- Hidden Lake Hike
- Take down and put up camp

Breakfast: Bagels & Cream Cheese

Snack: Fruit/ Almonds

Lunch: Hawaiian Sandwiches

Snack: Chips/ Go-gurt

Dinner: Walking Tacos- beef

SHOPPING LIST

PACKED

- Almonds
- Gogurts
- Individual Bagged
- Nacho Cheese Chips
- Lettuce
- Taco Sauce
- Ground Beef
- Taco Seasoning
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ADVENTURE MEAL PLAN

BY: OVERLAND FOR GOOD

ASSIGN - CREATE LISTS

MY DESTINATION: _____

GLACIER NATIONAL PARK

DATE: WEDNESDAY, JULY 4

ST. MARY'S CAMPGROUND

- St. Mary's Falls & Virginia Falls - 3miles
- Donna's Last Day
- _____

Breakfast: Pancakes / Eggs/ Bacon^G

Snack: Trailmix - Luna Bars

Lunch: BLT Sandwiches - (Bacon leftover from breakfast)

Snack: Almonds/ Gogo Squeeze

Dinner: Hot Dogs over the fire/ chips/ fruit

SHOPPING LIST

PACKED

- Pancake Mix
- Syrup
- Nathan's Hot Dogs
- Hot Dog Buns
- Mustard
- Jelly
- Honey
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My shopping/ packing list get smaller as I go, bc I already listed the ingredients on the previous days.

DATE: Thursday, July 5

ST MARY'S CAMPGROUND

- Hike in Many Glacier
- Apikni Falls - Red Rock Falls
- Rent a Canoe on Many Glacier Lake

Breakfast: Oatmeal

Snack: Oreo's - Chips

Lunch: PB&J's

Snack: Cut Veggies & Ranch

Dinner: LEFTOVER NIGHT - everyone choose and cook your own - Smores

SHOPPING LIST

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MY DESTINATION:

GLACIER NATIONAL PARK

GET EXCITED!

DATE: FRIDAY, JULY 6

 FISH CREEK CAMPGROUND



- MANY GLACIER
- Grinnel Lake & Catarack Creek
- Drive back to Fish Creek
- Donna Leaves

Breakfast: Granola Mountain House Meal

Snack: Nuts & Cheese

Lunch: Ham & Cheese & Crackers

Snack: Chips

Dinner: Costco Pulled Pork Sandwiches
Baked Beans

 SHOPPING LIST

PACKED

- Granola MTN
- House Meal
- Pulled Pork
- BBQ Sauce
- 2c Baked Beans
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DATE: SATURDAY, JULY 7

 SOMEWHERE ALONG THE ROAD



- EVERYONE LEAVES TO HEAD HOME.
- _____
- _____


Breakfast: Oatmeal/ Instant Grits

Snack: Whatever is left

Lunch: Ham Sandwiches or wraps

Snack: Whatever is left

Dinner: EAT OUT / Leftovers

 SHOPPING LIST

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