



## LDP Camping Foods

113 Gill Dr.  
Lafayette, LA 70507

### New Mountain House Product:

Mountain House Wraps are high in protein. These nutritious fillings make a delicious, healthy meal.

- Fill a tortilla, flatbread, or pocket bread
- Pile into a bun
- Pour over rice or pasta
- Top a salad
- Scoop up with tortilla chips
- Enjoy straight out of the pouch

<b>MOUNTAIN HOUSE WRAPS:</b>		<b>One Serving</b>	
<b>Stock #</b>	<b>Name of Product</b>	<b>Weight</b>	<b>Price</b>
MH53482	BREAKFAST SKILLET, 2.0 cup Hash Browns, Eggs, Pork Sausage, Red & Green Bell Peppers, Onions.	.40	\$6.20
MH53118	BARBECUE SAUCE WITH BEEF, 2.0 cup Beef, Seasoning, Tomatoes, Red & Green Bell Peppers, Onions.	.45	\$6.20
MH53116	BUFFALO STYLE CHICKEN, 2.0 cup Chicken, Hot Sauce, Cream Cheese.	.40	\$6.20
MH53515	MEXICAN STYLE BEEF, 2.0 cup Beef, Tomatoes, Red & Green Bell Peppers, Beef Stock, Chili Powder, Soy Protein, Onions.	.40	\$6.20

# LDP Camping Foods

## 2010 Price List

### MOUNTAIN HOUSE ENTREES: Two Serving

Stock #	Name of Product	Weight	Price
MH53102	CHICKEN STEW, 2.5 cup Potatoes, Chicken, Carrots, Peas, Oil, Milk, Onions.	.45	\$6.75
MH53105	RICE & CHICKEN, 2.5 cup Rice, Chicken, Oil, Pimientos.	.55	\$6.20
MH53108	SPAGHETTI, 2.5 cup Spaghetti, Tomato Paste, Beef.	.45	\$5.70
MH53111	CHICKEN A LA KING, 2.5 cup Noodles, Chicken, Mushrooms, Pimientos, Green Peppers, Milk, Celery.	.55	\$7.30
MH53114	BEEF STEW, 2.5 cup Potatoes, Beef, Carrots, Peas.	.50	\$6.20
MH53115	CHICKEN POLYNESIAN, 2.5 cup Rice, Chicken, Pineapple, Sugar, Green Peppers, Orange Juice, Pimientos, Tomato Paste.	.45	\$7.30
MH53119	BEEF STROGANOFF, 2.5 cup Noodles, Beef, Sour Cream, Mushrooms, Milk, Onions.	.50	\$6.20
MH53123	BEEF TERIYAKI, 2.5 cup Rice, Beef, Soy Sauce, Red Peppers, Water Chestnuts, Sugar, Mushrooms, Pineapple, Wine, Onions, Pea Pods, Peanuts.	.50	\$7.30
MH53124	CHICKEN TERIYAKI, 2.5 cup Rice, Chicken, Soy Sauce, Sugar, Bamboo Shoots, Mushrooms, Red & Green Peppers, Wine, Onions, Green Peas.	.50	\$7.30
MH53127	LASAGNA, 2.5 cup Tomatoes, Beef, Tomato Paste, Noodles, Mozzarella, Parmesan, Romano, Onions.	.50	\$6.20
MH53128	CHILI MAC, 2.5 cup Beef, Macaroni, Beans, Tomato Paste, Onions.	.45	\$5.70
MH53131	NOODLES & CHICKEN, 2.5 cup Noodles, Chicken, Pimientos.	.45	\$6.20
MH53132	WILD RICE & MUSHROOM PILAF, 2.5 cup Long Grain & Wild Rice, Mushrooms, Onions, Broccoli, Green Beans, Brown Rice, Red Peppers, Garlic, Parmesan.	.45	\$6.20
MH53134	SWEET & SOUR PORK, 2.5 cup Rice, Pineapple, Pork, Green Peppers, Onions, Red Peppers, Sugar, Chicken.	.55	\$7.30
MH53135	TURKEY TETRAZZINI, 2.5 cup Noodles, Turkey, Asparagus, Milk, Pimientos, Mushrooms, Chicken.	.40	\$6.20
MH53136	VEGETABLE LASAGNA, 2.5 cup Tomatoes, Zucchini, Macaroni, Eggplant, Carrots, Spinach, Onions, Starch, Mozzarella, Garlic, Oil, Parmesan, Romano.	.40	\$6.20
MH53137	PASTA PRIMAVERA, 2.5 cup Macaroni, Zucchini, Red Peppers, Cauliflower, Green Peas, Parmesan, Yellow Peppers, Broccoli, Green Peas.	.50	\$6.20
MH53138	ORIENTAL CHICKEN, 2.5 cup Rice, Green Beans, Chicken, Water Chestnuts, Mushrooms, Red Peppers, Soy Sauce, Peanuts.	.50	\$7.30
MH53143	SEAFOOD CHOWDER, 2.5 cup Milk, Cornstarch, Potatoes, Clams, Shrimp, Onions, Flour, Celery.	.45	\$6.75
MH53144	MEXICAN CHICKEN, 2.5 cup Brown Rice, Chicken, Kidney Beans, Sauce, Tomato Powder, Cornstarch, Chicken Broth, Chili Powder, Black Olives, Red Peppers, Spices.	.50	\$6.75
MH53147	JAMAICAN CHICKEN, 2.5 cup Rice, Chicken, Onions, Red Beans, Green Peppers, Mushrooms, Corn, Red Peppers, Corn Syrup, Molasses, Soy Sauce.	.50	\$6.75
MH53158	MACARONI & CHEESE, 2.5 cup Macaroni, Cheese Blend.	.50	\$6.20
MH53162	POTATOES 'n CHEESE W/BROCCOLI, 2.5 cup Mashed Potatoes, Cheese Blend, Milk, Onions, Broccoli.	.50	\$5.25
MH53164	POTATOES 'n BEEF W/ONIONS, 2.5 cup Potatoes, Beef, Milk, Starch, Onions.	.50	\$5.70
MH53170	CHICKEN & POTATOES, 2-serv. 2 Grilled Chicken Breasts & Mashed Potatoes With Herbs & Chives.	.50	\$8.35
MH53171	HAMBURGER & POTATOES, 2-serv. 2 Hamburger Patties & Mashed Potatoes With Broccoli & Cheese.	.50	\$8.35

### MOUNTAIN HOUSE ENTREES: Four Serving

Stock #	Name of Product	Weight	Price
MH55108	SPAGHETTI, 5.0 cup Spaghetti, Tomato Paste, Beef.	.90	\$10.55
MH55114	BEEF STEW, 5.0 cup Potatoes, Beef, Carrots, Peas.	.85	\$10.55
MH55119	BEEF STROGANOFF, 5.0 cup Noodles, Beef, Sour Cream, Mushrooms, Milk, Onions.	.90	\$10.55
MH55127	LASAGNA, 5.0 cup Tomatoes, Beef, Tomato Paste, Noodles, Mozzarella, Parmesan, Romano, Onions.	.90	\$10.55

