



Beyond Malibu Meal Supplements Outline

We are looking forward to your upcoming trip with Beyond Malibu! We take food allergies and dietary restrictions very seriously and want to make sure you are well-fed and cared for while on your Beyond Malibu trip.

In preparation for your trip, please review the information below. Our hope is to partner with you and facilitate an adventurous and healthy week. Because of our remote location and current food systems, we ask that you bring supplements you know will work for you to stay healthy and energized during the trip. You will be exerting more energy than normal, so you'll need lightweight, large portions of high-calorie foods to fuel you. We recommend reading labels and testing out food as you train at home. *If you have not filled out your allergy/dietary restriction questionnaire, please email Beyond Malibu's office. It is important that we are aware of your allergy or restriction at least three weeks before your arrival at Beyond Malibu.* Direct additional questions and concerns to the Beyond office at: beyondmalibu@beyondmalibu.younglife.org or (206) 525-0791.

Food Packing: Supplements should be separated and individually labeled by meal names below. Our goal is to minimize packaging taken out while keeping meals light. Please pack accordingly.

Please use the charts below and our additional supplement sheets to estimate the amount of supplements you will need over the course of the week.

***Sea-Kayaking 8 Day Trips: There are two extra meals that you need to pack for: one lunch and one dinner. They are included in this outline. You are coming on an 8-Day Sea Kayaking trip IF your group arrives to Beyond Malibu on these 2019 dates: July 1, July 8, July 15, July 22, July 29, August 5, August 12 (all of these dates are on a Monday if that helps).**

At Basecamp For Hiking Trips:

Name of Meal	Ingredients	Recommended Supplements			
		Dairy Free	Gluten Free	Vegetarian/Vegan	Nut Free
Dinner 1 st Night	Hamburgers	x	Beyond provides GF buns	Beyond provides veggie (but not vegan) patties	x
Breakfast 1 st Morning	French Toast and sausage	Alternative milk powder	Gluten free toast or other breakfast supplement. Beyond can provide oatmeal.	*Meat substitute If vegan, alternative milk powder	x
Dinner Last Night	Beef Stew with soy sauce, rice, veggies	x	Beyond uses GF soy sauce for any trip with a GF participant.	*Meat substitute	x
Breakfast Last Morning	Pancakes and bacon	x	Gluten free pancake mix or other breakfast supplement. Beyond can provide oatmeal.	*Meat substitute	x
Lunch Last Day	Pre-made sandwiches, apples, potato chips, chocolate chip cookies	DF cookie if desired	Gluten free bread and cookie or other lunch supplement	x	x

*Guides will prepare meal without this ingredient. Supplements optional

At Basecamp For Sea Kayaking Trips:

Name of Meal	Ingredients	Recommended Supplements			
		Dairy Free	Gluten Free	Vegetarian/Vegan	Nut Free
Lunch 1 st Day	Chicken Wraps	x	Leave off tortilla, loaded salad instead	Beyond provides black beans	x
Dinner 1 st Night	Hamburgers	x	Beyond provides GF buns	Beyond provides veggie (but not vegan) patties	x
Breakfast 1 st Morning	Pancakes and bacon	x	Gluten free pancake mix or other breakfast supplement. Beyond can provide oatmeal.	*Meat substitute	x
Lunch Last Day	Lasagna and salad	Beyond provides substitute	GF noodles	Vegetarian lasagna (not DF) provided. If vegan- Beyond provides substitute	x

*Guides will prepare meal without this ingredient. Supplements optional

On Trip Breakfasts:

All of our breakfasts are “one pot meals” meaning most ingredient components are combined in one pot. Keep this in mind when looking at the meal components and what supplements you might need to bring. Guides can adjust how they make the food to avoid cross-contamination if needed.

Name of Meal	Pertinent	Amount (grams)		Recommended Supplements			
	Ingredients	Male	Female	Dairy Free	Gluten Free	Vegetarian/ Vegan	Nut Free
1 Oatmeal	Oatmeal	70	40	x	Depending on sensitivity, bring gluten-free oats, cereal, Qi'a chia seed mix, or breakfast bars	x	x
	Dried Apples	20	20	x	x	x	x
	Powdered Milk			Alternative milk powder	x	<i>If vegan:</i> alternative milk powder	x
	Wheat Bran			x	*not added	x	x
2 Granola/ Muffin	Hot Chocolate			Apple cider mix or dairy-free hot chocolate (dried alternative milk powder with cocoa and sugar)	x	<i>If vegan:</i> apple cider mix or dairy-free hot chocolate	x
	Granola	170	110	Dairy-free granola depending on sensitivity	Depending on sensitivity, bring gluten-free oats, cereal, Qi'a chia seed mix, or breakfast bars	<i>If vegan:</i> dairy-free granola depending on sensitivity	Contains almonds: bring supplement-al granola if allergic
	Powdered Milk			Alternative milk powder	x	<i>If vegan:</i> alternative milk powder	x
	English Muffin (#)	2	1	x	Dried fruit, peanut butter packets, or other substitutes	x	x
3 Red River	Hot Chocolate			Apple cider mix or dairy-free hot chocolate (dried alternative milk powder with cocoa and sugar)	x	<i>If vegan:</i> apple cider mix or dairy-free hot chocolate	x
	Red River	70	40	x	Depending on sensitivity, bring gluten-free oats,	x	x

