

Cooking Styles Reqd

Campout cooking: Cook 2 of 5 meals. Different sources: Stovetop or Low impact open fire (campfire/charcoal) and different Method\*

Campout location:		Campout location:		Campout location:	
date:		date:		date:	
meal:	Breakfast , Lunch , Dinner	meal:	Breakfast , Lunch , Dinner	meal:	Breakfast , Lunch , Dinner
source:	Stove or (campfire/charcoal)	source:	Stove or (campfire/charcoal)	source:	Stove or (campfire/charcoal)
method*:		method*:		method:	<b>Dutch oven OR Foil pack OR kabobs</b>
cost/meal:		cost/meal:		cost/meal:	
ingredients:		ingredients:		ingredients:	
nutrition:		nutrition:		nutrition:	
HIKE location		HIKE location		HIKE location	
date:		date:		date:	
meal:	Breakfast , Lunch , Dinner	meal:	Breakfast , Lunch , Dinner	meal:	Breakfast , Lunch , Dinner
source:	Stove or (campfire/charcoal)	source:	Stove or (campfire/charcoal)	source:	Stove or (campfire/charcoal)
cost/meal:		cost/meal:		cost/meal:	
ingredients:		ingredients:		ingredients:	
nutrition:		nutrition:		nutrition:	
HOME		HOME		HOME	
date:		date:		date:	
location:	HOME	location:	HOME	location:	HOME
meal:	BREAKFAST 1	meal:	LUNCH 1	meal:	DINNER 1
method*:		method*:		method*:	
ingredients:		ingredients:		ingredients:	
nutrition:		nutrition:		nutrition:	
HOME		HOME		HOME	
date:		date:		date:	
meal:	BREAKFAST 2	meal:	LUNCH 2	meal:	DINNER 2
method*:		method*:		method*:	
ingredients:		ingredients:		ingredients:	
nutrition:		nutrition:		nutrition:	
HOME		HOME		HOME	
date:		date:		date:	
location:	HOME	location:	HOME	location:	HOME
meal:	BREAKFAST 3	meal:	LUNCH 3	meal:	DINNER 3
method*:		method*:		method*:	
ingredients:		ingredients:		ingredients:	
nutrition:		nutrition:		nutrition:	

Methods: baking, boiling, broiling, pan frying, simmering, steaming, microwaving, grilling, foil cooking, and use of a Dutch oven.