

Day # 1 *Put in Breakfast and Lunch*

Breakfast: *Rolls*

Shopping List: 30 sweet Rolls , 2 half gallons Orange Juice

Instructions: Set out rolls and juice

Lunch: *Cold Cuts*

Shopping List: 1 lb. roast beef, 1 lb. turkey, 1 lb. ham, 1 + ½ lb. cheese, 30 pitas, 1 head lettuce, 3 tomatoes, 2 bags cookies, 1 jar peanut butter, 1 jar jelly, 1 bag gorp, 1 loaf bread

Condiments: Mustard, Mayonnaise, salt, pepper

Instructions: Gather food, cut tomatoes and lettuce. Throw it all in the river and eat sand

Day # 1,2

Dinner: ***Shrimp Pasta***
Side Dish: **Salad, Asparagus**

Dessert: ***Pineapple Quaternion Cake***

Shopping List:

Main dish: 6 - 16 oz bags spinach pasta, 10 cans shrimp 2 cloves garlic, 1 bottle white wine, 8 oz olive oil, 1 lg. can parmesan cheese

Side Dish: 2 heads lettuce, 5 tomatoes, 2 cucumbers, 2 bottles salad dressing, 7 cans asparagus

Dessert: 2 boxes cake mix, 4 eggs, milk, brown sugar, 2 cans pineapple slices

Instructions: Cut fresh vegetables up for the salad - use a large pot if available or a small garbage bag for the salad. Start ¼ bag of charcoal in the fire pan for the dessert. See Bettina for directions.

Breakfast: ***Graze***

Shopping List: 1 bag granola, 1 container yogurt, fruit, 3 bag bagels, one tub cream cheese, one jelly, one peanut butter, 10 packages instant oat meal, hot chocolate mix, 2 Juice

Instructions: Heat water for coffee, tea, oatmeal, and hot chocolate. Set out food. Make Juice. Cut fresh fruit if used. Use open jelly, hot chocolate, etc. first. check with previous days cooks for advice on leftovers and skin problems.

Lunch: ***Cold Cuts again already***

Shopping List: 1 lb. roast beef, 1 lb. turkey, 1 lb. ham, 1 + ½ lb. cheese, 30 pitas, 1 head lettuce, 3 tomatoes, 2 bags cookies, 1 jar peanut butter, 1 jar jelly, 1 bag gorp, 1 loaf bread

Instructions: Set out food using yesterday's leftovers first. Cut tomatoes and lettuce.

Day # 2,3

Dinner: Jambalaya

Dessert: Pudding

Shopping List:

Main Dish: 3 lb. cleaned shrimp, 1 lb. hot Italian sausage, 2 lb. chunk chicken, 2 bell peppers, 1 onion, 3 fresh tomatoes, ½ head celery, 2 bay leaf, 1 tsp. thyme, 1 tsp. Cajun seasoning, ½ bottle Lea and Perkins whochestershire sauce, 1 20 Oz canned tomatoes, 5 boxes Rice-A-Roni, 3 boxes vanilla pudding

Side Dish: #10 can green beans, Italian dressing

Instructions: (*Consult vegetarians before adding onion or meat, one is allergic to onions.*)
Sauté meats and set aside. Cook Rice-A-Roni, Chop and sauté veggies. Smash canned tomatoes with fist and add to rice. Add meats to mixture.

Breakfast: Graze

Shopping List: 1 bag granola, 1 container yogurt, fruit, 3 bag English muffins, one tub cream cheese, one jelly, one peanut butter, 10 packages instant oat meal, hot chocolate mix, 2 juice, 3 lb. bacon (*for lunch BLT sand-witches, they need an offering or they get in your shorts*)

Instructions: Heat water for coffee, tea, oatmeal, and hot chocolate. Set out food. Make Juice. Cut fresh fruit if used. Use open jelly, hot chocolate, etc. first. Check with previous days cooks for advice on leftovers and skin problems. Cook 3 lb. bacon for lunch, bag in zip lock with paper towels. (*save grease for Bob Karls to set himself on fire*)

Lunch: BLT

Shopping List: 1 + ½ lb. cheese, 30 pitas, 2 head lettuce, 4 tomatoes, 2 bags cookies, 1 jar peanut butter, 1 jar jelly, 1 bag gorp

Instructions: Set out food including bacon cooked at breakfast. Cut tomatoes and lettuce.

Day # 3,4

Dinner: *Stir Fry*

Dessert: *Candy*

Side Dish: *Fried Rice*

Shopping List: Main dish: 5 lb. beef in cubes, 3 bell peppers, 3 onions, 5 - 10 carrots, 2 cans bamboo shoots, 2 cans water chestnuts, 1 package bean sprouts, 3 packages stir fry mix, cooking oil, 3 packages candy bars

Side Dish: 5 boxes fried rice mix.

