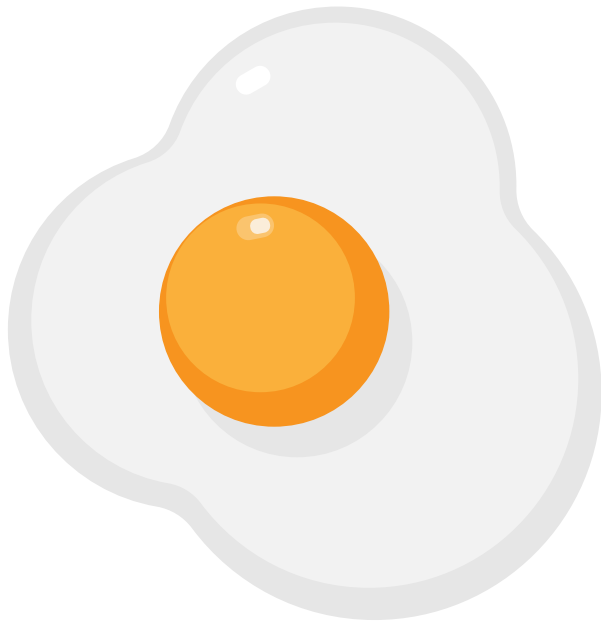


- Substitute the animal protein for lower fat sources
 - Reduce the burnt parts of your baked foods
 - Bring vegetables and fruits
 - Maintain proper calorie intake
 - Add extra calories (when camping in a cold places)
 - Add extra calories (for outdoor activities)
 - Ensure the ingredients to suit your body's needs
-

- | | |
|--|--|
| <input type="checkbox"/> Portable stove | <input type="checkbox"/> Scissors |
| <input type="checkbox"/> Portable gas | <input type="checkbox"/> Knife |
| <input type="checkbox"/> Fire lighter | <input type="checkbox"/> Grater |
| <input type="checkbox"/> Reusable dinnerware | <input type="checkbox"/> Bottle opener |
| <input type="checkbox"/> Non-stick pans | <input type="checkbox"/> Can opener |
| <input type="checkbox"/> Iron skillset | <input type="checkbox"/> Colander |
| <input type="checkbox"/> Stainless steel pot | <input type="checkbox"/> Hot pads |
| <input type="checkbox"/> Camping kettles | <input type="checkbox"/> Foil |
| <input type="checkbox"/> Spatula | <input type="checkbox"/> Food containers |
| <input type="checkbox"/> Ladle | <input type="checkbox"/> Cool box |
| <input type="checkbox"/> Slotted spoon | <input type="checkbox"/> Reusable tablecloth |
| <input type="checkbox"/> Kegs | <input type="checkbox"/> Bin bags |
| <input type="checkbox"/> Collapsible water container | <input type="checkbox"/> Washing-up kit (sponges, towels, liquid, and washing-up bowl) |
-



EGGS

Usage:

1. Scrambled eggs
2. Boiled eggs
3. Fried eggs
4. Omelets
5. Egg muffins
6. Egg sandwiches

Storage tips:

- * Eggs can be stored in a protective container during hot weather (68-72 F).
- * Bring more by breaking as many eggs as you want, adding spices, mixing them until homogeneous, pouring the eggs into a sealed bag, and then freezing them.



SAUSAGE

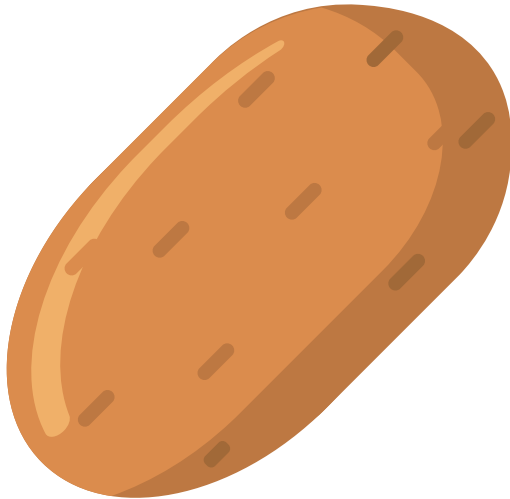
Usage:

1. Sandwiches
2. Grilled sausages
3. BBQ party

Storage tips:

- * Using a cooler with ice or cool packs to store sausages.
- * OR, wrap them in foil or a watertight bag.
- * OR, using vacuum sealing.