### MOUNTAIN HOUSE ENTREES: One Serving

Stock #	Name of Product	Weight	Price
MH50105	RICE & CHICKEN, 2.0 cup Pro Pack Rice, Chicken, Oil, Pimientos.	.50	\$5.55
MH50108	SPAGHETTI, 2.0 cup Pro Pack Spaghetti, Tomato Paste, Beef.	.40	\$5.55
MH50114	BEEF STEW, 2.0 cup Pro Pack Potatoes, Beef, Carrots, Peas.	.45	\$5.55
MH50119	BEEF STROGANOFF, 2.0 cup Pro Pack Noodles, Beef, Sour Cream, Mushrooms, Milk, Onions.	.45	\$5.55
MH50124	CHICKEN TERIYAKI, 2.0 cup Pro Pack Rice, Chicken, Soy Sauce, Sugar, Bamboo Shoots, Mushrooms, Red & Green Peppers, Wine, Onions, Green Peas.	.45	\$5.55
MH50127	LASAGNA, 2.0 cup Pro Pack Tomatoes, Beef, Tomato Paste, Noodles, Mozzarella, Parmesan, Romano, Onions.	.45	\$5.55
MH50128	CHILI MAC, 2.0 cup Pro Pack Beef, Macaroni, Beans, Tomato Paste, Onions.	.40	\$5.55
MH50134	SWEET & SOUR PORK, 2.0 cup Pro Pack Rice, Pineapple, Pork, Green Peppers, Onions, Red Peppers, Sugar, Chicken.	.45	\$5.55
MH50137	PASTA PRIMAVERA, 2.0 cup Pro Pack Macaroni, Zucchini, Red Peppers, Cauliflower, Milk, Parmesan, Yellow Peppers, Broccoli, Green Peas.	.45	\$5.55
MH50144	MEXICAN CHICKEN, 2.0 cup Pro Pack Brown Rice, Chicken, Kidney Beans, Sauce, Tomato Powder, Cornstarch, Chicken Broth, Chili Powder, Black Olives, Red Peppers, Spices.	.45	\$5.55

### MOUNTAIN HOUSE VEGETABLES: Two Serving

Stock #	Name of Product	Weight	Price
MH53305	GREEN PEAS, 1.0 cup	.20	\$3.00
MH53306	GREEN BEANS, 1.0 cup	.15	\$3.00
MH53308	CORN, 1.0 cup	.20	\$3.00

### MOUNTAIN HOUSE BREAKFASTS: Two Serving

Stock #	Name of Product	Weight	Price
MH53425	PRECOOKED OMELETTE W/HAM, 1.0 cup Eggs, Milk, Ham, Red & Green Peppers.	.30	\$4.75
MH53427	PRECOOKED EGGS, 1.0 cup Eggs, Milk.	.30	\$4.20
MH53447	PRECOOKED EGGS W/BACON, 1.0 cup Eggs, Bacon, Milk.	.30	\$4.75
MH53449	GRANOLA & BLUEBERRIES, 1.0 cup Oats, Sugar, Coconut, Sesame Seed, Milk, Blueberries.	.40	\$4.15

### MOUNTAIN HOUSE DESSERTS & SNACKS One & Four Serv.

Stock #	Name of Product	Weight	Price
MH53523	NEAPOLITAN ICE CREAM, 0.75 oz, 1-serv. Vanilla, Chocolate, and Strawberry Ice Cream.	.10	\$2.10
MH53524	ICE CREAM SANDWICH, 1.13 oz, 1-serv. Vanilla Ice Cream, Chocolate Cookie.	.15	\$2.05
MH53541	RASPBERRY CRUMBLE, 2.0 cup, 4-serv. Sugar, Raspberries, Flour, Corn Starch, Oil, Milk, Cocoa, Corn Syrup, Chocolate.	.50	\$6.20
MH53542	BLUEBERRY CHEESECAKE, 2.0 cup, 4-serv. Sugar, Milk, Cream Cheese, Flour, Graham Flour, Blueberries.	.65	\$6.20
MH53543	CHOCOLATE STRAWBERRY CRUNCH, 2.0 cup Chocolate Pudding, Strawberries, Crunchy Toffee Topping.	.65	\$6.20
MH56492	STRAWBERRY FRUIT SNACK, 1.0 oz, 1-serv. Organic Strawberries.	.15	\$3.70
MH56494	APPLE FRUIT SNACK, 1.0 oz, 1-serv. Organic Apples.	.15	\$3.70
MH56495	BANANA FRUIT SNACK, 1.0 oz, 1-serv. Organic Bananas.	.20	\$3.70

### MOUNTAIN HOUSE MOUNTAIN OVEN:

Stock #	Name of Product	Weight	Price
MH20657	MOUNTAIN OVEN, 5 uses per kit.	1.05	\$12.60

Mountain House products have always been great tasting, lightweight, and easy to prepare. Now, with the Mountain Oven Flameless Heating Kit, Mountain House entrees are even easier to prepare. You no longer need a stove or matches. Everything required to heat Mountain House products is contained in this kit. All you add is water. This kit will heat any of the Mountain House stand up pouches requiring boiling water, but instead of adding boiling water, you add potable (drinking) water.

▼ Vegetarian Entrée

# LDP Camping Foods

800-826-5767

## MOUNTAIN HOUSE CANNED FREEZE DRIED FOODS:

### MOUNTAIN HOUSE SYSTEMS:

Stock #	Name of Product	Weight	Price
MH30902	ULTIMATE SYSTEM, 1 year, 2 person	908.00	\$9618.00
MH30900	ULTIMATE SYSTEM, 1 year	476.00	\$4916.70
MH30901	ULTIMATE SYSTEM, 6 months	238.00	\$2458.35

### MOUNTAIN HOUSE ENTREES:

Stock #	Name of Product	Weight	Price
MH30102	CHICKEN STEW, 10 cup, #10 can Potatoes, Chicken, Carrots, Peas, Oil, Milk, Onions.	2.35	\$35.00
MH30105	RICE & CHICKEN, 8 cup, #10 can Rice, Chicken, Oil, Pimientos.	2.40	\$22.50
MH30108	SPAGHETTI, 10 cup, #10 can Spaghetti, Tomato Paste, Beef.	2.25	\$23.10
MH30111	CHICKEN A LA KING, 11 cup, #10 can Noodles, Chicken, Mushrooms, Pimientos, Green Peppers, Milk, Celery.	2.85	\$35.50
MH30113	VEGETABLE BEEF STEW, 8.5 cup, #10 can Potatoes, Peas, Beef, Carrots, Corn.	2.10	\$27.70
MH30114	BEEF STEW, 10 cup, #10 can Potatoes, Beef, Carrots, Peas.	2.80	\$32.90
MH30119	BEEF STROGANOFF, 10 cup, #10 can Noodles, Beef, Sour Cream, Mushrooms, Milk, Onions.	2.35	\$26.20
MH30123	BEEF TERIYAKI, 11 cup, #10 can Rice, Beef, Soy Sauce, Red Peppers, Water Chestnuts, Sugar, Mushrooms, Pineapple, Wine, Onions, Pea Pods, Peanuts.	2.75	\$34.50
MH30124	CHICKEN TERIYAKI, 9.5 cup, #10 can Rice, Chicken, Soy Sauce, Sugar, Bamboo Shoots, Mushrooms, Red & Green Peppers, Wine, Onions, Green Peas.	2.40	\$29.70
MH30127	LASAGNA, 10 cup, #10 can Tomatoes, Beef, Tomato Paste, Noodles, Mozzarella, Parmesan, Romano, Onions.	2.40	\$32.90
MH30128	CHILI MAC, 10 cup, #10 can Beef, Macaroni, Beans, Tomato Paste, Onions.	2.75	\$24.80
MH30131	NOODLES & CHICKEN, 12.5 cup, #10 can Noodles, Chicken, Pimientos.	2.80	\$30.90
MH30132	WILD RICE & MUSHROOM PILAF, 10 cup, #10 can Long Grain & Wild Rice, Mushrooms, Onions, Broccoli, Green Beans, Brown Rice, Red Peppers, Garlic, Parmesan.	2.60	\$28.70
MH30134	SWEET & SOUR PORK, 10.5 cup, #10 can Rice, Pineapple, Pork, Green Peppers, Onions, Red Peppers, Sugar, Chicken.	2.60	\$37.80
MH30135	TURKEY TETRAZZINI, 10 cup, #10 can Noodles, Turkey, Asparagus, Milk, Pimientos, Mushrooms, Chicken.	2.25	\$36.00
MH30137	PASTA PRIMAVERA, 9 cup, #10 can Macaroni, Zucchini, Red Peppers, Cauliflower, Milk, Parmesan, Yellow Peppers, Broccoli, Green Peas.	3.25	\$31.20
MH30138	ORIENTAL CHICKEN, 10 cup, #10 can Rice, Green Beans, Chicken, Water Chestnuts, Mushrooms, Red Peppers, Soy Sauce, Peanuts.	2.60	\$34.80
MH30143	SEAFOOD CHOWDER, 10 cup, #10 can Milk, Cornstarch, Potatoes, Clams, Shrimp, Onions, Flour, Celery.	2.35	\$36.70
MH30158	MACARONI & CHEESE, 8 cup, #10 can Macaroni, Cheese Blend.	2.40	\$28.00

### MOUNTAIN HOUSE VEGETABLES:

Stock #	Name of Product	Weight	Price
MH30117	RICE, INST. WHITE, 18 cup, #10 can	3.90	\$17.80
MH30305	GREEN PEAS, 11 cup, #10 can	2.10	\$20.80
MH30306	GREEN BEANS, 10 cup, #10 can	1.60	\$23.30
MH30308	CORN, 11 cup, #10 can	2.10	\$20.60

- ▼ Vegetarian Entrée.
- ★ Cooking Required.

