

Pack'n'Go 24-Hour Menus

We formulated 7 tasty different menus with an energy content of 2500 Kcal. These light weight, easy to use menu packs provide all the nutrients and powdered drinks needed on a 24-hour hiking trip. Just add water.



MENU 1 (V) Vegetarian (Approx. 2535 Kcal)

Muesli with Milk
Oatmeal Raisin Flapjack
Vegetable Casserole with Rice & Soya
Rice Pudding with Raisins
B.fuel - Orange flavour energy drink
Hot chocolate drink

MENU 2 (V) Vegetarian (Approx. 2535 Kcal)

Hot breakfast cereal with sultanas
Oatmeal Raisin Flapjack
Bean & Vegetable curry
Apple & Custard
B.fuel - Orange flavour energy drink
Hot chocolate drink

MENU 3 (V) Vegetarian (Approx. 2486 Kcal)

Porridge with sultanas
Oatmeal Raisin Flapjack
Vegetable pasta Bolognese
Mixed fruit with Custard
B.fuel - Orange flavour energy drink
Hot chocolate drink

MENU 4 (Approx. 2323 Kcal)

Muesli with milk
Oatmeal Raisin Flapjack
Chilli Con Carne
Chocolate Chip Creme Dessert*
B.fuel - Orange flavour energy drink
Hot chocolate drink
** Cold dessert*

MENU 5 (Approx. 2370 Kcal)

Porridge with Sultanas
Oatmeal Raisin Flapjack
Shepherds Pie
Mixed fruit with Custard
B.fuel - Orange flavour energy drink
Hot chocolate drink

MENU 6 (Approx. 2486 Kcal)

Hot breakfast cereal with Sultanas
Oatmeal Raisin Flapjack
Pilaf with Lamb
Peach/Pineapple Flavoured Dessert
B.fuel - Orange flavour energy drink
Hot chocolate drink

MENU 7 (Approx. 2340 Kcal)

Hot breakfast cereal with sultanas
Oatmeal Raisin Flapjack
Chicken and Vegetables Pasta
Chocolate Chip Creme Dessert*
B.fuel - Orange flavour energy drink
Hot chocolate drink

Experience

Pack'n'Go has been used in more than 20 polar expeditions and numerous K2, Everest and other mountaineering expeditions. It is the first choice for the Marathon De Sables, Outward Bound and Duke of Edinburgh expeditions.

Guarantee

We at Be-well Nutritional Products Limited guarantee that our products are made with 100% natural and healthy ingredients.