

Beyond Malibu Vegan/Vegetarian Supplements

As a vegan/vegetarian, you will just need to do a little preparing so you have plenty to eat. At Beyond Malibu, you will be exerting far more energy than you normally do, and thus we ask that you please bring high calorie, light weight supplements whenever possible. Quantity and calorie-wise, you will be eating much more than you normally eat. Have fun knowing that the more fat and protein in your diet this week, the better. We recommend you read labels, test out the food on your training hikes or at home, and have fun with it!

Below is an outline of our trail menu. The breads and crackers we have may contain trace amounts of dairy and/or eggs and we are unable to read the labels at this time. Depending on how strict you normally are, you may or may not want to consume the breads and crackers. Please use your discretion and substitute accordingly.

It is better to bring more and not need it than to not have enough. It is best to have it packed in individual meal portions (small Ziploc bags) and labeled before you get to 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: Burgers with all of the fixings, baked beans, fruit (Beyond provides veggie patties, but they are not vegan).

Breakfast 1: French toast and sausage (guides can make toast for vegans), bring protein supplement for sausage component (almond butter or peanut butter are great options).

Dinner 2: Beef stew, rice, veggies (guides can provide a portion of vegetarian stew).

Breakfast 2: Pancakes and bacon, bring protein supplement for sausage component (almond butter or peanut butter are great options).

Lunch 1: Boat lunch pre-made sub sandwiches- apples, potato chips, and chocolate-chip cookies.

At Sea Kayaking Basecamp:

Lunch 1: Chicken Wraps (Beyond provides black beans).

Dinner 1: Hamburgers (Beyond provides veggie patties, but they are not vegan).

Breakfast 1: Pancakes and bacon, bring protein supplement for sausage component (almond butter or peanut butter are great options).

Lunch 2: Lasagna and salad (Beyond provides a vegetarian lasagna for vegetarians and an alternate substitute for vegans).

On The Trail:

Breakfast

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. All breakfasts are vegetarian.

Day 1 - Oatmeal and wheat bran

Day 2 - Granola

Day 3 - Red River (similar to Oatmeal)

Day 4 - Granola

Day 5 - Cream of wheat and graham crackers

Supplement options for vegans:

- Dairy free/vegan hot chocolate or apple cider for 3 breakfasts.
 - Vegan hot chocolate: pre-mix soy milk powder with cocoa and sugar
- Soy or non-dairy milk powder for two granola mornings (optional)
- Two dairy free granola meals (the granola has a very small amount of dairy added, 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) - Crackers / meat and cheese

Day 4 (Pita) - Pita bread w/ peanut butter

Day 5 (Almond) - Wheat crackers / almonds and cheese

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

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

Supplement options for both vegetarians and vegans:

Please bring supplements for the two meat meals. If vegan, please bring supplements for the meals that have cheese (we have cheese a total of 4 lunches). Do your best to bring a variety of foods you like.

**Recommendation would be:

- Nuts in place of meat
- Peanut butter/almond butter packets instead of cream cheese
- Lara/Luna/Cliff granola bars/trail mix/nuts instead of cheese
- Extra dried fruit
- If 8-day SK participant- bring supplements for sandwich meal if vegan*

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. For vegetarians, it is simple to not add the meat to the dinners. For vegans, keep the “one pot meal” in mind when navigating both dairy and meat for dinners.

Day 1 – Thanksgiving (turkey is added, stuffing, gravy, instant potatoes and soup have dairy)

Day 2 – Tuna rotini (tuna is added, Alfredo sauce and soup have dairy)

Day 3 – Mexi (cheese and soup have dairy)

Day 4 – China (chicken is added, soup has dairy)

Day 5 – Mac & Cheese (ham is added, cheese sauce and soup have dairy)

Day 6 (*Spaghetti w/ breadstick- for 8 Day Sea Kayaking Trips Only*) – this meal is completely vegan

Supplement options for vegans:

- 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.
- 5 dairy free soups for each meal (preferably instant/ones that you just add hot water too). You can find really great instant soups like pea soup and black bean soup in the soup aisle.
- Dairy free pasta sauce for tuna meal and mac and cheese meal (powder, just add for flavor) or other supplements to go along with the pasta. Dried hummus powder (just add water) is a great protein filled option.

Snacks

Snickers (dairy)

Beyond bars x 2 (dairy)

Trail mix x 2 (has chocolate, can eat around if not sensitive to cross-contamination)

Rice Krispies (no dairy)

Granola Bar (no dairy)

Supplement options for vegans:

- 4-5 high-calorie snacks
- Great dairy free options are: Lara/Luna bars, fruit leather, other dairy free granola bars, and trail mix/nuts.

** 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 with any further questions if need be.