**Don't forget about the discount!**

**Free shipping on Mountain House cans.**

## 2010 Price List

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### MOUNTAIN HOUSE BREAKFASTS:

Stock #	Name of Product	Weight	Price
MH30425	PRECOOKED OMELETTE W/HAM, 11.5 cup, #10 can Eggs, Milk, Ham, Red & Green Peppers.	2.60	\$35.10
MH30447	PRECOOKED EGGS WBACON, 10 cup, #10 can Eggs, Bacon, Milk.	2.40	\$31.90
MH30449	GRANOLA & BLUEBERRIES, 13 cup, #10 can Oats, Sugar, Coconut, Sesame Seed, Milk, Blueberries.	4.10	\$38.30

### MOUNTAIN HOUSE DESSERTS & SNACKS:

Stock #	Name of Product	Weight	Price
MH30331	SLICED STRAWBERRIES, 11 cup, #10 can	1.50	\$29.50
MH30332	SLICED BANANAS, 10 cup, #10 can	1.60	\$25.70
MH30541	RASPBERRY CRUMBLE, 6 cup, #10 can Sugar, Raspberries, Flour, Corn Starch, Oil, Milk, Cocoa, Corn Syrup, Chocolate.	2.40	\$23.00
MH30542	BLUEBERRY CHEESECAKE, 6 cup, #10 can Sugar, Milk, Cream Cheese, Flour, Graham Flour, Blueberries.	2.75	\$23.00

### MOUNTAIN HOUSE MEAT, CHEESE & BISCUITS:

Stock #	Name of Product	Weight	Price
MH30122	DICED BEEF, COOKED, 10 cup, #10 can	2.25	\$50.20
MH30142	DICED CHICKEN, COOKED, 10.5 cup, #10 can	2.25	\$47.00
MH30227	GROUND BEEF, COOKED, 12 cup, #10 can	3.50	\$40.50
MH30552	COTTAGE CHEESE, 10 cup, #10 can	2.25	\$53.50
MH30584	PILOT BISCUITS, 70 ea., #10 can	3.60	\$17.50

## **Mountain House Can Policy:**

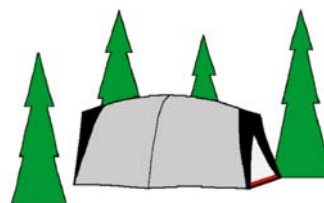
Mountain House has instituted a new policy regarding can sales. Discounts are no longer allowed. Sales are limited to three, two-week periods per year. Please visit our website regularly as we will announce our can sales one month before they start. As a dealer of Mountain House since 1991, we're immediately complying with their wishes and know that you'll continue to give us your trust and business.

**Free shipping on Mountain House cans.**

Visit our web site at: [www.LDPCampingFoods.com](http://www.LDPCampingFoods.com) for the latest pricing information and product availability. The most up to date listing of prices and products can be found at our web site. If you want to know if we have something new, or still have an older item, it will be listed there first. If it is no longer listed there, that means we don't stock it any more.

If you want more information on any of the entrees, you can call the manufacturer and ask for the brochure on their products. The numbers are:

Mountain House	1-800-547-0244
Richmoor / Natural High	1-800-423-3170
AlpineAire / Gourmet Reserves	1-800-322-6325
Backpacker's Pantry	1-800-641-0500
Adventure Foods	1-828-497-4113



# LDP Camping Foods

800-826-5767

## 2010 Price List

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### NATURAL HIGH ENTREES: Two Serving

Stock #	Name of Product	Weight	Price
NH00395	CHICKEN ENCHILADA, 2.5 cup Corn Flour, Rice, Chicken, Soy Flour, Barley Flakes, Sour Cream, Spices.	.60	\$6.60
NH00396	KUNG PAO CHICKEN, 2.5 cup Spaghetti, Chicken, Peanuts, Starch, Soy Sauce, Fructose, Tomatoes, Snow Peas, Green Onions, Garlic, Onions.	.60	\$6.60
NH00397	TEQUILA CHICKEN, 2.5 cup Noodles, Chicken, Sour Cream, Onions, Starch, Milk, Spinach, Bell Peppers, Cilantro, Flour, Sherry, Garlic, Soy Sauce.	.60	\$6.60
NH00398	CHICKEN FAJITAS, 2.5 cup Tortilla Chips, Chicken, Onions, Soy Sauce, Corn, Soy Flour, Tomatoes.	.60	\$6.60
NH00399	HONEY MUSTARD CHICKEN, 2.5 cup Rice, Chicken, Wheat Starch, Honey, Fructose, Soy Flour, Mustard, Carrots, Snow Peas.	.60	\$6.60
NH00400	SPAGHETTI MARINARA, 2.5 cup Spaghetti, Starch, Tomatoes, Whey, Fructose, Onions, Parmesan, Spinach, Zucchini, Mushrooms.	.50	\$6.10
NH00401	CHICKEN & BROCCOLI, 2.5 cup Noodles, Chicken, Wheat Starch, Broccoli, Onions, Soy Sauce.	.50	\$6.60
NH00402	BEEF ENCHILADA, 2.5 cup Tortilla Chips, Rice, Beef, Cheddar, Flour, Barley.	.65	\$6.60
NH00403	VEGETABLE CURRY & RICE, 2.5 cup Rice, Lentils, Raisins, Starch, Apples, Sugar, Curry, Veggies.	.55	\$6.10
NH00405	THREE BEAN CHILI, 2.5 cup Kidney, Pinto, & Black Beans, Flour, Starch, Cornmeal, Corn, Tomatoes.	.40	\$6.10
NH00406	CHEESE PIZZA, 2 serv. Flour, Eggs, Garlic, Mozzarella, Tomatoes, Starch, Romano, Parmesan, Oregano, Basil, Rosemary, Black Pepper.	.50	\$4.90
NH00407	ZUCCHINI LASAGNA, 2.5 cup Noodles, Starch, Tomatoes, Cottage Cheese, Zucchini, Onions, Fructose, Carrots, Spinach, Parmesan.	.50	\$6.10
NH00408	CHEESE & SAUSAGE PIZZA, 2 serv. Flour, Eggs, Garlic, Mozzarella, Pork Sausage, Tomatoes, Starch, Romano, Parmesan, Oregano, Basil, Rosemary, Black Pepper.	.55	\$5.35
NH00409	FETTUCCHINE PRIMAVERA, 2.5 cup Noodles, Starch, Parmesan, Milk, Sour Cream.	.55	\$6.10
NH00410	KUNG PAO SHRIMP, 2.5 cup Spaghetti, Shrimp, Starch, Veggie Mix, Soy Sauce, Fructose, Garlic, Peanuts, Spices.	.65	\$6.90
NH00411	THE POTATO WORKS, 2.5 cup Potatoes, Starch, Sour Cream, Butter, TVP, Whey, Cheddar, Parmesan, Romano, Chives, Black Pepper.	.50	\$3.65
NH00412	BEEF TERIYAKI, 2.5 cup Rice, Beef, Fructose, Flour, Onions, Starch, Soy Sauce, Red & Green Peppers, Snow Peas.	.65	\$6.60
NH00415	MANDARIN ORANGE CHICKEN, 2.5 cup Rice, Chicken, Starch, Wild Rice, Barley, Orange Peel, Fructose, Soy Sauce, Molasses, Snow Peas, Whey, Bell Peppers, Garlic.	.60	\$6.60
NH00417	THAI SHRIMP, 2.5 cup Spaghetti, Shrimp, Starch, Fructose, Peanut Flour, Onions, Broccoli, Soy Sauce, Whey, Carrots, Tomatoes.	.45	\$6.90
NH00418	CHEESE ENCHILADA, 2.5 cup Tortilla Chips, Cheddar, Rice, Flour, Starch.	.65	\$6.10
NH00419	BEEF STROGANOFF W/WILD RICE, 2.5 cup Rice, Beef, Sour Cream, Onions, Starch, Wild Rice, Barley, Milk, Flour.	.55	\$6.60
NH00421	CHICKEN TERIYAKI, 2.5 cup Rice, Chicken, Fructose, Soy Flour, Onion, Wheat Starch, Soy Sauce, Red & Green Peppers, Snow Peas, Whey, Garlic, Ginger.	.55	\$6.60
NH00422	HONEY LIME CHICKEN, 2.5 cup Rice, Chicken, Wheat Starch, Fructose, Honey, Wild Rice, Lime, Flour, Onions, Asparagus, Wine.	.60	\$6.60
NH00423	SUN DRIED TOMATO PASTA, 2.5 cup Noodles, Sun-Dried Tomatoes, Starch, Tomato Flakes, Onions, Spinach, Mushrooms, Celery, Carrots, Parmesan, Butter, Broccoli.	.45	\$6.10
NH00424	THAI CHICKEN, 2.5 cup Spaghetti, Chicken, Fructose, Broccoli, Soy Sauce, Starch, Spinach, Tomatoes, Garlic, Peanut Flour, Onions.	.50	\$6.60
NH00425	TURKEY TETRAZZINI, 2.5 cup Spaghetti, Turkey, Starch, Whey, Parmesan, Asparagus, Buttermilk, Mushrooms, Soy Sauce.	.35	\$6.60
NH00427	BLACK BEANS & RICE, 2.5 cup Black Beans, Rice, Starch, Tomatoes, Onions.	.50	\$5.35
NH00430	THREE CHEESE LASAGNA, 2.5 cup Noodles, Tomatoes, Monterey Jack, Starch, Soy Flour, Cottage Cheese, Onions, Fructose, Carrots, Parmesan.	.45	\$6.35

