



**DMA Sample Meal Plans**

	<b>Day 1 (Bfast, Lunch, Dinner)</b>	<b>Day 2 (Bfast, Lunch, Dinner)</b>	<b>Day 3 (Bfast, Lunch, Snacks)</b>
Breakfast	Jollibee Breakfast Meals  Breakfast Rice + Hotdog Breakfast Rice + Beef  Yum Burgers  With coffee/hot choco for each client, and 1 bottled water each	Sunny Side Up Eggs, Sausages, Cup Noodles, *Rice, Coffee/Tea, (Apples or Oranges)  *Bread is available if preferred	Soup, Pancit Canton, Hotdogs, Rice/Bread and Butter, Coffee/Tea, (Apples or Oranges)
Lunch	Chicken Wings or drumstick adobo and *Rice  *Bread is available if preferred	Maling/Spam pork and *Rice, Juice  *Bread is available if preferred	Corned beef, Eggs, Filipino Pork sisig, *Rice, Juice  *Bread is available if preferred
Dinner/Snack	Pasta Spaghetti, and Soup,	Instant Bulalo, a Filipino beef soup and *Rice with Coke  *Bread is available if preferred	Crackers, Sandwich or Peanuts on the way back to Davao for Snacks

There are light snacks in between trek (Chips, Kropeck, Peanuts) but we encourage that you bring your own trail foods.

Please let us know if you have allergies or if you eat spicy food or not. Any preferences with food, kindly apprise us. Take note that this is an outdoor event so the food prepared are not fancy but packed and prepared with care and safety. You can also notice that most of the food is Filipino style, which we encourage the clients (esp foreigners) in order to complete their Mt Apo adventure is to experience Filipino food. If preferred otherwise, please let us know 5 days before the climb.

Thank you!  
 -DMA Admin