

2024 10 Day Expedition Meal Plan

DATE	LOCATION - ARRIVE & DEPART				LUNCH	DINNER
DAY 1	Board at 1600				Fresh fruit during orientation	Lyle's Summer Pasta, greens & baguette (boil 6 eggs with pasta, make extra pasta)
DAY 2					Mediterranean pasta salad & cold cuts	Salmon, potatoes, and green beans w/ baguette
DAY 3					Curried tuna & egg salads	Kitty's Pasta with shrimp, greens & garlic bread
DAY 4					Tabouleh grain salad with SDT, capers, cold cuts	Moroccan Sweet Potato Soup with toast
DAY 5					Build-your-own sandwich	Walu's Lentils with garlic naan
DAY 6					Moroccan carrot salad	Mexican chili chicken with chips, side greens
DAY 7					Salmon salad sandwiches	Chicken Tikka Masala with garlic naan (BC, chutney, pickle, coconut and plain yogurt)
DAY 8					Curried tuna and egg salad	Salad Nicoise with Pesto Pasta & toasted garlic bread
Day 9	Arr in final port				Lunch ashore	Graduation dinner ashore
DAY 10	Departure 0800					Off to new adventures!

2024 MAHINA EXPEDITION RECIPES

Note: these recipes are for 7-8 people

DINNERS

1. Summer Pasta
2. Salmon, potatoes & beans
3. Kitty's Pasta
4. Moroccan Sweet Potato Soup *
5. Walu's Lentils
6. Mexican Chili Chicken
7. Chicken Tikka Masala.
8. Salad Niçoise
9. Graduation Dinner Ashore

SUMMER PASTA

800g whole grain pasta – linguine (2 boxes)
10 large tomatoes - chopped
4 large cloves garlic - crushed
1 1/2 cups basil leaves - chopped
1/8 teaspoon fresh ground black pepper
2 Costco Brie Cheese - diced
Red pepper flakes - optional

In large Pyrex tray combine tomatoes, garlic, basil and red pepper flakes. Let sit 45 minutes to develop flavors. Add Brie stripe down the middle of tomatoes. Cook linguine in large pot. Serve with smoked mackerel or prosciutto and baguette.

Boil 6 eggs for egg salad sandwiches for day, plus extra pasta for later pasta salad.

KITTY'S PASTA

Pasta - whole grain & colored shapes
1 or 2 24oz jar pasta sauce
4-6 cloves garlic - crushed
1 carrot - grated
1 onion - chopped
1 celery - chopped
1 zucchini - chopped
1 C sun-dried tomatoes - chopped
1/4 C white wine
1 lb shrimp or seafood mix
1 C feta - crumbled

Sauté garlic, add vegetables, cook 3 minutes. Add sun-dried tomatoes, wine, feta, and seafood. Garnish with crushed red pepper flakes, parsley and/or basil.

MOROCCAN SWEET POTATO SOUP

3 onions diced
Plenty of garlic
2 sweet potatoes diced fairly large, so they don't turn to mush
1-2 carrots diced
2-3 T of Moroccan spice
2 – 3 boxes (quarts or liters) Pacific Foods Moroccan Sweet Potato or Butternut Squash soup
or in Scotland, 3 Tesco Carrot-Coriander soups

1 quart Ziploc rotisserie chicken, 1/2 to 3/4 filled

Sauté onions, garlic and sweet potatoes, add Moroccan spice and 2-3 minutes before adding soup

WALU'S LENTILS

1 bag of lentils
4 T olive oil
3 T Walu's spice
3 onions – diced, salt
2 cans chopped tomatoes
2 lbs kale - diced
1 quart Ziploc rotisserie chicken
1 packet chicken sausages
1 can coconut milk

.. Sauté onions with spices until fragrant, set aside.

Cook lentils, then add tomatoes, kale & chicken, sausages, simmer until tender. Add coconut milk and heat through.

Serve with garlic naan.

MEXICAN CHILI CHICKEN

3-lbs chicken – cubed or 1 Ziploc rotisserie chicken (slightly quicker and much easier to store frozen)

3 onions - chopped
1 each red & green bell peppers - chopped
5 cloves garlic - crushed
1 long red chili or 2 chipotle chilies in adobo sauce - diced small
2 tablespoons Mexican Spice
4 cans of beans mixed types
1 or 2 cans chopped tomatoes
1 can of corn or 1½ cups frozen corn kernels
1 C coriander leaves - chopped

Sauté onion, chicken, onion, bell peppers, garlic and chili, cook 5 minutes. Stir in cumin & paprika. Add tomatoes, salt and pepper, simmer 5 minutes. Stir in corn, simmer 3 minutes. Serve garnished with coriander & sour cream or plain yogurt, diced avocado along with tortilla chips to crumble on top.