▼ Vegetarian Entrée.  
★ Cooking Required.

### NATURAL HIGH ENTREES: Two Serving

Stock #	Name of Product	Weight	Price
NH00431	BEEF STROGANOFF & NOODLES, 2.5 cup Noodles, Beef, Sour Cream, Onions, Starch, Milk, Flour, Mushrooms.	.50	\$6.35
NH00432	CHILI MAC & BEEF, 2.5 cup Spaghetti, Pinto Beans, Tomatoes, Beef, Cornmeal, Starch, Onions.	.50	\$6.35
NH00433	TURKEY & MASHED POTATOES, 2.5 cup Potatoes, Turkey, Starch, Milk, Celery, Carrots, Mushrooms.	.50	\$6.35
NH00434	BBQ CHICKEN & RICE, 2.5 cup Rice, Pinto Beans, Chicken, Brown Sugar, Tomatoes, Fructose, Corn.	.50	\$6.35
NH00435	BBQ BEEF & POTATOES, 2.5 cup Potatoes, Gravy, Beef, Brown Sugar, Tomatoes, Starch, Pinto Beans, Corn.	.50	\$6.35
NH00436	CHICKEN POT PIE, 2.5 cup Potatoes, Gravy, Chicken, Starch, Milk, Peas, Carrots, Mushrooms, Onions, Garlic.	.50	\$6.35
NH00437	COUNTRY BEEF STEW, 2.5 cup Potatoes, Beef, Starch, Milk, Veggie Mix, Spices.	.50	\$6.35
NH00439	SPICY SAUSAGE PASTA, 2.5 cup	.60	\$6.60
NH00441	THREE CHEESE CHICKEN PASTA, 2.5 cup	.60	\$6.60
NH00443	HIMALAYAN LENTILS & RICE, 2.5 cup	.65	\$6.10

### NATURAL HIGH ENTREES: Four Serving

Stock #	Name of Product	Weight	Price
NH00520	BEEF STROGANOFF W/WILD RICE, 5.0 cup Rice, Beef, Sour Cream, Onions, Starch, Wild Rice, Barley, Milk, Flour.	.90	\$10.50
NH00523	CHICKEN TERIYAKI, 5.0 cup Rice, Chicken, Fructose, Soy Flour, Onion, Wheat Starch, Soy Sauce, Red & Green Peppers, Snow Peas, Whey, Garlic, Ginger.	.90	\$10.50
NH00527	THREE CHEESE LASAGNA, 5.0 cup Noodles, Tomatoes, Monterey Jack, Starch, Soy Flour, Cottage Cheese, Onions, Fructose, Carrots, Parmesan.	.85	\$9.45

### NATURAL HIGH BREAKFASTS: Two Serving

Stock #	Name of Product	Weight	Price
NH00116	CINNAMON ROLLS W/ICING, 2 servings Flour, Fructose, Raisins, Milk, Cornstarch, Cinnamon, Butter, Eggs, Cream, Vanilla.	.40	\$4.15
NH00117	6-GRAIN APPLE PANCAKES, 2 servings	.50	\$3.90
NH00118	STRAWBERRY GRANOLA, 1.5 cup Oats, Milk, Strawberries, Fruit Juice, Honey, Oil, Almonds, Cashews.	.45	\$4.15
NH00119	RASPBERRY GRANOLA, 1.5 cup Oats, Milk, Raspberries, Fruit Juice, Honey, Oil, Almonds, Cashews.	.45	\$4.15
NH00122	PEASANT OMELETTE MIX, 1.0 cup Eggs, Milk, Potatoes, Onions, Starch.	.30	\$3.90
NH00123	MEXICAN OMELETTE MIX, 1.0 cup Eggs, Tortilla Chips, Onions, Parmesan.	.30	\$4.30
NH00125	CHEESE OMELETTE MIX, 1.0 cup Eggs, Cheddar, Milk.	.30	\$3.90
NH00126	SPINACH CHEESE OMELETTE MIX, 1.0 cup Eggs, Cheddar, Milk, Spinach.	.30	\$4.30

### NATURAL HIGH DESSERTS: Three Serving

Stock #	Name of Product	Weight	Price
NH00209	CHERRY BLAST, 1.5 cup Fructose, Streusel Topping, Granola, Cherries, Blueberries, Cranberries.	.40	\$4.90
NH00210	CHOCOLATE FUDGE MOUSSE, 1.5 cup Fructose, Starch, Milk, Cocoa, Eggs, Almonds.	.40	\$4.15
NH00213	VANILLA CRÈME & RASPBERRIES, 1.5 cup Fructose, Starch, Cheese, Milk, Raspberries, Eggs, Cream, Vanilla.	.35	\$4.15
NH00215	CINNAMON APPLE CRISP, 1.5 cup Apples, Brown Sugar, Granola Topping, Raisins, Cinnamon.	.40	\$4.15
NH00217	CHOCOLATE CHEESECAKE, 1.5 cup Fructose, Baker's Cheese, Starch, Cocoa, Flour, Butter, Egg.	.40	\$4.15
NH00218	THREE BERRY COBBLER, 1.5 cup Brown Sugar, Apples, Flour, Butter, Milk, Cocoa, Boysenberry, Blueberry, Strawberry.	.40	\$4.15
NH00221	BANANA CREAM PIE, 1.5 cup	.40	\$4.85
NH00230	FUDGE BROWNIES, 2 servings Brown Sugar, Flour, Cocoa, Almonds, Potato Flakes, Eggs, Bourbon Vanilla, Buttermilk.	.40	\$4.15

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### RICHMOOR ENTREES: Two Serving