Dessert: candy bars

Instructions: (*Consult vegetarians before adding onion or meat, one is allergic to onions.*)
Sauté meats and set aside. Cook Fried Rice, Chop and sauté veggies (sauté peppers and onions first). Add meats, stir fry mix, to veggies.

Breakfast: *Sausage and Eggs*

Shopping List: 4 dozen eggs, 2 dozen sausages, 2 juice

Instructions: Heat water for coffee, tea, and hot chocolate. Make Juice. Cook sausage and scrambled eggs. (*cook eggs for vegetarians first in clean pan*).

Lunch: *Guacamole*

Shopping List: 9 avocados, 4 lemons, 9 cloves garlic, 2 tsp. salt, chili powder, black pepper, 2 bell peppers, 2 red onion, 1 cucumber, 1 can olives, 3 packages pita bread 1 jar peanut butter, 1 jar jelly, 1 bag gorp, 1 loaf bread, 2 bags cookies.

Instructions: Peel then smash avocados in large bowl. Finely chop vegetables and Garlic and add to avocado muck. Add juice of 4 lemons and rest of spices to taste.

Day # 4,5

Dinner: *Thai Chicken*

Dessert: *Strawberry Short Cake*

Side Dish: *Indonesian Green Beans, Savory Couscous*

Shopping List:

Main dish: 1 tin Basil, ½ tin mint, 1 15 Oz Green Chili, 1 small bottle soy sauce, 2 cans cranberry sauce, 5 lb. boneless chicken breasts, fresh garlic, paprika

Side Dish: 1 #10 can string beans, 1 can coco lopez, 4 anaheim chilis, 1 bunch scallions, 1 onion, 6 boxes Savory Couscous

Dessert: 3 Sarah Lee pound cakes, 4 containers frozen strawberries, 3 8 oz whipping creams

Instructions:

Thai Chicken -

- 1) Mix canned chilis, ¼ cup soy sauce, 2 Tbsp. sugar, 2 Tbsp. vinegar, 1 tin basil, ½ tin mint, 1 Tbsp. cornstarch and set aside.
- 2) Fry 7 cloves garlic in hot oil, add chicken (cut up first), cook until almost done.
- 3) Add onion slices, cook 1 minute.
- 4) Add chili sauce from step one and cook until slightly thickened.

Indonesian Green Beans -

- 1) Stir Fry thin sliced onion with chilis and garlic.
- 2) Add beans and ½ tsp. ginger, cook 3 minutes
- 3) Add Coco Lopez, 1 tsp. paprika, heat until hot (*don't boil*)

Couscous - Follow directions on package

Dessert - set out cake and berries, whip cream, keep cool

Breakfast: *Graze*

Shopping List: 1 bag granola, 1 container yogurt, fruit, 3 bag bagels, one tub cream cheese, one jelly, one peanut butter, 10 packages instant oat meal, hot chocolate mix, 2 juice

Instructions: Heat water for coffee, tea, oatmeal, and hot chocolate. Set out food. Make Juice. Cut fresh fruit if used. Use open jelly, hot chocolate, etc. first. Check with previous days cooks for advice on leftovers and skin problems.

Lunch: *Humus*

Shopping List: 7 cans chick peas, 12 cloves garlic, 2 onions, 2 tomatoes, ½ head celery, lemon juice, salt, black pepper, cayenne pepper, tahini (*see shopper for small container*), 4 bags pita bread. 2 bags cookies 1 jar peanut butter, 1 jar jelly, 1 bag gorp, 1 loaf bread, 2 bags cookies

Instructions: Ground up chick peas in large bowl, add a little water to get good consistency, crush garlic, add seasonings (*consult Diane Fairchild for proper amounts*). Cut tomatoes, celery and onions finely and set aside. Arrange everything neatly and then jump into it.

Day # 5,6

Dinner: *Spinach Enchiladas*

Dessert: *Jello*

Side Dish: *Fiesta Corn, Rice*

Shopping List:

Main dish: 8 303 cans spinach, 3 lbs flour tortillas, 6 cans Campbell's nacho cheese soup, 1 sm. box dried milk, 24 oz yogurt, 1 jar cumin spice

Side Dish: 5 Pks chicken and mushroom rice, 2 pks taco seasoning, 3/4 cup water, 3/4 cup oil, 3/4 cup vinegar, 4 cans corn (drained), 8 tomatoes, 1 lg. can ripe olives, 2 green peppers

Dessert: 3 boxes jello (make up and set in river to cool)

Instructions: (see Bettina)

Breakfast: *Graze*

Instructions: Heat water for coffee, tea, oatmeal, and hot chocolate. Set out food. Cut fresh fruit if used. Use open jelly, hot chocolate, etc. first. check with previous days cooks for advice on leftovers and personality problems.