					cereal, Qi'a chia seed mix, or breakfast bars		
	Powdered Milk			Alternative milk powder	x	<i>If vegan:</i> alternative milk powder	x
4 Granola /Fig	Hot Chocolate			Apple cider mix or dairy-free hot chocolate (dried alternative milk powder with cocoa and sugar)	x	<i>If vegan:</i> apple cider mix or dairy-free hot chocolate	x
	Granola	170	110	Dairy-free granola depending on sensitivity	Depending on sensitivity, bring gluten-free oats, cereal, Qi'a chia seed mix, or breakfast bars	<i>If vegan:</i> dairy-free granola depending on sensitivity	Contains almonds: bring supplemental granola if allergic
	Powdered Milk			Alternative milk powder	x	<i>If vegan:</i> alternative milk powder	x
	Fig Bars (#)	3	2	x	Dried fruit, peanut butter packets or other substitutes	x	x
5 Oatmeal	Oatmeal	70	40	x	Depending on sensitivity, bring gluten-free oats, cereal, Qi'a chia seed mix, or breakfast bars	x	x
	Dried Apples	20	20	x	x	x	x
	Powdered Milk			Alternative milk powder	x	<i>If vegan:</i> alternative milk powder	x
	Wheat Bran			x	*not added	x	x

On Trip Lunches:

Name of Meal	Pertinent Ingredients	Amount (grams)		Recommended Supplements			
		Male	Female	Dairy Free	Gluten Free	Vegetarian/ Vegan	Nut Free
1 Bagel	Bagels	2	1	x	Gluten free bagel or bread	x	x
	Cream Cheese	60	40	Peanut/Almond butter packets	x	<i>If vegan:</i> peanut/almond butter packets	x
	Dried Fruit	40	30	x	x	x	x
	Mixed Nuts	40	30	x	x	x	Nut-free trail mix, bars, etc.
2 PB+J	Peanut Butter	60	40	x	x	x	Sun-butter or almond butter if not allergic
	Jam	60	40	x	x	x	x
	Stoned Wheat Thins (#)	8	6	x	Gluten free crackers	x	x
	Mixed Nuts	40	30	x	x	x	Nut-free trail mix, dried fruit, bars, etc.
3 Wasa	Summer Sausage	60	40	x	x	nuts, granola bars, dried fruit	x
	Cheddar Cheese	90	60	Beef jerky, granola bars, trail mix	x	<i>If vegan:</i> nuts, granola bars, dried fruit	x
	Wasa Crackers (#)	7	5	x	Gluten free crackers	x	x
4 Pita	Peanut Butter	60	40	x	x	x	Sun-butter or almond butter if not allergic
	Honey	60	40	x	x	<i>If vegan:</i> do without	x
	Pita Bread (#)	2	1	x	Gluten free tortilla/bread	x	x
	Sunflower Seeds	40	30	x	x	x	x
	Dried Fruit	40	30	x	x	x	x
5 Almond	Almonds	40	30	x	x	x	If allergic to almonds: nut-free

							trail mix, bars, etc.
	Dried Fruit	40	30	x	x	x	x
	Cheddar Cheese	90	60	Beef jerky, granola bars, trail mix	x	<i>If vegan:</i> nuts, granola bars, dried fruit	x
	Ritz Crackers (#)	21	17	x	Gluten free crackers	x	x
6 Pep Stick	Pepperoni Sticks (#)	1	1	x	x	nuts, granola bars, dried fruit	x
	Jack Cheese	90	60	Beef jerky, granola bars, trail mix	x	<i>If vegan:</i> nuts, granola bars, dried fruit	x
	Stoned Wheat Thins (#)	8	6	x	Gluten free crackers	x	x
	Mixed Nuts	40	30	x	x	x	Nut-free trail mix, dried fruit, bars, etc.
7 Sandwiches (For 8 Day SK trips only)	Bread			x	GF Bread	x	X
	Ham			x	x	nuts, granola bars, dried fruit	x
	Cheese			Leave off	X	If vegan: nut butter, granola bars, dried fruit	
	Cookie			DF cookie if desired	GF cookie if desired	If vegan: vegan cookie if desired	x

On Trip Dinners:

All of our dinners are “one pot meals” meaning most ingredient components are combined in one pot. Keep this in mind when looking at the meal components and what supplements you might need to bring. Guides can adjust how they make the food to avoid cross-contamination if needed.