POTATOES

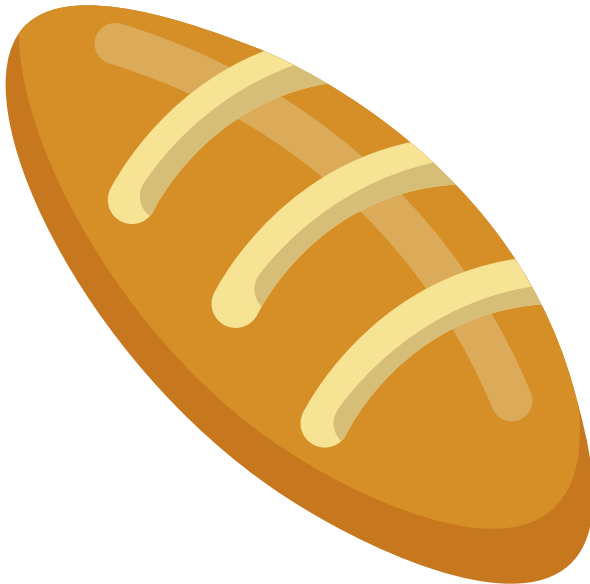


Usage:

Various dishes (baked, mashed, fried, boiled, sliced, chopped, and even diced potatoes).

Storage tips:

* Store in loose bags, plastic bags, paper containers with holes, or vacuum-packed ones.



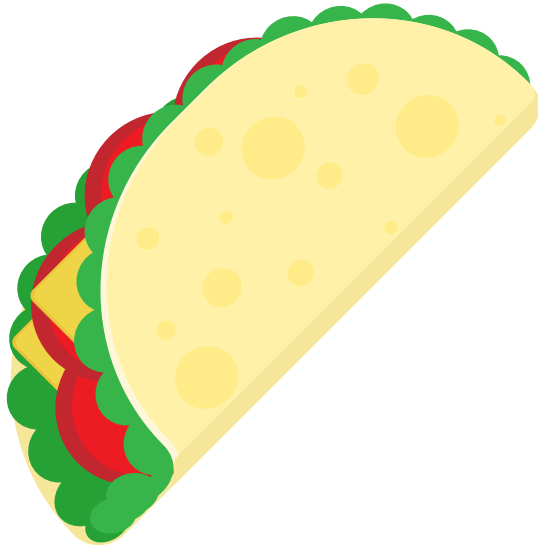
BREAD

Usage:

1. Sandwiches
2. Toast
3. Dip into stew
4. Hamburgers
5. Hotdogs

Storage tips:

- * Wrap the bread in plastic wrap.
- * OR, use a reusable package (bread bag / ziplock bag / bread box / paper bag).
- * OR, wrap with aluminum foil.



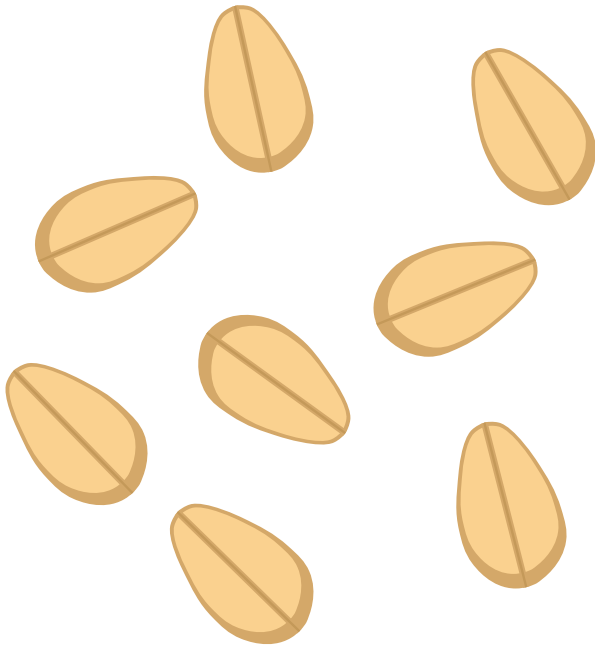
TORTILLAS

Usage:

1. Burritos
2. Wrap them with peanut butter and honey
3. Toast them with cheese
4. Pizza tortillas

Storage tips:

- * The most important thing is to store the tortillas in a cool and dry place.
- * You can store tortillas in the original container (if you will eat them all while camping).
- * OR, use a plastic bag (ziplock or seal top).
- * OR, use an airtight container.



