

# Mountain Day - Food Ideas



## Breakfast:

1. Energy-Packed Breakfast Burritos
  - Flour tortillas filled with scrambled eggs, black beans, diced potatoes, cheese, and salsa.
2. Overnight Oats
  - Rolled oats soaked overnight in almond milk, topped with sliced bananas, berries, nuts, and a drizzle of honey.
3. Trail Mix Pancakes
  - Whole grain pancakes loaded with trail mix (nuts, seeds, dried fruit), served with a side of Greek yogurt and maple syrup.
4. Porridge
  - Add fruit or nuts or seeds

## Lunch:

1. Turkey and Avocado Wraps
  - Whole wheat wraps filled with sliced turkey breast, mashed avocado, lettuce, tomato, and a squeeze of lime.
2. Quinoa Salad with Grilled Vegetables
  - Quinoa tossed with grilled zucchini, bell peppers, cherry tomatoes, and feta cheese, dressed with a lemon vinaigrette.
3. Chicken Caesar Salad Wraps
  - Grilled chicken strips, romaine lettuce, Parmesan cheese, and Caesar dressing wrapped in whole wheat tortillas.
4. Cold cooked past
  - Pasta cooked with a stir in sauce and cheese, add tuna.

## Snacks:

1. Trail Mix
  - A mix of nuts, seeds, dried fruit, and dark chocolate chunks.
2. Fresh Fruit
  - Portable options like apples, oranges, and grapes.
3. Energy Bars
  - Homemade or store-bought bars packed with oats, nuts, seeds, and dried fruit.
4. Chocolate or sweets
  - Mars bars, jelly babies and any high sugar snack for quick energy on descents/emergencies