



Beyond Malibu Meal Supplements Outline

We are looking forward to your upcoming trip with Beyond Malibu! We take food allergies and dietary restrictions very seriously and want to make sure you are well-fed and cared for while on your Beyond Malibu trip.

[Allergy Form](#)

Peanut/Tree Nut Allergy Supplements

Below is a list of our meals each day that contain peanuts or tree nuts.

We provide added supplements for those with nut allergies. Depending on your eating habits, please bring high-calorie, lightweight supplements.

Please make sure to communicate how severe the allergy is so we can keep you as safe as possible. **If you are anaphylactic, bring AT LEAST two epi pens.**

All of our Base Camp meals (for both hiking and sea kayaking) are peanut and tree nut free. Meals on trail contain nuts.

Vegan/Vegetarian Supplements

Below is a list of our meals each day that contain meat.

We provide added supplements for those who are vegetarian. Depending on your eating habits, please bring high-calorie, lightweight supplements.

If you are vegan, please reach out as soon as possible so we can work with you on getting the appropriate supplements. The bread and crackers we have may contain trace amounts of dairy and/or eggs. Depending on how strict you normally are, you may or may not want to consume the bread and crackers.

Dairy Allergy Supplements

Below is a list of our meals each day that contain dairy.

We provide added supplements for those who are dairy free. Depending on your eating habits, please bring high-calorie, lightweight supplements.

Gluten Free Supplements

Below is a list of our meals each day that contain gluten.

We provide added supplements for those who are gluten free. Depending on your eating habits, please bring high-calorie, lightweight supplements.

If you would like more/specific supplements, we ask that you please bring your own, that you know works for you. Keep in mind you will be eating large portions and high-calorie foods to fuel you for your adventure. Look for high-calorie, lightweight, instant foods. Please be aware of the Pack-it-In, Pack-it-Out policy and consider the amount of food packaging you are bringing and consolidate when able.

Your guides will be doing the cooking and may need reminders, so be sure to communicate your gluten sensitivity with your guides. We provide small personal-sized pots and wooden spoons to prevent cross-contamination.

In preparation for your trip, please review the information below. Our hope is to partner with you and facilitate an adventurous and healthy week. *If you have not filled out your allergy/dietary restriction questionnaire, please email Beyond Malibu's office. It is important that we are aware of your allergy or restriction at least three weeks before your arrival at Beyond Malibu.* Direct additional questions and concerns to the Beyond office at:

beyondmalibu@beyondmalibu.younglife.org or (206) 525-0791.

Please use the charts to estimate the amount of supplements you may want over the course of the week.

Some participants have found that gluten and dairy free sensitivities/preferences do not affect them the same due to the amount of calories metabolized each day. If you feel that it is important to maintain your diet, submit an [allergy form](#) and your meals will be packed accordingly.

At Basecamp for Hiking Trips:

Name of Meal	Ingredients	Recommended Supplements			
		Dairy Free	Gluten Free	Vegetarian/Vegan	Nut Free
Dinner 1 st Night	Hamburgers	x	Beyond provides gluten free buns	Beyond provides veggie (but not vegan) patties	x
Breakfast 1 st Morning	French Toast and sausage	Beyond provides powdered coconut milk	Beyond provides gluten free bread	*not added	x
Dinner Last Night	Beef Stew with soy sauce, rice, veggies	x	Beyond uses gluten free soy sauce for any trip with a gluten free participant.	*not added	x
Breakfast Last Morning	Pancakes and bacon	x	Beyond provides gluten free pancake mix	*not added	x

Lunch Last Day	Pre-made sandwiches, apples, potato chips, chocolate chip cookies	Beyond provides dairy free cookies	Beyond provides gluten free bread and cookie	x	x
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*Guides will prepare meal without this ingredient.

At Basecamp For Sea Kayaking Trips:

Name of Meal	Ingredients	Recommended Supplements			
		Dairy Free	Gluten Free	Vegetarian/Vegan	Nut Free
Lunch 1st Day	Chicken Wraps	x	Beyond provides corn tortillas	Beyond provides black beans	x
Dinner 1st Night	Hamburgers	x	Beyond provides gluten free buns	Beyond provides veggie (but not vegan) patties	x
Breakfast 1st Morning	French Toast and sausage	Beyond provides powdered coconut milk	Beyond provided gluten free pancake mix	*not added	x
Lunch Last Day	Chicken Wraps	x	Beyond provides corn tortillas	Beyond provides black beans	x

*Guides will prepare meal without this ingredient.