Name of Meal	Pertinent Ingredients	Amount (grams)		Recommended Supplements			
		Male	Female	Dairy Free	Gluten Free	Vegetarian/Vegan	Nut Free
1 Thanksgiving	Chicken Noodle Soup			Dairy free instant soup	Gluten free instant soup	Vegetarian soup (or do without)	x
	Instant Potatoes	60	30	Freeze dried supplement (optional)	x	<i>If vegan:</i> see separate supplement sheet	x
	Stuffing	30	30	x	Gluten free stuffing		x
	Turkey	60	30	x	x	Not added*	x
	Gravy	10	10	x	Not added*	x	x
2 Tuna Rotini	Potato Leek Soup			Dairy free instant soup	Gluten free instant soup	<i>If vegan:</i> dairy free instant soup	x
	Alfredo Sauce			Dairy free sauce powder (optional)	Gluten free alfredo seasoning or instant sauce (optional)	<i>If vegan:</i> dairy free sauce powder (optional)	x
	Breadsticks (#)	2	1	x	Gluten free breadstick/bread	x	x
	Rotini	70	60	x	Gluten free pasta	x	x
	Tuna	70	40	x	x	do without unless pescatarian	x
3 Mexi	Tomato Red Pepper soup			Dairy free instant soup	Gluten free instant soup	<i>If vegan:</i> dairy free instant soup	x
	Refried Beans	60	40	x	Gluten free taco seasoning (optional)	x	x
	Cheddar Cheese	90	60	Freeze dried supplement (optional)	x	<i>If vegan:</i> freeze dried supplement (optional)	x
	Taco Chips	90	60	x	x	x	x
4 China	Minestrone Soup			Dairy free instant soup	Gluten free instant soup	<i>If vegan:</i> dairy free instant soup	x
	Wheat Thins (#)	6	4	x	Gluten free crackers	x	x
	Rice	70	50	x	x	x	x

	Cashews	30	30	x	x	x	*Not added
	Chow Mein Noodles	30	15	x	*Not added	x	x
	Chicken	60	30	x	x	*Not added	x
5 Mac	Vegetable Soup			Dairy free instant soup	Gluten free instant soup	<i>If vegan:</i> dairy free instant soup	x
	Cheddar Cheese Sauce			Dairy free sauce powder	x	<i>If vegan:</i> dairy free sauce powder (optional)	x
	Ritz Crackers (#)	6	6	x	Gluten free crackers	x	x
	Macaroni	60	60	x	Gluten free pasta	x	x
	Ham	60	60	x	x	*Not added	X
6 Spaghetti (For 8 Day SK Trips Only)	Spaghetti w/ Vegetarian Sauce			x	Gluten free noodles	x	x
	Breadsticks			x	Gluten free bread	x	x

*Guides will prepare meal without this ingredient. Supplements optional.

On Trip Snacks:

Snack	Amount (grams)		Recommended Supplements			
	Male	Female	Dairy Free	Gluten Free	Vegetarian/Vegan	Nut Free
Snickers Bar (#)	1	1	Dairy free chocolate bar	Gluten free chocolate bar	<i>If vegan:</i> dairy free chocolate bar	Nut free chocolate bar
Trail Mix	110	85	Contains chocolate; dairy free trail mix	x	<i>If vegan:</i> dairy free trail mix	Nut free trail mix
Trail Mix	110	85	Contains chocolate; dairy free trail mix	x	<i>If vegan:</i> dairy free trail mix	Nut free trail mix
Granola Bar (#)	1	1	x	Gluten free granola bar	x	Nut free Granola Bar
Beyond Bar (#)	1	1	Dairy free granola bar	Gluten free granola bar	<i>If vegan:</i> dairy free granola bar	Nut free Granola Bar
Beyond Bar (#)	1	1	Dairy free granola bar	Gluten free granola bar	<i>If vegan:</i> dairy free granola bar	Nut free Granola Bar
Rice Krispies (#)	1	1	x	Gluten free treat	<i>If vegan:</i> dairy free treat	x
Chocolate (#)	1	1	Dairy free chocolate	x	<i>If vegan:</i> dairy free chocolate	x