

Trail Logic Studio

Free Guide Series

Simple Meal Planner

Trail Logic meals keep energy steady without fuss. Mix and match these ideas to hit 250-300 calories per hour.

Daily Calorie Targets

- " Day hike: 1,800-2,400 calories depending on distance and temps.
- " Overnight: 2,800-3,400 calories with extra fat for cold nights.
- " Hydration: 0.5-0.7L/hour plus electrolytes every other bottle.

Breakfast (Pick One)

Overnight oats with nut butter packet and dried berries.
Instant grits with cheese, bacon bits, and olive oil shot.
Tortilla wraps with hard-boiled eggs and hot sauce packet.

Trail Snacks (Rotate)

Time | Option | Notes

Morning | Trail mix with nuts + dried fruit | Add salty crackers in hot weather
Midday | Tortilla with tuna packet and mayo | Quick protein; double as lunch
Afternoon | Energy chews + jerky | Fast carbs plus long-burn protein
Summit | Chocolate + nut butter packet | Easy to eat in the wind

Dinner (1-pot Friendly)

- " Couscous with pre-cooked chicken and sun-dried tomatoes.
- " Instant rice, miso packet, dried mushrooms, and soy sauce packets.
- " Ramen with dehydrated veggies; add peanut butter for extra calories.

Packing and Cleanup

- " Pre-portion each meal in labeled zip bags; write water amounts on the bag.
- " Pack a tiny spice kit: salt, pepper, chili flakes, bouillon cube.
- " Bring a scrap of sponge and a tiny dropper of soap; strain food bits away from water sources.
- " Store food and scented items in a hang bag or canister per local rules.