On Trip Breakfasts:

Name of Meal	Pertinent	Amount (grams)		Recommended Supplements			
	Ingredients	Male	Female	Dairy Free	Gluten Free	Vegetarian/Vegan	Nut Free
1 Oatmeal	Oatmeal	70	40	x	Beyond provides gluten free oats	x	x
	Dried Apples	20	20	x	x	x	x
	Powdered Milk			Beyond provides powdered coconut milk	x	Beyond provides powdered coconut milk	x
	Wheat Bran			x	*not added	x	x
2 Granola / Muffin	Hot Chocolate			Apple cider mix or dairy-free hot chocolate (dried alternative milk powder with cocoa and sugar)	x	<i>If vegan:</i> apple cider mix or dairy-free hot chocolate	x
	Granola	170	110	x	x	x	x
	Powdered Milk			Beyond provides powdered coconut milk	x	Beyond provides powdered coconut milk	x
	English Muffin (#)	2	1	x	Beyond provides gluten free bread	x	x
3 Cream of Wheat	Hot Chocolate			Apple cider mix or dairy-free hot chocolate (dried alternative milk powder with cocoa and sugar)	x	<i>If vegan:</i> apple cider mix or dairy-free hot chocolate	x
	Cream of Wheat	70	40	x	Beyond provides gluten free oats	x	x
	Powdered Milk			Beyond provides powdered coconut milk	x	Beyond provides powdered coconut milk	x
4 Granola /Fig	Hot Chocolate			Apple cider mix or dairy-free hot chocolate (dried alternative milk powder with cocoa and sugar)	x	<i>If vegan:</i> apple cider mix or dairy-free hot chocolate	x
	Granola	170	110	x	x	x	x
	Powdered Milk			Beyond provides powdered coconut milk	x	Beyond provides	x

						powdered coconut milk	
	Fig Bars (#)	3	2	x	Beyond provides dried fruit	x	x
5 Oatmeal /graham crackers	Oatmeal	70	40	x	Beyond provides gluten free oats	x	x
	Graham Crackers (#)	3	2	x	Beyond provides gluten free graham crackers	x	x
	Powdered Milk			Beyond provides powdered coconut milk	x	Beyond provides powdered coconut milk	x

One Breakfast is Doubled (For 8 Day SK Trips)

On Trip Lunches:

Name of Meal	Pertinent Ingredients	Amount (grams)		Recommended Supplements			
		Male	Female	Dairy Free	Gluten Free	Vegetarian/ Vegan	Nut Free
1 Bagel	Bagels	2	1	x	Beyond provides gluten free bagel or bread	x	x
	Cream Cheese	60	40	Beyond provides peanut butter	x	Beyond provides peanut butter	x
	Dried Fruit	40	30	x	x	x	x
	Mixed Nuts	40	30	x	x	x	Beyond provides sunflower seeds
2 PB+J	Peanut Butter	60	40	x	x	x	Beyond provides sun-butter or almond butter if not allergic
	Jam	60	40	x	x	x	x
	Stoned Wheat Thins (#)	8	6	x	Beyond provides gluten free crackers	x	x
	Mixed Nuts	40	30	x	x	x	Beyond provides sunflower seeds
3 Wasa	Summer Sausage	60	40	x	x	Beyond provides extra cheese or nuts	x
	Cheddar Cheese	90	60	Beyond provides extra meat	x	<i>If vegan:</i> Beyond provides extra nuts	x