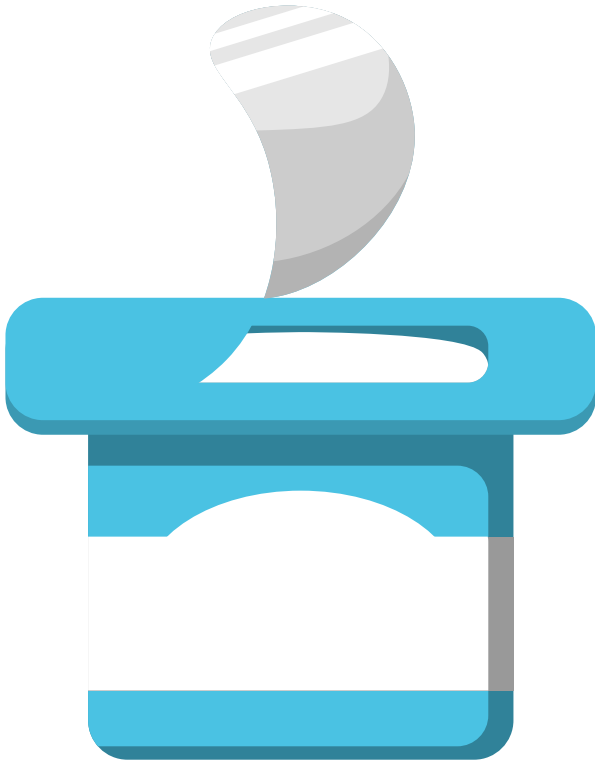
OATS

Usage:

1. Breakfast oats
2. Add fresh fruit, syrup, nuts, or peanut butter for more variations

Storage tips:

* Use its original packaging (if you are sure you want to use up all of the oats while camping), a plastic bag, or a ziplock bag.



YOGURT

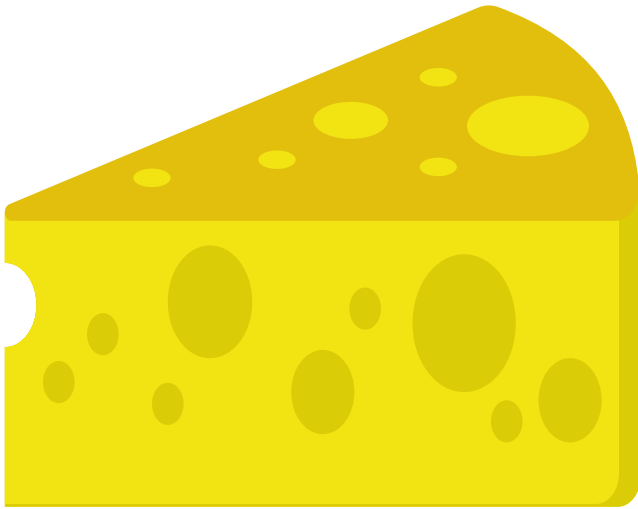
Usage:

Breakfast yogurt by adding fruits, honey, nuts, or granola

Storage tips:

* Use single-serve packaging or small container with a lid, then placed at the top of the cooler

CHEESE



Usage:

Various foods (baked, mashed, fried, boiled, sliced, chopped, and even diced potatoes).

Storage tips:

* Use a sealed or ziplock bag or in a waterproof bag.

