Backpacking Meal Plans by Trip Type

Meals	Shorter Trips	Fishing Trips	Longer Trips
Snack	Tea & trail mix		
	Boiled eggs	Apples	Yogurt rolls
Breakfast	Oatmeal		
Snack		Trail mix	
			Waxed cheese
Lunch	Dehydrated meal		
Snack	Energy bar		
	Apples		Ginseng candy
Dínner	Dehydrated meal	Fish / poached eggs & flatbread	Dehydrated meal
Snack		Pudding	Candied chocolate
	Trail mix		
Condíments	Salt & pepper, organic cane sugar		
		Ketchup	

http://niackery.com/journiackery/backcountry-gear/meal-plans-packing-lists-tips/meal-plans-backcountry-hikers/