Here are some sample meal options so you can understand what kinds of meals you can expect during your WYLD camp. Please note that this is only an example, and these options will change week to week.

Sunday Lunch	**“The Overlander Bagel”** Build-your-own bagel sandwich with your choice of spreads and toppings, including Wow butter, cream cheese, jam, cheese slices, and fresh vegetables
Sunday Dinner	**“The Silk Road Nomad”** Rice noodle stir-fry made with fresh or dehydrated vegetables, smoked tofu, crispy onions, and a delicious sauce
Sunday Dessert + Snacks	Backcountry cheesecake SPL’s famous homemade granola bars
Monday Breakfast	**“Trail oatmeal”** Build-your-own instant oatmeal with options of dried fruits, seeds, milk powder, brown sugar, and cinnamon
Monday Lunch	**“Plato de Totopos y Pita”** Pita bread sandwiches with refried beans or black beans, fresh vegetables, cheddar cheese, sour cream, and salsa. A side of tortilla chips adds salt and crunch.
Monday Dinner	**“Island Sweet Potato Curry”** Coconut milk-based sweet potato and chickpea curry with onions, garlic, ginger, and optional leftover vegetables from other meals. Served with rice.
Monday Dessert + Snacks	Classic S’mores Dehydrated fruit and pretzels
Tuesday Breakfast	**“Morning energy crunch”** SPL-baked granola with milk. Toppings may include seeds and dried or fresh fruit.