

Grand Canyon Menu

Leo's July 2006 Trip

Day 0		Day 1		Day 2	
Flagstaff to Lee's Ferry		Lee's Ferry to Mile 19 (19)		Mile 10 to Silver Grotto (10)	
Break:	on Own in Flag	Break:	Muffins	Break:	Granola & Yogurt
Lunch:	on Own (Flag or Lee's)	Lunch:	Gazpacho & Wings	Lunch:	Deli Sandwiches
Dinner:	on Own (Marble Canyon Lodge)	Dinner:	Burgers	Dinner:	Hot Dogs
Day 3		Day 4		Day 5	
Silver Grotto to Buck Farm (12)		Buck Farm to Nankoweep (11)		Layover	
Break:	Granola & Yogurt	Break:	Bagel & Cream Cheese	Break:	Breakfast Burritos
Lunch:	Deli Sandwiches	Lunch:	Deli Sandwiches	Lunch:	Falafel
Dinner:	Enchilada	Dinner:	Spaghetti	Dinner:	Chili
Day 6		Day 7		Day 8	
Nankoweep to Rattlesnake (22)		Rattlesnake to Salt Creek (18)		Salt Creek to Wheeler (15)	
Break:	Muffins	Break:	Granola & Yogurt	Break:	Cold Cereal
Lunch:	Deli Sandwiches	Lunch:	Chicken Salad	Lunch:	Deli Sandwiches
Dinner:	Burrito	Dinner:	Spaghetti	Dinner:	Sloppy Joe
Day 9		Day 10		Day 11	
Wheeler to Blacktail Canyon (15)		Blacktail Canyon to Tapeats (12)		Tapeats to Panchos Kitchen (3)	
Break:	Bagel & Cream Cheese	Break:	Cold Cereal	Break:	French Toast
Lunch:	Hummus	Lunch:	Orzo & Rice Salad	Lunch:	Deli Sandwiches
Dinner:	Burritos	Dinner:	Hot Dogs	Dinner:	Enchilada
Day 12		Day 13		Day 14	
Panchos Kitchen to Ledges (14)		Ledges to National (15)		National to Whitmore (22)	
Break:	Bagels & PB&J	Break:	Cold Cereal	Break:	Cold Cereal
Lunch:	Deli Sandwiches	Lunch:	Falafel	Lunch:	PB Noodle Salad
Dinner:	Mac n' Cheese	Dinner:	Burritos	Dinner:	Spaghetti
Day 15		Day 16		Day 17	
Layover		Whitmore to Granite Park (21)		Granite Park to Mile 220 (11)	
Break:	Pancakes	Break:	Bagels & PB&J	Break:	Pancakes
Lunch:	Chicken Salad	Lunch:	Orzo & Rice Salad	Lunch:	Chicken Salad
Dinner:	Chili	Dinner:	Enchilada	Dinner:	Sloppy Joe
Day 18					
Mile 220 to Diamond Creek (6)					
Break:	Cold Cereal				
Lunch:	Hummus				
Dinner:	on Own in Flag				