Shopping List: 1 bag granola, 1 container yogurt, fruit, 3 bag English muffins, one tub cream cheese, one jelly, one peanut butter, 10 packages instant oat meal, hot chocolate mix

Lunch: *Cold Cuts*

Shopping List: 1 lb. roast beef, 1 lb. turkey, 1 lb. ham, 1 + 1/2 lb. cheese, 30 pitas, 1 head lettuce, 3 tomatoes, 2 bags cookies, 1 jar peanut butter, 1 jar jelly, 1 bag gorp, 1 loaf bread

Instructions: Set out food using yesterday's leftovers first. Cut tomatoes and lettuce.

Day # 6,7

Dinner: Chili
Side Dish: Salad

Dessert: Samorrrrrres

Shopping List:

Main dish: Robert's frozen wonder Chile, 1 box saltine crackers, #10 can kidney beans, 2 lb. cheddar

Side Dish: 5 boxes Mexican Rice, 2 heads lettuce, 3 tomatoes, 2 cucumbers, 2 salad dressings

Dessert: 1 box graham crackers, 16 chocolate bars, 1 bag marshmallows

Instructions: Chile - Heat chili, split beans between different batches chili

Mexican Rice - Follow the directions on the package, cut salad fixings, grate cheese, start charcoal in fire pan, burn dry garbage later for entertainment

Breakfast: Omelets

Instructions: Heat water for coffee, tea, oatmeal, and hot chocolate. Cook omelets to order. Use leftover chili for condiments.

Shopping List: 4 dozen eggs, 1 lb ham, 3 bell peppers, 3 onions, 2 lb. brick American cheese, 1 lb. butter

Lunch: Cold Cuts

Shopping List: 1 lb. roast beef, 1 lb. turkey, 1 lb. ham, 1 + ½ lb. cheese, 30 pitas, 1 head lettuce, 3 tomatoes, 2 bags cookies, 1 jar peanut butter, 1 jar jelly, 1 bag gorp 1 jar peanut, 1 bag gorp, 1 loaf bread

Instructions: Set out food. Cut tomatoes and lettuce.

Day # 7,8

Dinner: **Beef Stroganoff** (otherwise known as beef strokenoff or masturbating bull)

Dessert: **More Pudding**

Shopping List:

Main dish: 6 lb. cubed sirloin, 2 lb. fresh mushrooms, 3 8 oz cans mushroom soup, 4 lb. egg noodles, 3 yellow onions, 2 pts sour cream

Side Dish: 1 lb. butter, 5 lb. carrots

Dessert: 4 boxes chocolate pudding

Instructions: Beef Stroganoff - (*Consult vegetarians before adding onion or meat, one is allergic to onions.*) Sauté beef with salt and pepper, drain grease, add other stuff and cook until done. cook noodles separately.

carrots - cut in round slices, sauté in butter

pudding - you should know how to make this by now

Breakfast: **Graze**

Shopping List: 1 bag granola, 1 container yogurt, fruit, 3 bag bagels, one tub cream cheese, one jelly, one peanut butter, 10 packages instant oat meal, hot chocolate mix

Instructions: Heat water for coffee, tea, oatmeal, and hot chocolate. Set out food. Cut fresh fruit if used. Use open jelly, hot chocolate, etc. first. check with previous days cooks for advice on leftovers and personality problems.

Lunch: **Chicken Salad**

Shopping List: 8 cans Chicken, 1 jar mayonnaise, 2 loafs bread, 1 jar sweet green relish, 1 jar peanut butter, 1 jar jelly, 1 bag gorp, 2 bags cookies

Instructions: Mix chicken, mayonnaise, relish, salt, pepper to taste.

Day # 8,9

Dinner: ***Quesidilla Casserole***

Dessert: ***Raspberry Cheesecake***

Shopping List:

Main dish: 3 lb. corn tortillas, 3 lb. cheese, 3 2½ cans vegetarian refried beans, 2 16 oz sour cream, 1 303 can black olives, 3 cans green chilies

Side Dish: 24 servings dried Mexican rice mix, 10 avocados, 8 tomatoes

Dessert: 4 boxes cheesecake mix, 2 cans cherries in syrup

Instructions: (*Consult Bettina for directions*)

Breakfast: ***Graze***

Shopping List:

1 bag granola, 1 container yogurt, fruit, 3 bag English muffins, one tub cream cheese, one jelly, one peanut butter, 10 packages instant oat meal, hot chocolate mix

Instructions: Heat water for coffee, tea, oatmeal, and hot chocolate. Set out food. Cut fresh fruit if used. Use open jelly, hot chocolate, etc. first. check with previous days cooks for advice on leftovers and personality problems.