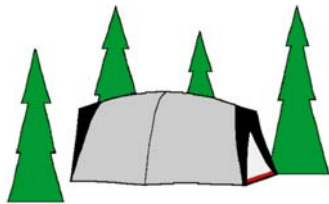
Stock #	Name of Product	Weight	Price
RM20100	TURKEY TETRAZZINI, 2.5 cup Spaghetti, Turkey, Sour Cream, Parmesan, Starch, Maltodextrin, Peas.	.45	\$5.35
RM20102	MACARONI & CHEESE, 2.5 cup Macaroni, Cheddar, Starch, Butter.	.50	\$3.40
RM20103	HOMESTYLE CHICKEN, 2.5 cup Potatoes, Chicken, Starch, Milk, Peas.	.50	\$5.35
RM20104	BEEF STROGANOFF, 2.5 cup Noodles, Beef, Sour Cream, Milk, Onions, Flour, Starch.	.55	\$5.35
RM20105	BEEF STEW, 2.5 cup Potatoes, Beef, Starch, Peas, Onions.	.40	\$5.55
RM20107	CHICKEN & RICE, 2.5 cup Rice, Chicken, Starch, Peas.	.50	\$5.35
RM20108	LASAGNA, 2.5 cup Noodles, Tomatoes, Beef, Starch, Parmesan, Cottage Cheese, Sugar, Whey, Cheddar, Onions.	.45	\$5.35
RM20109	SPAGHETTI, 2.5 cup Spaghetti, Tomatoes, Flour, Beef, Starch, Sugar, Onions, Parmesan, Mushrooms, Garlic.	.50	\$4.40
RM20112	TURKEY SUPREME, 2.5 cup Noodles, Turkey, Starch, Carrots.	.50	\$4.85

### RICHMOOR ENTREES: Four Serving

Stock #	Name of Product	Weight	Price
RM00501	TURKEY TETRAZZINI, 5.0 cup Spaghetti, Turkey, Sour Cream, Parmesan, Starch, Maltodextrin, Peas.	.90	\$8.80
RM00503	MACARONI & CHEESE, 5.0 cup Macaroni, Cheddar, Starch, Butter.	.80	\$5.35
RM00505	BEEF STROGANOFF, 5.0 cup Noodles, Beef, Sour Cream, Milk, Onions, Flour, Starch.	.85	\$8.80
RM00502	BEEF STEW, 5.0 cup Potatoes, Beef, Starch, Peas, Onions.	.70	\$9.50
RM00508	CHICKEN & RICE, 5.0 cup Rice, Chicken, Starch, Peas.	.90	\$8.80
RM00504	LASAGNA, 5.0 cup Noodles, Tomatoes, Beef, Starch, Parmesan, Cottage Cheese, Sugar, Whey, Cheddar, Onions.	.80	\$8.80
RM00506	SPAGHETTI, 5.0 cup Spaghetti, Tomatoes, Flour, Beef, Starch, Sugar, Onions, Parmesan, Mushrooms, Garlic.	.90	\$7.75
RM00507	HOMESTYLE CHICKEN, 5.0 cup Potatoes, Chicken, Starch, Milk, Peas.	.80	\$8.10
RM00509	POTATOES, BEEF & GRAVY, 5.0 cup	.80	\$6.50
RM00514	TURKEY SUPREME, 5.0 cup Noodles, Turkey, Starch, Carrots.	.90	\$8.80

★ Cooking Required.

**Don't forget about the discount!**



### RICHMOOR VEGETABLES: Two & Four Serv.

Stock #	Name of Product	Weight	Price
RM20519★	HASH BROWN POTATOES, 1.0 cup	.30	\$2.75
RM00803★	HASH BROWN POTATOES, 2.0 cup Potatoes, Starch, Dextrose, Onion Powder.	.55	\$4.10
RM20521★	HASH BROWNS O'BRIEN, 1.0 cup	.25	\$2.75
RM00802★	HASH BROWNS O'BRIEN, 2.0 cup Potatoes, Onions, Red & Green Peppers, Starch.	.50	\$4.10
RM20522	PEAS, 0.5 cup	.10	\$2.70
RM00807	PEAS, 1.0 cup	.20	\$4.10
RM20523	CORN, 0.5 cup	.10	\$2.70
RM00806	CORN, 1.0 cup	.20	\$4.10
RM20529	GREEN BEANS, 0.5 cup	.05	\$2.70
RM00808	GREEN BEANS, 1.0 cup	.10	\$4.35
RM20530	PEAS & CARROTS, 0.5 cup	.15	\$2.70
RM00809	PEAS & CARROTS, 1.0 cup	.25	\$4.10
RM22021	GARLIC MASHED POTATOES, 0.5 cup Potatoes, Butter, Garlic, Sugar, Buttermilk, Spices.	.20	\$1.60

### RICHMOOR BREAKFASTS: Two & Four Serv.

Stock #	Name of Product	Weight	Price
RM20509★	SCRAMBLED EGG MIX, 1.0 cup	.25	\$3.25
RM00106★	SCRAMBLED EGG MIX, 1.3 cup Eggs, Milk, Oil.	.30	\$4.85
RM20511★	WESTERN OMELETTE MIX, 1.0 cup	.25	\$3.25
RM00108★	WESTERN OMELETTE MIX, 1.3 cup Eggs, Flour, Onions, Red & Green Pepper.	.35	\$4.85

### RICHMOOR DESSERTS: Two & Four Serving

Stock #	Name of Product	Weight	Price
RM20525	BLUEBERRY COBBLER, 1.5 cup	.45	\$2.95
RM01504	BLUEBERRY COBBLER, 3.0 cup Sugar, Apples, Graham Flour, Starch.	.85	\$4.80
RM20526	CHOCOLATE PEANUT BUTTER PIE, 1.5 cup	.45	\$2.95
RM01201	CHOCOLATE PEANUT BUTTER PIE, 3.0 cup Sugar, Cookies, Shortening, Corn Flour, Chocolate, Peanut Butter.	.75	\$4.80
RM20527	RASPBERRY COBBLER, 1.5 cup	.45	\$2.95
RM01503	RASPBERRY COBBLER, 3.0 cup Sugar, Apples, Graham Flour, Starch.	.85	\$4.80
RM20528	APPLE BROWN BETTY, 1.5 cup	.40	\$2.95
RM01513	APPLE BROWN BETTY, 3.0 cup Apples, Brown Sugar, Oats, Raisins, Starch, Oil.	.75	\$4.80
RM01505	STRAWBERRY CHEESECAKE, 2.6 cup Sugar, Graham Flour, Cheese, Milk, Corn Syrup Solids, Oil.	.90	\$4.80
RM22026	RICE PUDDING, 1.5 cup	.45	\$2.75
RM01506	RICE PUDDING, 3.0 cup Rice, Fructose, Starch, Milk, Eggs, Cream, Vanilla, Salt, Cinnamon, Raisins.	.85	\$4.70

### RICHMOOR FRUITS: Two Serving

Stock #	Name of Product	Weight	Price
RM20541	PINEAPPLE CHUNKS, 2.75 oz Pineapple, Sugar.	.25	\$1.70
RM20543	BANANA CHIPS, 2.75 oz Bananas, Sugar, Honey, Coconut Oil.	.25	\$1.45

### RICHMOOR MISCELLANEOUS:

Stock #	Name of Product	Weight	Price
RM00606	BEEF, 3.0 oz	.10	\$4.40
RM00607	CHICKEN, 3.0 oz	.10	\$4.40
RM01603	VEGALENE PAN COATING, 1.0 oz Vegetable Oil, Lecithin, Beta-Carotene, Butter Flavor.	.10	\$1.95
RM01604	PILOT BISCUITS, 16 each	.70	\$4.10
RM20540	GORP, 2.5 oz Peanuts, Candy Coated Chocolates, Raisins.	.20	\$1.40

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### RICHMOOR COMPLETE BREAKFASTS:

