

# Beyond Malibu Dairy Allergy Supplements

Below is a list of our meals each day that contain dairy that you will need to bring supplements for. Keep in mind that you will be eating large portions and high calorie foods to fuel you for hiking or kayaking. It is likely that you will not eat the meals in the order listed. You will want to have all of your food individually packaged for each meal before you arrive in base camp.

**Please use this supplement sheet and the “Beyond Malibu Meal Supplements Outline” as resources to plan what supplements you will bring.**

## At Hiking Basecamp:

Dinner 1: Hamburgers

Breakfast 1: French toast and sausage- made with milk. Bring a soy or non-dairy milk powder if you want French toast. Guides can make toast.

Dinner 2: Beef Stew

Breakfast 2: Pancakes and bacon

Lunch 1: Boat lunch pre-made sub sandwiches- apples, potato chips, and chocolate-chip cookies. Bring a dairy-free cookie if desired.

## At Sea Kayaking Basecamp:

Lunch 1: Chicken Wraps

Dinner 1: Hamburgers

Breakfast 1: Pancakes and bacon

Lunch 2: Lasagna and salad- lasagna contains dairy, Beyond will provide a substitute.

## On The Trail:

### Breakfasts

All our breakfasts are dairy free other than a few hot chocolates, powdered milk, and granola. 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.

#### Supplement options we recommend you bring for breakfast:

- Dairy free hot chocolate/apple cider for 3 breakfasts.
  - Dairy-free hot chocolate: pre-mix soy milk powder with cocoa and sugar
- Soy or non-dairy milk powder for two granola mornings and other meals (optional)
- Two dairy free granola meals (depending on your sensitivity you may be able to eat the granola)

### Lunches

Day 1 (Bagel) – Bagels / cream cheese

Day 2 (PB & J) – Wheat Crackers / peanut butter and jelly

Day 3 (Wasa) – Wheat crackers / meat and cheese

Day 4 (Pita) – Pita bread / peanut butter

Day 5 (Almond) – Ritz Crackers / meat and cheese

Day 6 (Pep Stick) – Crackers / meat and cheese

Day 7 (Sandwiches- **for 8 Day Sea Kayaking Trips Only**) – Ham and cheese sandwiches / veggies / cookie

#### Supplement options we recommend you bring for lunch:

The main portion of the lunches is dairy free, but often we use cheese with our cracker meals. Please bring something to supplement the meals that have cheese (we have cheese a total of 4 lunches).

\*\*Recommendations would be:

- Peanut butter/almond butter packets instead of cream cheese for day 1 (Bagel)
- Beef jerky, Lara/Luna bars, granola bars, trail mix/nuts for cracker meals (day 3, 5, and 6)
- If 8-day SK participant- dairy free cookie if desired (sandwich meal)*

## **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.

Day 1 (Thanksgiving dinner) - Stuffing, gravy, instant potatoes and soup have dairy

Day 2 (Tuna rotini) - Alfredo sauce and soup have dairy

Day 3 (Mexi meal) - Cheese and soup have dairy

Day 4 (China meal) - Soup has dairy

Day 5 (Mac & Cheese + ham) - Cheese sauce and soup have dairy

*Day 6 (Spaghetti- for 8 Day Sea Kayaking Trips Only)* - No dairy is in this meal

### **Supplement options we recommend you bring for Dinner:**

- 5 dairy free soups- one for each meal (preferably ones that you just add hot water to)
- For Thanksgiving, you will need to bring a full meal. We suggest instant rice and beans or some other instant/freeze dried/just add hot water meal you prefer.
- Dairy free pasta sauce (powder, just add for flavor) for 2 meals (day 2 and 5) – optional. Dried hummus powder (just add water) is a great protein filled option.

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## **Snacks**

Snickers (dairy)

Trail mix X2 (has chocolate, can eat around if not sensitive to cross-contamination)

Granola Bar (no dairy)

Beyond bars X2 (dairy)

Rice Krispies (no dairy)

Chocolate (dairy)

### **Supplement options we recommend you bring for Snacks:**

- 5-6 high-calorie snacks
- Great dairy free options are: Lara/Luna bars, fruit leather, other dairy free granola bars, trail mix. If not high calorie, bring a few more.

It is likely that you will not eat the meals in the order listed. We hope this helps, please feel free to email us back with any further questions if need be.