CHICKEN TIKKA MASALA

3 onions, 3 garlic, 3 carrots chopped plus any vegetables including broccoli, kale
1 Ziploc rotisserie chicken
2-3 bottles Pataks Tikka Masla sauce

Serve over couscous which is much quicker to prepare than rice

SALADS

SALAD NICOISE

Romaine lettuce and kale

Peppers, celery, tomatoes, capers, SDT (sun dried tomatoes, olives, feta, parsley, 1 or 2 heads garlic, 5 hard boiled eggs, pine nuts, 5 cans tuna, S + P.

Serve with toasted baguette & smoked mackerel and optionally pasta pesto on the side.

MOROCCAN CARROT SALAD

5 carrots grated
½ c chopped dates
½ c chopped dried apricots
¼ c chopped parsley
1 lemon juiced
2 T olive oil
3-4 T Moroccan spice

ZESTY PEPPER CORN SALAD

Dressing:

1 shallot & 2 garlic cloves

Zest plus juice of 1 lime

¼ cup olive oil

½ t red pepper flakes or optionally, 1T of chipotle in adobo sauce, scissored. (La Morena brand is my fave)

Salad:

2 bell peppers, different colors

1 cup grape tomatoes, halved

1 can black beans, washed thoroughly

1 can corn kernels

1 avocado, cubed

½ cup cilantro, cut up with scissors

½ cup feta cheese (optional)

½ cup Kalamata olives (optional)

Salt & Pepper

THREE BEAN + PASTA SALAD

Vinaigrette

Whisk together:

1 large shallot, minced

1/3 cup Grey Poupon mustard

1/3 cup red wine vinegar

Drizzle in, still whisking:

1 cup olive oil

S&P to taste

Vegetables

Stir together gently:

3 cups fresh or frozen green beans, cut to 1"-2" pieces, cooked al dente

1 15 oz. can of black beans, well rinsed and drained

1 15 oz. can of white beans, well rinsed and drained

12 oz. small pasta (tricolor radiatore, bowtie, etc.) rinsed in cold water after cooking

1 cup diced cucumber (can substitute celery if needed)

¾ cup diced scallion (can substitute red onion)

Variations: chopped spinach, arugula, broccoli, grape tomatoes, or sun-dried tomatoes

Gently stir in vinaigrette, add S&P to taste, and share!

SALMON PESTO PASTA SALAD

8 oz whole wheat pasta, small shells

3-5 cloves garlic

½ cup basil pesto

½ cup olive oil

¼ cup sun dried tomatoes

1 T Italian spices

1 zucchini, cut in ½" half-moon slices

1 pint cherry tomatoes, halved

1 small red onion, thinly sliced

¾ cup frozen peas, defrosted

2 filets of cooked or smoked salmon or 1 14 oz can of quality salmon

After cooking pasta, drain well, cool and toss it with garlic, pesto, olive oil and spices, set aside.

Meanwhile, lightly sauté or boil zucchini and add it along with tomatoes, onions, and peas to the pasta, then gently fold in the salmon add S & P and garnish with basil leaves.

BREAKFASTS

JOHN'S TASTY & HEALTHY PORRIDGE

Bob's Red Mill 5 Grain cereal or mix your own: wheat, rye, barley, triticale flakes, oats & flaxseed meal
Raisins & dried blueberries (Costco)
1 apple grated and 1 kiwi diced into water before boiling
Optionally add 1T grated orange peel (high in vitamin C)
Bring to a boil, cover and simmer for 5-10 minutes
Serve with optional toppings: walnuts, pumpkin pie spice and yogurt

SMOKED SALMON CHIPOTLE SCRAMBLE

2-3 eggs per person
Smoked salmon, crumbled
½ t per person La Morena Chipotle Peppers in Adobo Sauce, scissored small
Kale or spinach, chopped
Mushrooms, sliced
½ onion per person, diced
Grated parmesan cheese
Diced broccoli, asparagus
Parsley, chopped

Whisk eggs, add salmon, chipotle, parsley

Sauté veggies, covered, then slowly pour in egg mixture, scrambling, and being careful not to overcook.
V3.24