Lunch: ***Tuna Salad***

Shopping List: 3 large cans tuna, 1 jar mayonnaise, 2 loafs bread, 1 jar sweet green relish, 1 jar peanut butter, 1 jar jelly, 1 bag gorp, 2 bags cookies

Instructions: Mix tuna, mayonnaise, relish, salt, pepper to taste.

Day # 9,10

Dinner: Steaks

Dessert: Spice Cake

Shopping List:

Main dish: 16 steaks, 5 lb. potatoes from Dan Quayle

Side Dish: 4 cans beets, 2 large bags peas, small parmesan cheese, ½ lb. butter

Dessert: 2 packages spice cake mix, 4 eggs, 2 cans vanilla frosting

Instructions: Set up fire pan, get charcoal good and hot, cook steaks to order. Boil potatoes, mash and add ¼ lb. butter and parmesan cheese. Heat vegetables. Vegetarians eat native plants along river tonight.

Breakfast: Pancakes

Shopping List: huge box of bisquick, 6 eggs, large syrup, blueberry pie filling, canned peaches

Instructions: Follow directions on Bisquick box for pancakes. Heat water for coffee, tea, oatmeal, and hot chocolate. Pie filling and peaches for topping pancakes

Lunch: Cold Burritos

Shopping List: 3 cans vegetarian refried beans, 3 onions, 1 head lettuce, (*let us have lettuce by the ones who have led us , ahmen, praise be to Allah.*)2 cans sliced black olives, 1 bottle salsa, 2 lbs cheddar cheese, 5 tomatoes, 3 packages tortillas, 1 jar peanut butter, 1 jar jelly, 1 bag gorp, 1 loaf bread, 2 bags cookies

Instructions: finely chop up vegetables, grate cheese, mix everything and wrap in tortilla

Day # 10,11

Dinner: Cheese Enchiladas

Dessert: *More Fucking Pudding*

Shopping List:

Main dish: 4 lg. onions, 4 lb. cheddar cheese, 16 oz or 4 small cans green chiles, 3 28 oz Las Palmas red enchilada sauce, ½ Qt motor oil, 2 cans jalepeno peppers, 1 jug salsa, 2 20 oz cans Salsa Casera, 7 tomatoes, 4 dozen corn tortillas.

Side Dish: #10 can white pinto beans

Dessert: 4 boxes lime - pistachio pudding

Instructions: Who the hell knows, try asking Bettina

Breakfast: Graze

Shopping List: 1 bag granola, 1 container yogurt, fruit, 3 bag bagels, one tub cream cheese, one jelly, one peanut butter, 10 packages instant oat meal, hot chocolate mix

Instructions: Heat water for coffee, tea, oatmeal, and hot chocolate. Set out food. Cut fresh fruit if used. Use open jelly, hot chocolate, etc. first. check with previous days cooks for advice on leftovers and personality problems.

Lunch: *Dead Fish*

Instructions: hold nose, open cans, stand back

Shopping List: Lots of cans of various types of dead fish, 3 packages pita bread, leftover cheese, 1 jar peanut butter, 1 jar jelly, 1 bag gorp, 1 loaf bread, 2 bags cookies

Day # 11,12

Dinner: **Bob's Ziti** (we hope he's cured soon)

Dessert: ***Cookies, Apple Sauce***

Shopping List:

Main dish: Pre-made sauce, lg. parmesan cheese, 6 lb. Ziti, garlic, 3 lb. butter

Side Dish: Corn bread, 2 jars peppercornia peppers, 2 lb. carrots

Dessert: 3 packages Anisette cookies, #10 can apple sauce

Instructions: (*Consult vegetarians before adding onion or meat, one is allergic to onions.*)

main dish: Heat 3 types sauce (meat, veggie onion, veggie no onion) (***don't stir veggie sauce with meat sauce spoon !***)

side dish: Open peppers, follow directions on corn bread package, set out raw carrots.

Breakfast: ***Graze***

Shopping List: 1 bag granola, 1 container yogurt, fruit, 3 bag bagels, one tub cream cheese, one jelly, one peanut butter, 10 packages instant oat meal, hot chocolate mix

Instructions: Heat water for coffee, tea, oatmeal, and hot chocolate. Set out food. Cut fresh fruit if used. Use open jelly, hot chocolate, etc. first. check with previous days cooks for advice on leftovers and personality problems.

