

Brand	Breakfast / Dinner / Dessert	Meal	Meat or Not	Servings in Pkg.	Calories in Pkg.	Pkg Wgt. (Oz.)	Cal/Oz.
Backcountry Pantry	Dinner	Pad Thai Chicken	Y (chicken)	2	820	6.7	122.39
Backcountry Pantry	Dinner	Pad Thai	Vegan, Vegetarian, Gluten-free	2	730	6.2	117.74
Backcountry Pantry	Dinner	Three Cheese Mac & Cheese	Vegetarian	2	510	4.2	121.43
Backcountry Pantry	Dinner	Fettucini Alfredo with Chicken	Y (chicken)	2	580	5	116.00
Backcountry Pantry	Dinner	Cuban Coconut Rice and Black Benas	Vegan, Vegetarian, Gluten-free	2	610	5.9	103.39
Backcountry Pantry	Dinner	Chana Masala	Vegan, Vegetarian, Gluten-free	2	620	5.8	106.90
Backcountry Pantry	Dinner	Khatmandu Curry	Vegan, Vegetarian, Gluten-free	2	470	4.6	102.17
Backcountry Pantry	Dinner	Lasagna	Vegetarian	2	620	5.5	112.73
Mountain House Pro Pak	Dinner	Chicken & Rice	Y (chicken), Gluten-free	1	650	4.9	132.65
Mountain House Pro Pak	Dinner	Chili Mac with Beef	Y (beef)	1	570	4.6	123.91
Mountain House Pro Pak	Dinner	Homestyle Chicken Noodle Casserole	Y (chicken)	1	640	5.3	120.75
Mountain House	Dinner	Cream Mac & Cheese	Vegetarian	2	620	4.5	137.78
Mountain House	Dinner	Pasta Primavera	Vegetarian	2	440	3.8	115.79
Mountain House	Dinner	Chicken Terriyaki	Y (chicken), Gluten-free	2	480	4.2	114.29
Good To-Go	Dinner	Thai Curry	Gluten-free	1	380	3.4	111.76
Good To-Go	Dinner	Pad Thai	Pescatarian, Gluten-free	1	460	4	115.00
Good To-Go	Dinner	Cuban Rice Bowel	Gluten-free, Vegetarian	1	540	4.3	125.58
Good To-Go	Dinner	Pasta Marinara	Gluten-free, Vegan	1	370	3.5	105.71
Good To-Go	Dinner	Chicken Gumbo	Y (chicken), Gluten-free	1	330	3.4	97.06
AlpineAire	Dinner	Mountain Chili	Vegetarian, Gluten-free	1	580	6	96.67
AlpineAire	Dinner	Spicy Sausage Pasta	Y (pork)	1	620	5	124.00
AlpineAire	Dinner	Rustic Three Cheese Sausage Lasagna	Y (pork)	1	800	6.1	131.15
AlpineAire	Dinner	Kung Pao Grilled Chicken	Y (chicken)	1	660	6	110.00
AlpineAire	Dinner	Wild Mushroom Fettuccine Alfredo	Vegetarian, Gluten-free	1	630	5.43	116.02
Nomad Nutrition	Dinner	Hungarian Goulash	Vegetarian Gluten-free, Dairy free	1	600	4	150
Peak Refuel	Dinner	Chicken Pesto Pasta	Y (chicken)	2	920	5.71	161.12

Peak Refuel	Dinner	Beef Pasta Marinara	Y (beef)	2	1040	6.35	163.78
Peak Refuel	Dinner	Butternut Dal Bhat	Vegan	2	870	5.85	148.72
Peak Refuel	Dinner	Three Bean Chili Mac	Vegan	2	610	4.79	127.35
Peak Refuel	Dinner	Sweet Pork and Rice	Y (pork)	2	800	6.07	131.80
FirePot	Dinner	Orzo Pasta Bolognese	Y (beef)	1	635	4.76	133.40
FirePot	Dinner	Porcini Mushroom Risotto	Vegan	1	560	4.76	117.65
FirePot	Dinner	Dal with Rice and Spinach	Vegan	1	500	4.76	105.04
FirePot	Dinner	Posh Pork and Beans	Y (pork)	1	510	4.76	107.14
Wild Zora	Dinner	Chicken Curry	Y (chicken)	1	350	3	116.67
Wild Zora	Dinner	Bedrock Beef Chili	Y (beef)	1	350	3	116.67
Heather's Choice	Dinner	Grass-Fed Beef & Spaghetti with Marinara	Y (beef), Gluten-free	1	560	4	140
Heather's Choice	Dinner	Bison Chili	Y (bison)	1	520	4	130
Heather's Choice	Dinner	Spinach Curry with Chicken & Rice	Y (chicken)	1	540	4	135