BUTTER

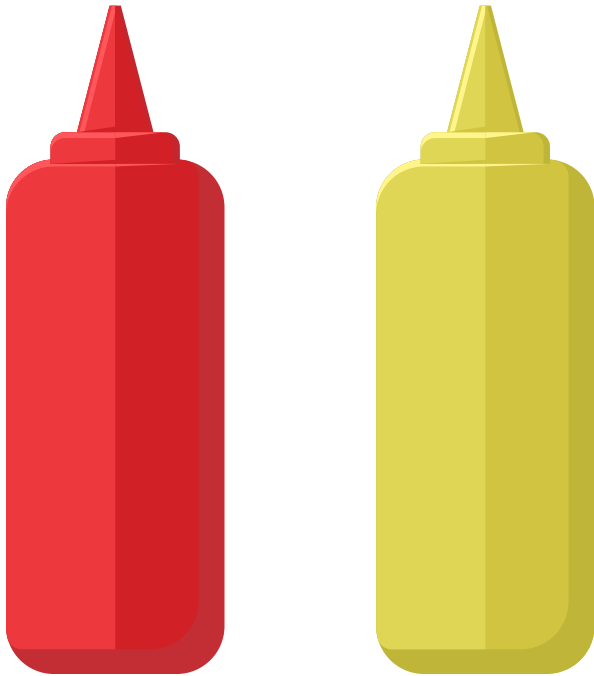


Usage:

1. To cook eggs
2. To season pancakes
3. To bake bread

Storage tips:

* Butter should be stored in a container with a tight lid and placed at the top of the cooler.



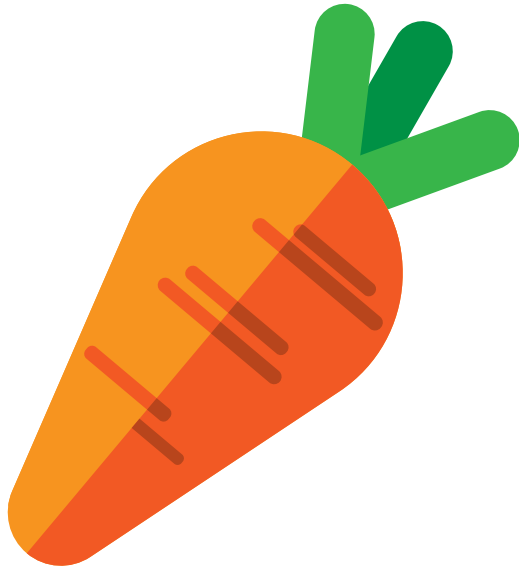
SAUCE & MAYONNAISE

Usage:

1. Sandwiches
2. Hamburgers
3. Hotdogs

Storage tips:

- * Store in their original bottles (if travel-friendly).
- * OR, store in refillable squeeze tubes.



CARROTS

Usage:

1. Add into soup
2. Serve with other vegetables as salad
3. Dip in sauce

Storage tips:

- * Bring peeled carrots.
- * Store in a ziplock bag or lid container.



BEANS

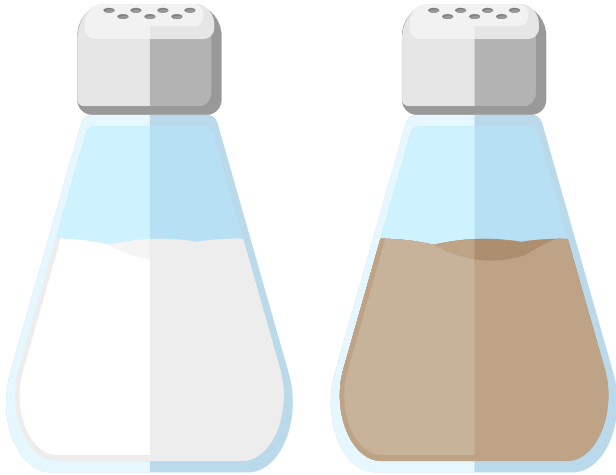
Usage:

1. Beans and sausages
2. Curries
3. Grilled nachos
4. Fillings for burrito

Storage tips:

* Store them in the cooler.