Lunch: ***Hard Salami***

Shopping List: 1 jar peanut butter, 1 jar jelly, 1 bag gorp, 2 bags cookies, 4 hard salamis (no jokes please, we're a cultured crowd, you can tell by the green stuff on our.....) 2 lb. Swiss, 1 lb. jack, 4 boxes crackers

Instructions: slice salami and cheese.

Day # 12,13

Dinner: *Mexican Bar*

Dessert: *Spiced Pears*

Shopping List:

Main dish: 4 lb. ham, 4 lb. cheddar, jug salsa, 4 onions, 2 cans black olives, 3 bell peppers, 7 cans black beans, 48 tortillas

Side Dish: Cole Slaw - 1 head cabbage, 2 onions, 2 mayos

Dessert: 3 cans pears, red wine

Instructions:

main: Cook hamburger with Mexican spices, everyone creates own masterpiece.

side dish: chop and mix, add vinegar and other spices to taste

dessert: (blame Charlotte for this one) Warm wine with brown sugar and cinnamon, pour over pears, throw it in the river and have a beer

Breakfast: *Sausage and Eggs*

Shopping List: 4 dozen eggs, 2 dozen sausages, 2 juice

Instructions: Heat water for coffee, tea, and hot chocolate. Make Juice. Cook sausage and scrambled eggs. (*cook eggs for vegetarians first in clean pan*).

Lunch: *Corned Beef*

Shopping List: 1 jar peanut butter, 1 jar jelly, 1 bag gorp, 2 bags cookies, 5 cans corned beef, 4 boxes crackers

Instructions: Slice up corned beef

Day # 13,14

Dinner: Sweat and Sour Chicken (Bob's spelling) **Dessert: Cookies**

Main dish: 5 lb. cubed chicken, 3 bell peppers, 1 lb. carrots, 2 cans bamboo shoots, 2 cans water chestnuts, 1 lg. package frozen peas, 2 cans pineapple

Side Dish: 3 lb. white rice

Dessert: 3 boxes Deluxe cookies

Instructions: (*Consult vegetarians before adding onion or meat, one is allergic to onions.*)
Cook rice, follow directions on bag. Sauté meat with spices (your choice). Sauté veggies (use different spoon for stirring). Set all three out

Breakfast: Graze

Shopping List: 1 bag granola, 1 container yogurt, fruit, 3 bag bagels, one tub cream cheese, one jelly, one peanut butter, 10 packages instant oat meal, hot chocolate mix

Instructions: Heat water for coffee, tea, oatmeal, and hot chocolate. Set out food. Cut fresh fruit if used. Use open jelly, hot chocolate, etc. first. check with previous days cooks for advice on leftovers and personality problems.

Lunch: Chicken Salad

Shopping List: 4 cans Chicken, 2 jar mayonnaise, 2 loafs bread, 1 jar sweet green relish, 3 onions, 1 jar peanut butter, 1 jar jelly, 1 bag gorp, 2 bags cookies

Instructions: Mix chicken, mayonnaise, relish, salt, pepper to taste. Give onions back to Bob, I don't know what they are for.

Day # 14,15

Dinner: *Linguini with Clam Sauce*

Dessert: *No More Pudding*

Shopping List:

Main dish: 5 boxes noodles, 4 onions, garlic, 4 cans mushrooms, 10 cans clams, 1 bottle white wine, olive oil, spices, butter

Side Dish: Salad - 3 lg. cans whole tomatoes, 3 cans artichoke hearts, 2 onions, olive oil, vinegar

Dessert: Birthday Cake - 2 boxes chocolate cake mix, 2 cans frosting, 4 eggs

Instructions:

main dish: (*Consult vegetarians before adding onion or meat, one is allergic to onions.*) Cook linguine, Sauté garlic, butter, clams, mushrooms. Add wine olive oil, spices. Set out separately.

side dish: mix everything

dessert: follow directions on box

Breakfast: *Graze*

Shopping List: 1 bag granola, 1 container yogurt, fruit, 3 bag bagels, one tub cream cheese, one jelly, one peanut butter, 10 packages instant oat meal, hot chocolate mix

Instructions: Heat water for coffee, tea, oatmeal, and hot chocolate. Set out food. Cut fresh fruit if used. Use open jelly, hot chocolate, etc. first. check with previous days cooks for advice on leftovers and personality problems.

Lunch: *Free For all*

Shopping List: Whatever

Instructions: Scavenge leftovers, have food fight with inedible items