Stock #	Name of Product	Four Serving	
		Weight	Price
RM01701	★ BREAKFAST #1, 4 serving Buttermilk Pancake Mix, Maple Syrup, Applesauce, Cocoa.	1.85	\$9.75
RM01702	★ BREAKFAST #2, 4 serving Eggs W/limit, Bacon Mix, Hash Browns, Orange Drink.	1.50	\$11.35
RM01703	★ BREAKFAST #3, 4 serving Blueberry Pancake Mix, Maple Syrup, Pineapple-Orange Drink.	1.90	\$6.60
RM01704	BREAKFAST #4, 4 serving Blueberry Granola, Gorp, Milk, Cocoa.	1.65	\$11.35
RM01705	★ BREAKFAST #5, 4 serving Western Omelet Mix, Sierra Coffeecake, Grape Drink.	1.70	\$9.25
RM01706	BREAKFAST #6, 4 serving Natural Granola Cereal, Banana Chips, Milk, Cocoa.	1.65	\$11.35

### RICHMOOR COMPLETE LUNCHES:

Stock #	Name of Product	Four Serving	
		Weight	Price
RM01801	LUNCH #1, 4 serving Cheddar Cheese, Pilot Biscuits, Fruit Leathers, Grape Drink.	1.40	\$13.00
RM01802	LUNCH #2, 4 serving Peanut Butter & Grape Jelly, Pilot Biscuits, Pineapple Chunks, Lemon-Lime Drink.	1.80	\$13.80
RM01803	LUNCH #3, 4 serving Peanut Butter & Strawberry Jelly, Pilot Biscuits, Fruit Leathers, Fruit Punch.	1.40	\$13.80
RM01804	LUNCH #4, 4 serving Cheddar Cheese Spread, Pilot Biscuits, Banana Chips, Lemonade.	1.40	\$13.00

### RICHMOOR COMPLETE DINNERS:

Stock #	Name of Product	Four Serving	
		Weight	Price
RM02001	▼ DINNER #1, 4 serving Macaroni & Cheese, Chicken & Rice Soup, Chocolate Pudding, Fruit Punch.	2.05	\$11.20
RM02002	DINNER #2, 4 serving Chicken & Rice, Beef Noodle Soup, Raspberry Cobbler, Lemon-Lime Drink.	2.10	\$14.15
RM02003	DINNER #3, 4 serving Turkey Supreme, Chicken Noodle Soup, Apple Dessert, Orange Drink.	1.60	\$13.65
RM02004	DINNER #4, 4 serving Mashed Potatoes, Beef & Gravy, Peas, Rice Pudding, Fruit Punch.	1.60	\$14.60
RM02005	DINNER #5, 4 serving Spaghetti & Tomato Sauce, Chicken & Rice Soup, Chocolate Pudding, Lemon Drink.	2.15	\$13.00
RM02006	DINNER #6, 4 serving Beef Stroganoff, Chicken Noodle Soup, Vanilla Pudding, Lemon-Lime Drink.	2.20	\$14.60
RM02007	▼ DINNER #7, 4 serving Lasagna W/Italian Sauce, Beef Flavor Noodle Soup, Lemon Pie, Grape Drink.	2.00	\$14.15
RM02008	DINNER #8, 4 serving Homestyle Chicken W/Mashed Potatoes, Peas & Carrots, Rice Pudding, Orange Drink.	2.05	\$14.15

▼ Vegetarian Entrée.

**Don't forget about the discount!**

### ALPINEAIRE ENTREES:

Two Serving

Stock #	Name of Product	Weight	Price
AA10101	▼ MOUNTAIN CHILI, 2.5 cup Pinto Beans, TVP, Tomatoes, Corn Meal, Chili Powder, Corn, Red & Green Peppers, Onions, Mushrooms, Garlic.	.55	\$5.90
AA10102	▼ MACARONI/CHEESE W/VEGGIES, 2.6 cup Pasta, Cheddar, Romano, Potato Starch, Parmesan, Peas, Corn, Onions.	.60	\$5.90
AA10104	▼ SPAGHETTI MARINARA, 3.0 cup Pasta, Tomatoes, TVP, Mushrooms, Honey, Onions, Garlic.	.50	\$5.90
AA10105	▼ PASTA ROMA, 2.6 cup Pasta, Tomatoes, Buttermilk, Oil, Citric Acid, Salt, Parmesan, Potato Starch, Whey.	.55	\$5.90
AA10108	▼ MUSHROOM PILAF, 2.6 cup Couscous, Mushrooms, Carrots, Red & Green Peppers, Onions, Peas, Chicken Flavor Broth, Celery, Parsley, Carrots, Garlic.	.60	\$5.90
AA10111	▼ LEONARDO DA FETTUCCHINE, 2.6 cup Pasta, Romano, Sour Cream, Parmesan, Potato Starch, Whey, Onions, Broccoli, Tomatoes, Mushrooms, Milk.	.50	\$5.90
AA10112	▼ SANTA FE BLACK BEANS & RICE, 3.0 cup Rice, Black Beans, Brown Rice, Tomatoes, Corn, Carrots, Onions, Red & Green Peppers, Garlic, Jalapenos.	.55	\$5.90
AA10120	▼ GARDEN RISOTTO, cup Rice, Parmesan, Peas, Starch, Cheddar, Almonds, Onions, Carrots, Tomatoes, Broth, Butter, Celery, Bell Peppers, Milk, Mushrooms, Garlic.	.55	\$5.90
AA10201	SHRIMP NEWBURG, 3.0 cup Pasta, Cheddar, Whey, Potato Starch, Carrots, Shrimp, Peas, Milk, Red & Green Peppers.	.55	\$6.95
AA10203	MUSHROOM & ASPARAGUS RISOTTO WITH SHRIMP cup Rice, Romano, Starch, Parmesan, Shrimp, Sour Cream, Tomatoes, Mushrooms, Asparagus, Broth, Butter, Milk, Onions.	.55	\$6.95
AA10205	PASTA W/SHRIMP & SUNDRIED TOMATOES, 3.0 cup Pasta Rotini, Parmesan, Starch, Romano, Sour Cream, Shrimp, Tomatoes, Milk, Butter, Onions, Garlic, Peppers, Basil.	.50	\$6.95
AA10206	SHRIMP FRIED RICE, 2.6 cup	.45	\$6.95
AA10301	CHICKEN ROTELLE, 2.6 cup Pasta, Sour Cream, Chicken, Parmesan, Potato Starch, Whey, Mushrooms, Tomatoes, Butter, Onions, Milk, Garlic, Green Onions.	.55	\$7.25
AA10302	SIERRA CHICKEN, 2.6 cup Pasta, Chicken, Tomatoes, Potato Starch, Mushrooms, Red Peppers, Whey, Corn, Onions, Milk, Garlic.	.55	\$7.25
AA10304	DIJON CHICKEN, cup Brown Rice, Barley Flakes, Chicken, Romano, Bulgur, Sour Cream, Parmesan, Peas, Starch, Carrots, Mustard, Milk, Onions, Garlic, Butter, Dill, Pepper.	.50	\$7.25
AA10305	ALMOND CHICKEN, 2.5 cup Grits, Chicken, Sunflower Seeds, Barley, Wheat, Almonds, Miso, Carrots, Celery, Whey, Onions, Mushrooms, Garlic, Green Onions.	.60	\$7.25
AA10306	BROWN RICE & CHICKEN, 3.0 cup Brown Rice, Barley, Chicken, Bulgur, Carrots, Peas, Miso, Onions, Garlic.	.55	\$7.25
AA10307	CHICKEN PRIMAVERA, 3.0 cup Pasta, Chicken, Onions, Celery, Spinach, Parsley, Carrots, Garlic, Corn Peas, Whey, Red & Green Peppers.	.45	\$7.25
AA10308	SUMMER CHICKEN, 3.0 cup Pasta, Chicken, Romano, Sour Cream, Whey, Parmesan, Potato Starch, Asparagus, Tomatoes, Milk, Onions, Garlic, Butter.	.50	\$7.60
AA10309	CHICKEN GUMBO, 2.5 cup Rice, Chicken Okra, Onions, Red & Green Peppers, Corn, Tomatoes, Potato Starch, Garlic, Green Onions.	.50	\$7.25
AA10310	KUNG FU CHICKEN, 3.0 cup Pasta, Starch, Chicken, Pineapple, Honey, Red Peppers, Peas, Onions, Snow Peas, Mushrooms.	.60	\$7.60
AA10311	CURRY CHICKEN, cup Rice, Chicken, Starch, Apples, Whey, Fructose, Curry, Onions, Garlic, Sesame, Spinach, Celery, Leeks, Garlic, Red Bell Pepper, Sherry.	.55	\$7.25