SALT & PEPPER



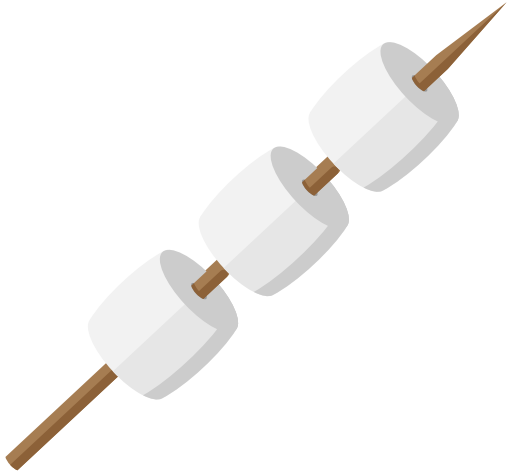
Usage:

To improve the taste of your cookings

Storage tips :

* Any container is good as long as they are airtight, portable, spill-free, and space-saving.

MARSHMALLOW



Usage:

1. S'mores
2. Toast them on sticks
3. Put them in hot chocolate

Storage tips:

- * Bring them in its original packaging
- * OR, use sealed or ziplock bags
- * OR, use tight fitting containers



COFEE

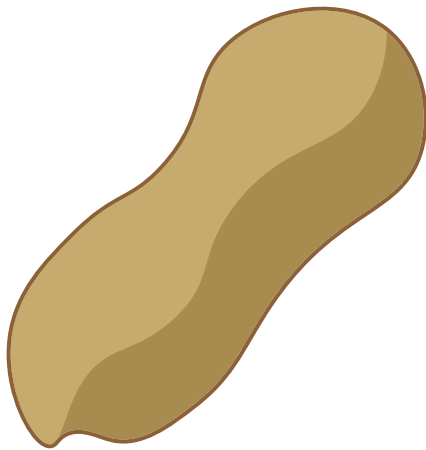
Usage:

1. Served in the morning when you are about to start activities
2. Served in the evening to avoid drowsiness

Storage tips:

- * Use any airtight container.

PEANUT

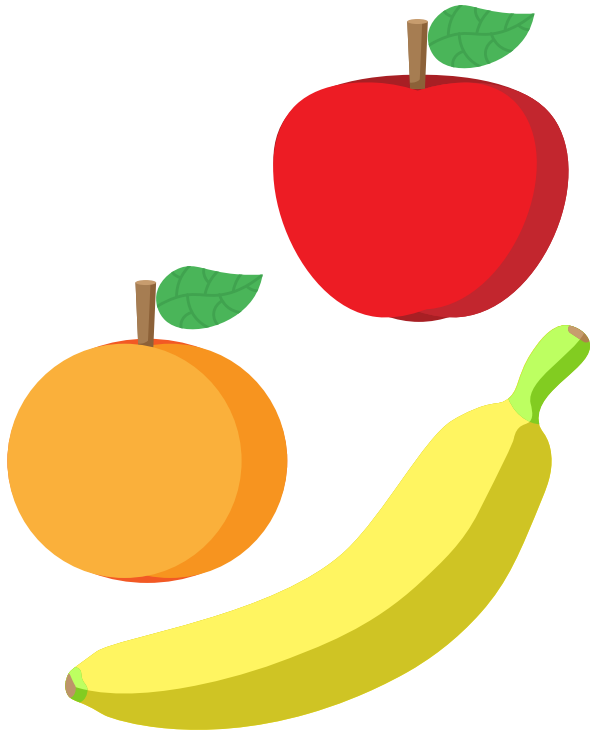


Usage:

1. Roasted nuts
2. Topping for salads
3. Snacks

Storage tips:

* Placing them inside any tight container (or even a plastic).



APPLE, ORANGE, BANANA

Usage:

1. Eat as is
2. Add it to breakfast oatmeal or yogurt
3. Topping for pancakes

Storage tips:

* Individually check how to store each kinds of fruits you want to take, as they need different treatments depending on the type of fruit.



BUTTER

PEANUT

Usage:

1. Topping for toasts
2. Filling for sandwiches
3. Dip cracker in it
4. Add it to breakfast oatmeal

Storage tips:

- * Use in original packaging for single-serve peanut butter.
 - * Place it in a food container if you're bringing a lot of peanut butter.
-