

Duke of Edinburgh's Award Expedition Menu Planner

TEAM NAME:

YOUR NAME:

AWARD LEVEL: Bronze / Silver / Gold



DAY	BREAKFAST	LUNCH	EVENING MEAL	SNACKS	TOTAL CALORIES
1					
2					
3					
4					

Make sure you: Keep a balanced menu, have the most calories for the lowest weight, take food you'll enjoy, waterproof your food and remember to pack each meal and day's food together so you can find it easily. If you are doing Silver or Gold have your favourite food on day 2 or days 2 and 3 as that's usually when you'll want a motivational boost. Choose something homely that you'll look forward to having like curry, lamb hotpot, chilli con carne, chocolate pudding or similar.

YOUR EXPEDITION IN SAFE HANDS
www.TheAdventureElement.co.uk