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### ALPINEAIRE ENTREES:

Stock #	Name of Product	Two Serving Weight	Price
AA10314	PINEAPPLE ORANGE CHICKEN, cup Rice, Chicken, Honey, Pineapple, Red & Green Peppers, Peas, Onions, Sugar, Broth, Pea Pods, Mushrooms, Ginger, Soy Sauce, Miso, Oranges.	.60	\$7.60
AA10315	HAWAIIAN TERIYAKI CHICKEN, cup Rice, Honey, Chicken, Starch, Pineapple, Sugar, Soy Sauce, Miso, Onions, Snow Peas, Mushrooms, Bell Peppers, Garlic, Ginger, Sherry, Green Onions.	.60	\$7.60
AA10401	BEEF STROGANOFF, 2.5 cup Pasta, Sour Cream, Beef, Potato Starch, Whey, Parmesan, Mushrooms, Tomatoes, Butter, Onions, Milk, Garlic, Green Onions.	.50	\$6.95
AA10402	PEPPER STEAK, cup Rice, Beef, Starch, Red & Green Peppers, Pepper, Fructose, Garlic, Parsley.	.55	\$6.95
AA10404	BEEF ROTINI, 3.0 cup Pasta, Beef, Tomatoes, Corn, Veg. Starch, Whey, Onions, Milk, Garlic, Mushrooms, Red Peppers.	.55	\$6.95
AA10405	TAMALE PIE, 2.5 cup Cornmeal, Beef, Cheddar, Brown Rice, Tomatoes, Onions, Corn, Pinto & Black Beans, Corn, Chili, Garlic, Cilantro.	.55	\$7.60
AA10406	TEXAS BBQ CHICKEN, 2.6 cup Tomatoes, Kidney & Pinto Beans, Grape Juice, Rice, Chicken, Onions, Molasses, Miso, Garlic.	.60	\$7.60
AA10407	BLACK BART CHILI W/BEANS, 3.0 cup Beef, Kidney & Black Beans, Tomatoes, Potato Starch, Red & Green Peppers, Onions, Jalapenos.	.55	\$7.60
AA11401	WILD TYME TURKEY, 2.5 cup Barley, Brown Rice, Turkey, Sour Cream, Wheat, Sunflower Seeds, Wild Rice, Carrots Peas, Almonds, Parmesan, Potato Starch, Whey, Mushrooms, Butter, Onions, Milk, Garlic.	.55	\$6.00
AA11402	MASHED POTATOES & TURKEY, 3.0 cup Potatoes, Potato Starch, Turkey, Whey, Butter, Milk.	.55	\$6.00
AA11403	TERIYAKI TURKEY, 2.6 cup Pasta, Honey, Turkey, Veg. Starch, Whey, Miso, Milk, Mushrooms, Onions, Snow Peas, Garlic, Green Onions, Red & Green Peppers.	.50	\$6.00

### ALPINEAIRE ENTREES:

Stock #	Name of Product	Four Serving Weight	Price
AA12113	▲ MOUNTAIN CHILI, 5.0 cup Pinto Beans, TVP, Tomatoes, Corn Meal, Chili Powder, Corn, Red & Green Peppers, Onions, Mushrooms, Garlic.	.95	\$8.75
AA12114	▲ LEONARDO DA FETTUCCINE, 5.3 cup Pasta, Romano, Sour Cream, Parmesan, Potato Starch, Whey, Onions, Broccoli, Tomatoes, Mushrooms, Milk.	.90	\$8.75
AA12117	CHICKEN ROTELLE, 5.3 cup Pasta, Sour Cream, Chicken, Parmesan, Potato Starch, Whey, Mushrooms, Tomatoes, Butter, Onions, Milk, Garlic, Green Onions.	.95	\$12.35
AA12157	SIERRA CHICKEN, 5.3 cup Pasta, Chicken, Tomatoes, Potato Starch, Mushrooms, Red Peppers, Whey, Corn, Onions, Milk, Garlic.	.95	\$12.35
AA12120	BEEF STROGANOFF, 5.0 cup Pasta, Sour Cream, Beef, Potato Starch, Whey, Parmesan, Mushrooms, Tomatoes, Butter, Onions, Milk, Garlic, Green Onions.	.90	\$11.70
AA12158	WILD TYME TURKEY, 5.0 cup Barley, Brown Rice, Turkey, Sour Cream, Wheat, Sunflower Seeds, Wild Rice, Carrots Peas, Almonds, Parmesan, Potato Starch, Whey, Mushrooms, Butter, Onions, Milk, Garlic.	1.05	\$11.70

★ Cooking Required.

Don't forget about the discount!

### ALPINEAIRE SOUPS:

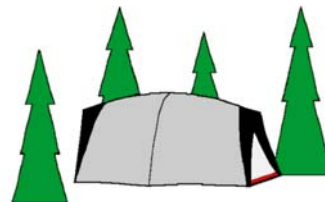
Stock #	Name of Product	Two Serving Weight	Price
AA10601	ALPINE MINESTRONE SOUP, 3.0 cup Pasta, Pinto and White Beans, Tomatoes, Onions, Carrots, Cabbage, Potatoes, Chicken Broth, Celery, Spinach, Parsley, Garlic, Peas, Red and Green Peppers.	.35	\$3.75
AA10701	POTATO CHEDDAR SOUP, 3.0 cup Potatoes, Cheddar, Potato Starch, Onions, Whey, Milk, Garlic, Red Peppers, Green Onions.	.40	\$3.75
AA10702	CREAM OF BROCCOLI SOUP, 3.0 cup Cheddar, Potatoes, Milk, Broccoli, Onions, Whey, Potato Starch.	.30	\$3.75
AA10704	SPLIT PEA SOUP, 3.0 cup Peas, Onions, Carrots, Garlic.	.40	\$3.75
AA10706	CORN CHOWDER, 3.0 cup Peas, Corn, Carrots, Onions.	.40	\$3.75

### ALPINEAIRE COLD PREP LUNCHES: Two Serv.

Stock #	Name of Product	Weight	Price
AA10117	ORIENTAL CHICKEN SALAD, 1 cup Chicken, Chow Mein Noodles, Sour Cream, Cabbage, Carrots, Tomatoes, Water Chestnuts, Onions, Pea Pods, Green Onions, Garlic, Soy Sauce.	.35	\$8.10
AA10119	CHICKEN & ALMOND SALAD, 1 cup Chicken, Sour Cream, Almonds, Onions, Tomatoes, Carrots, Celery, Garlic, Green Onions, Red & Green Peppers, Worcestershire Sauce.	.35	\$8.10
AA62100	PEANUT BUTTER & CRACKER LUNCH Peanut Butter Spread, Royal Kream Biscuits.	.45	\$4.85
AA62101	CHEESE & CRACKER LUNCH Cheddar Cheese Spread, Royal Kream Biscuits.	.45	\$4.85

### ALPINEAIRE DESSERTS:

Stock #	Name of Product	Two Serving Weight	Price
AA10904	★ APPLE BLUEBERRY COBLER, 1.0 cup Whole Wheat, Soy, Rice, Corn, and Sesame Flours, Oil, Eggs, Milk, Honey, Malt, Apples, Dates, Blueberries.	.40	\$4.85
AA10909	CHOCOLATE MUDSLIDE Fructose, Starch, Milk, Chocolate Pie Crumbs, Cocoa, Peanut Brittle, Eggs, Chocolate.	.45	\$4.85
AA10910	CHOCOLATE HAZELNUT BAVARIAN CREAM, 1.3 cup Sugar, Milk, Cocoa, Cream, Hazelnuts, Vanilla, Lemon.	.40	\$4.85
AA10911	MOUNTAIN BLACKBERRY CHEESECAKE, 1.0 cup Sugar, Cream Cheese, Choc. Cookie Crumbs, Blackberries, Milk, Eggs, Lemon, Vanilla.	.45	\$6.15
AA10912	BANANAS FOSTER, 1.0 cup Bananas, Brown Sugar, Butter, Rum, Lemon, Orange, Vanilla, Cinnamon.	.40	\$6.15
AA10913	DEEP DISH PEACH CRUMBLE, 1.0 cup Peaches, Graham Crumbs, Sugar, Lemon.	.40	\$6.50
AA11001	STRAWBERRIES, 1 oz	.20	\$5.85
AA11002	BLUEBERRIES, 1 oz	.20	\$5.85
AA11003	PEACHES, 0.75 oz	.15	\$4.55
AA11004	PINEAPPLES, 0.75 oz	.15	\$4.55



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### ALPINEAIRE BREAKFASTS: Two & Four Serv.

