

Copilot

Absolutely! Here are some vegetarian alternatives to the original menu items:

Vegetarian Weekend Backpacking Menu

Friday Dinner: Caprese with Avocado

- Baguette
- 1 olive oil packet
- 1 small tomato
- 1 small avocado
- 1 mozzarella ball

Saturday Breakfast: Instant Oatmeal and Coffee

- 2 packets instant oatmeal
- 1 packet instant coffee

Saturday Lunch: Hummus and Veggie Wraps

- 1 small container of hummus
- 1 small cucumber
- 1 small bell pepper
- 1 tortilla

Saturday Dinner: Lentil Stew

- 1 cup dried lentils
- 1 small carrot
- 1 small potato
- 1 packet vegetable bouillon

Sunday Breakfast: Instant Oatmeal and Coffee

- 2 packets instant oatmeal
- 1 packet instant coffee

Sunday Lunch: Peanut Butter and Banana Sandwich

- Baguette
- 1 small jar of peanut butter
- 1 banana

Snacks:

- 1 small apple
- 1 pack dried mango
- 1 small lemon (for flavoring water)

Step-by-Step Guide to Preparing Vegetarian Meals

Hummus and Veggie Wraps:

1. Slice the cucumber and bell pepper.
2. Spread hummus on the tortilla.
3. Add the sliced veggies and roll up.

Lentil Stew:

1. Dice the carrot and potato.
2. Boil water and add the lentils, carrot, potato, and vegetable bouillon.
3. Cook until the lentils and vegetables are tender.

Peanut Butter and Banana Sandwich:

1. Slice the baguette and banana.
2. Spread peanut butter on the baguette slices.
3. Add banana slices and enjoy.

Shopping List and Estimated Costs

- Baguette: \$1.50
- Mozzarella ball: \$2.50
- Small tomato: \$0.50
- Small avocado: \$1.00
- Small cucumber: \$0.75
- Small bell pepper: \$0.75
- Small container of hummus: \$2.00
- Dried lentils: \$1.50
- Small carrot: \$0.50
- Small potato: \$0.50
- Vegetable bouillon packet: \$1.00
- Small apple: \$0.75
- Small lemon: \$0.50
- Instant oatmeal (4 packets): \$2.00
- Instant coffee (2 packets): \$1.00
- Small jar of peanut butter: \$2.00
- Banana: \$0.50
- Dried mango: \$2.00

Total: \$21.25

This vegetarian menu is not only budget-friendly but also packed with nutrients to keep you energized on your backpacking trip. Enjoy your adventure and happy trails! 🌲 🧡