EXPEDITION FRESH 10-DAYS, 2024, v3.24

COSTCO	1	2	0	0	
VEGIE/FRUIT COOLER					
Tomatoes - 8 Kitty's & lunches					
Bell peppers – 2 packs multi					
Apples – 3 bags, 1 flat					
Mandarins – 1 bag					
Bananas – 5 hands					
Kiwi – 1 box					
Pineapple - 1					
Strawberries					
Blueberries					
Lettuce – 1 bag romaine					
Power Greens – 1 bag					
Green beans – fresh, 1 bag					
Mushrooms – 1 box					
Potatoes - salmon & curry					
Carrots – baby, 1 dbl pack					
Carrots – large Moroccan Salad					
Celery hearts					
Baguette – double pack					
MIDDLE AREA					
Chicken breast cooked pieces					
Aidell's chicken saucies					
Brie – Costco French x 2					
Pesto – Costco plastic jar					
Cheddar – sliced & spiced x2					
Smoked salmon					
Feta – President sq. tall box					
Parmesan – 1 wedge					
Hummus – big tub green lid					
Bitchin Sauce – 1 tub					
FREEZER/COOLER AREA					
Eggs – 3 boxes of 24					
Roast beef slices					
Canadian bacon (egg McMuffin)					
Ham & turkey lunch slices					
Shrimp – 1 bag (does 2 exp)					
Salmon – 1 bag Sockeye					
Orowheat thin lunch bread x 4					
Rice crackers					
Museli					
Sun dried tomatoes					
Nuts					
Chips					

HAGGEN	1	2	0	0
Sweet potatoes x2				
Carrot 1 bag salad				
Green beans				
Onions – 2 mesh				
Grapes – 1 bag				
Lemons - 3				
Zucchini 3				
Broccoli – 1 stalk				
Limes - 4				
Mushrooms				
Basil (organic box)				
Parsley, Cilantro				
Cilantro				
Ginger (for curry)				
Garlic 5 bulbs				
Butter 1lb box				
Garlic butter tub				
Milk – 2 x 1 qt				
Yogurt – plain, 3 lt				
Yogurt – fruit x 12				
Patak's curry, chutney, pickle				
FIJI water				
Peas – frozen				
Corn - can				
Garlic bread bake				
Garlic naan				
Whole wheat naan				
napkins				

TRADER JOES				
Dark chocolate				
Basil, parsley, cilantro				
Zhoug for Walu				
Norwegian crispbread				
Smoked salmon				
Tortilla and potato chips				

2024 EXPEDITION DRY PROVISIONING

10-DAYS

DINNER					
Kalamata olives - 3 cups					
capers - 3 T					
dried bean mix - ½ C					
lentils - 2 ½ C					
couscous - 6 C					
coconut milk - 1 can					
linguine - 2x 16oz					
pasta shapes - 2 x 16oz					
pasta sauce - 24oz jar					
chopped tomatoes - 6 cans					
tomato paste - ½ tube					
sundried tomatoes - 1 cup					
black beans - 4 cans					
kidney beans - 2 can					
red beans - 2 can					
chickpeas - 2 can					
raisins - 1 packet					
Shredded coconut - 1 cup					

LUNCHES					
Pickles 2 jars					
tuna x 2 lunches					
salmon x 1 lunch					
soup 6 boxes					

CONDIMENTS					
Siracha sauce					
red chili flakes					
salt & pepper grinders					
salad dressing					
Jam 2 jars					
mustard – 2 container					
peanut butter - small					
peanut butter - large					
mayo – 2 containers					
Olive oil – 1 large					
Vegetable oil					
Patak's – curry paste					
Chutney & pickle					
honey					
chipotle adobo tin					
Kimche					
Naan bread x 8					

PROVISIONING – DRY SPICE MIXES – per expedition V3.24

GREEK

2 tablespoons Italian Seasoning/Herbs

WALU'S + 6 teaspoons

2 t Garam Masala

1¼ t cumin

1¼ t mustard seed

1 t turmeric

¼ t cayenne pepper

MEXICAN CHILI

3 t cumin

3 t smoked paprika

MOROCCAN = 6+ teaspoons for soup with chickpeas or carrot salad with chickpeas

2½ t cumin

1 t allspice

1 t cinnamon

1 t ginger

½ t coriander

¼ t cayenne

½ t turmeric

CRUMBLE

¾ t cinnamon

¾ t nutmeg

¾ t ginger

t = teaspoon

T = Tablespoon

3 teaspoons equal 1 Tablespoon