	Wasa Crackers (#)	7	5	x	Beyond provides gluten free crackers	x	x
4 Pita	Peanut Butter	60	40	x	x	x	Beyond provides sun-butter or almond butter if not allergic
	Honey	60	40	x	x	<i>If vegan: do without</i>	x
	Pita Bread (#)	2	1	x	Beyond provides gluten free tortillas or bread	x	x
	Sunflower Seeds	40	30	x	x	x	x
	Dried Fruit	40	30	x	x	x	x
5 Almond	Almonds	40	30	x	x	x	Beyond provides sunflower seeds
	Dried Fruit	40	30	x	x	x	x
	Cheddar Cheese	90	60	Beyond provides extra meat	x	<i>If vegan: Beyond provides extra nuts</i>	x
	Ritz Crackers (#)	21	17	x	Beyond provides gluten free crackers	x	x
6 Pep Stick	Pepperoni Sticks (#)	1	1	x	x	Beyond provides extra cheese or nuts	x
	Jack Cheese	90	60	Beyond provides extra meat	x	<i>If vegan: Beyond provides extra nuts</i>	x
	Stoned Wheat Thins (#)	8	6	x	Beyond provides gluten free crackers	x	x
	Mixed Nuts	40	30	x	x	x	Beyond provides sunflower seeds

On Trip Dinners:

Name of Meal	Pertinent Ingredients	Amount (grams)		Recommended Supplements			
		Male	Female	Dairy Free	Gluten Free	Vegetarian/Vegan	Nut Free
1 Thanksgiving	Soup			Depends on severity Beyond provides instant bone broth packets	x	x	x

	Instant Potatoes	60	30	x	x	x	x
	Stuffing	30	30	x	Beyond provides gluten free stuffing	x	x
	Turkey	60	30	x	x	Not added*	x
	Gravy	10	10	x	Not added*	x	x
2 Tuna Rotini	Soup			Depends on severity Beyond provides instant bone broth packets	x	x	x
	Alfredo Sauce			*not added	x	<i>If vegan:</i> not added	x
	Breadsticks (#)	2	1	x	Beyond provided gluten free bread	x	x
	Rotini	70	60	x	Beyond provides gluten free pasta	x	x
	Tuna	70	40	x	x	do without unless pescatarian	x
3 Mexi	Soup			Depends on severity Beyond provides instant bone broth packets	x	x	x
	Refried Beans	60	40	x	x	x	x
	Cheddar Cheese	90	60	Not added	x	<i>If vegan:</i> not added	x
	Taco Chips	90	60	x	x	x	x
4 China	Soup			Depends on severity Beyond provides instant bone broth packets	x	x	x
	Wheat Thins (#)	6	4	x	Beyond provides gluten free crackers	x	x
	Rice	70	50	x	x	x	x
	Cashews	30	30	x	x	x	*Not added
	Chow Mein Noodles	30	15	x	*Not added	x	x
	Chicken	60	30	x	x	*Not added	x
5 Mac	Soup			Depends on severity Beyond provides instant bone broth packets	x	x	x
	Cheddar Cheese Sauce			*not added	x	<i>If vegan:</i> not added	x
	Ritz Crackers (#)	6	6	x	Beyond provides gluten free crackers	x	x

	Macaroni	60	60	x	Beyond provided gluten free pasta	x	x
	Ham	60	60	x	x	*Not added	X

*Guides will prepare meal without this ingredient.

One Dinner is Doubled (For 8 Day SK Trips)

On Trip Snacks:

Snack	Amount (grams)		Recommended Supplements			
	Male	Female	Dairy Free	Gluten Free	Vegetarian/Vegan	Nut Free
Snickers Bar (#)	1	1	Beyond provides Gummy worms	x	<i>If vegan:</i> Gummy worms	Beyond provides Gummy worms
Trail Mix	110	85	Beyond provides dairy free trail mix	x	<i>If vegan:</i> dairy free trail mix	Beyond provides nut free trail mix
Trail Mix	110	85	Beyond provides dairy free trail mix	x	<i>If vegan:</i> dairy free trail mix	Beyond provides nut free trail mix
Granola Bar (#)	1	1	Beyond provides dairy free granola bar	Beyond provides gluten free granola bar	x	Beyond provides nut free Granola Bar
Beyond Bar (#)	1	1	Beyond provides dairy free Beyond bar	Beyond provides gluten free Beyond bar	Beyond provides dairy free Beyond bar	Beyond provides nut free Beyond bar
Beyond Bar (#)	1	1	Beyond provides dairy free Beyond bar	Beyond provides gluten free Beyond bar	Beyond provides dairy free Beyond bar	Beyond provides nut free Beyond bar
Chocolate (#)	1	1	Beyond provides dark chocolate	x	Beyond provides dark chocolate	x