



OVERLAND FOR GOOD'S

# 3 DAY ADVENTURE MEAL PLAN GUIDE

## IN ZION NATIONAL PARK

Organize and plan adventure meals.

GUIDE DETAILS: small group, big hikes,  
early adventures, warm 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:

ZION NATIONAL PARK

DATE: THURSDAY, APRIL 10



BLM land along the way?



- Leave after work.
- Drive as far as we can go.
- \_\_\_\_\_

Breakfast: N/A

Snack: N/A

Lunch: N/A

Snack: Twizzlers - Energy Drink

Dinner: Caesar Salad Wraps (prep at home)

### SHOPPING LIST

PACKED

- Twizzlers
- Energy Drink
- Caesar Salad mix
- Grilled Chicken
- Wheat Tortillas
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

DATE: FRIDAY, APRIL 11



BLM LAND OUTSIDE OF PARK



- Hike The Narrows all day!
- Visitor Center - stamps & stickers!
- \_\_\_\_\_

Breakfast: Granola & Yogurt

**Quick for early morning wake up.**

Snack: Cliff/ Luna Bars **Hike snacks!**

Lunch: Italian Premade Sandwiches from Winco

**Easy to throw in a pack, for lunch on the trail.**

Snack: Apple / Grapes

Dinner: Brats with onions and bell peppers over the fire  
-Banana Biscoff S'more Boats

### SHOPPING LIST

PACKED

- Yogurt
- Granola
- Cliff Bars
- Italian Sandwich
- Fresh Fruit
- Brats
- 1 onion
- 1 red bell pepper
- tin foil
- olive oil
- seasonings
- Bananas
- Biscoff
- Mini Marshmallows
- Nutella
- Firewood
- Buns



# ADVENTURE MEAL PLAN

BY: OVERLAND FOR GOOD

ASSIGN - CREATE LISTS

MY DESTINATION:

ZION NATIONAL PARK

DATE: SATURDAY, APRIL 12



Watchman Campground



- Early morning hike Angels Landing
- Ice Cream in the Market
- Gem Shops

Breakfast: Bagels & Cream Cheese  
**Quick for early morning wake up.**

Snack: Trail Mix - Beef Jerky **Hike snacks!**

Lunch: Peanut Butter, Pear, Honey Wraps

Snack: Almonds - String Cheese

Dinner: Sundried Tomato Pasta

SHOPPING LIST

PACKED

- Mini Bagels
- Plain Cream Cheese
- Trail Mix
- Beef Jerky
- Peanut Butter
- Pears
- String Cheese
- Almonds
- Sundried Tomatoes
- Spiral Pasta
- Seasonings
- Grilled Chicken
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

DATE: SUNDAY, APRIL 13



Home Sweet Home



- Break down camp
- Quick hike to Hidden Canyon
- Drive Home

Breakfast: Bagels & Cream Cheese

**I don't need quick really, but I already have them!**

Snack: Almonds - String Cheese

Lunch: Italian Meat & Cheese Wrap

Snack: Trail Mix - String Cheese

Dinner: Eat at home or on the road:  
Madres Lentils & Minute Rice

SHOPPING LIST

PACKED

- Madres Lentil Packs
- Minute Rice
- \_\_\_\_\_
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