



## The Hungry Spork: A Long Distance Hikers Guide to Meal Planning

By Inga Aksamit

Pacific Adventures Press. Paperback. Condition: New. 210 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. Going on a thru-hike The daunting task of preparing meals for a long-distance trek just got easier. Here is a comprehensive guide to planning fast, wholesome, high energy meals with minimal additives and preservatives. The magic is that the prep work is done at home so these delicious meals can be brought to life on the trail with nothing more than a warm water soak. More than a dozen recipes made from freeze-dried or dehydrated ingredients can be used in rotation to maintain variety. A flexible system can be adapted to the needs of preparing and packing meals for a range of trips, whether its a month on the John Muir Trail or six months on the Pacific Crest Trail. Each recipe has been trail tested by long-distance hikers whose comments and suggestions are listed separately. Several variations are presented for each recipe. Those with dietary preferences and restrictions, including vegetarians and gluten-free adherents, will find that they can easily modify ingredients to fit their needs. For example, rice noodles can be substituted for wheat ramen and legumes, while grains or textured vegetable protein can be used...

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