Stock #	Name of Product	Weight	Price
AA10408	ROAST BEEF HASH, 2.0 cup Potatoes, Beef, Onions, Green Onions, Garlic.	.40	\$6.50
AA10801	★ BLUEBERRY PANCAKE MIX, 12 cakes Wheat, Soy, Brown Rice, Corn and Sesame Flours, Blueberries, Oil, Eggs, Milk, Honey.	.55	\$4.55
AA10802	★ BANDITO SCRAMBLE MIX, 6 eggs Eggs, Potatoes, Carrots, Sour Cream, Cheddar, Onions, Red Peppers, Chives.	.35	\$5.10
AA10803	★ SCRAMBLED EGG MIX, 8 eggs Eggs, Milk, Oil.	.40	\$5.35
AA10804	RED & GREEN HASH BROWNS, 2.6 cup Potatoes, Tomatoes, Onions, Red & Green Peppers, Green Onions, Chilies.	.40	\$5.35
AA10805	HONEY APPLE GRANOLA, 1.5 cup Granola, Milk, Blueberries.	.45	\$4.55
AA10807	BLUEBERRY HONEY GRANOLA, 1.5 cup Granola, Milk, Blueberries.	.55	\$4.55
AA10808	★ RANCH OMELET MIX W/BEEF, 4.5 eggs Eggs, Milk, Oil, Beef, Red & Green Peppers, Onions, Garlic.	.45	\$6.95
AA10809	STRAWBERRY HONEY GRANOLA, 1.5 cup Granola, Milk, Strawberries.	.55	\$4.55
AA10810	PRECOOKED EGGS, 4 eggs Eggs, Starch.	.25	\$7.60
AA10811	FRUIT NUT CEREAL, 3.0 cup Oats, Wheat, Soy, Apples, Dates, Raisins, Maple, Milk, Barley, Sunflower Seeds, Honey, Almonds, Rice Bran.	.45	\$3.75
AA10901	APPLE ALMOND CRISP, 2.0 cup Granola, Dates, Apples, Almonds, Sunflower Seeds, Honey, Cinnamon.	.45	\$3.50
AA11301	MAPLE SYRUP, 0.5 cup Real Maple Syrup.	.30	\$3.75

### ALPINEAIRE VEGETABLES: Two & Four Serv.

Stock #	Name of Product	Weight	Price
AA10501	VEGETABLE MIX, 1.0 cup Carrots, Peas, Onions, Celery, Red & Green Peppers.	.20	\$3.25
AA10502	GARDEN VEGETABLES, 1.0 cup Carrots, Peas, Corn.	.20	\$3.25
AA10503	POTATOES & CHEDDAR, 3.0 cup Potatoes, Cheddar, Potato Starch, Whey, Milk, Chives.	.40	\$4.05
AA11101	PEAS, 1.0 cup	.20	\$3.25
AA11102	CORN, 1.0 cup	.20	\$3.25
AA11104	BROWN RICE, 1.0 cup	.25	\$2.05
AA10107	GARLIC MASHED POTATOES, 1.25 cup	.30	\$3.25
AA11105	MASHED POTATOES, 1.25 cup	.25	\$1.95
AA12302	GREEN BEANS ALMONDINE, 2.0 cup Green Beans, Almonds, Tomatoes, Onions, Green Onions.	.25	\$4.85
AA13001	REFRIED BEANS W/CHEESE, 1.5 cup Pinto, Black, Lentil, and Red Beans, Cheddar, Onions, Romano, Buttermilk, Oil.	.45	\$4.05
AA13004	MEXICAN RICE W/CHEESE, 1.5 cup Brown Rice, Cheddar, Tomatoes, Onions, Parmesan, Chilies, Green Onions.	.40	\$4.05

### ALPINEAIRE MISCELLANEOUS:

Stock #	Name of Product	Weight	Price
AA11106	CHICKEN, 3.0 oz	.20	\$4.85
AA11108	BEEF, 3.0 oz	.20	\$4.85
AA11110	TURKEY, 3.0 oz	.20	\$4.85
AA11302	TOMATO POWDER, 0.5 cup paste, 1.5 cup sauce, 3.0 cup juice.	.25	\$3.50
AA11303	CHEDDAR CHEESE POWDER, 0.6 cup	.25	\$4.85

### ALPINEAIRE BULK POUCH:

#### Beef / Poultry / Seafood

Stock #	Name of Product	Weight	Price
AA52109	BEEF, DICED, COOKED, 5.3 cup	.65	\$27.60
AA52108	CHICKEN, DICED, COOKED, 5.3 cup	.65	\$27.60
AA52156	TURKEY, DICED, COOKED, 5.3 cup	.65	\$27.60

### ALPINEAIRE BULK POUCH:

#### Beans / Grains

Stock #	Name of Product	Weight	Price
AA52103	PASTA, INST., 6 cup	.65	\$4.70
AA52126	RICE, BROWN, COOKED, INST., 4 cup	.65	\$5.60
AA52161	RICE, WHITE, COOKED, INST., 8 cup	1.10	\$5.25

### ALPINEAIRE BULK POUCH:

#### Vegetables

Stock #	Name of Product	Weight	Price
AA52184	BROCCOLI, CHOPPED, 4 cup	.30	\$6.50
AA52124	CABBAGE, DICED, DEHY., 5.5 cup	.65	\$6.50
AA52104	CARROTS, DICED, DEHY., 8 cup	.90	\$6.50
AA52152	CELERY, DICED, DEHY., 7 cup	.40	\$6.50
AA52105	CORN, SWEET, 5.5 cup	.65	\$10.55
AA52153	GARDEN VEGETABLES, 5.5 cup	.65	\$10.55
AA52155	ONIONS, CHOPPED, DEHY., 5.5 cup	.65	\$6.50
AA52107	PEAS, 5.5 cup	.65	\$10.55
AA52146	POTATOES, MASHED, INST., 8 cup	.65	\$5.65
AA52190	VEGETABLE MIX, 5.5 cup	.65	\$10.55

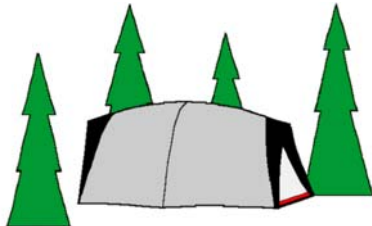
### ALPINEAIRE BULK POUCH:

#### Dairy / Eggs

Stock #	Name of Product	Weight	Price
AA52111	CHEDDAR CHEESE POWDER, 2 cup	.65	\$11.85
AA52183	EGGS, PRECOOKED, 10 eggs	.60	\$17.85
AA52101	★ EGGS, SCRAMBLING MIX, 24 eggs	.90	\$13.00
AA52186	MILK, INST. NONFAT, 12 cup	.90	\$9.40
AA52131	SOUR CREAM, 2 cup	.65	\$8.45

★ Cooking Required.  
▼ Vegetarian Entrée.

**Don't forget about the discount!**



# LDP Camping Foods

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# 2010 Price List

## BACKPACKER'S PANTRY ENTREES: Two Serv.

Stock #	Name of Product	Weight	Price
BP01470	ORGANIC TOFU PESTO		\$7.70
BP01472	ORGANIC SPINACH PUTTANESCA		\$6.35
BP01474	ORGANIC SCICILIAN LASAGNA		\$9.65
BP01476	ORGANIC GARDEN VEG. COUSCOUS		\$7.70
BP01478	ORGANIC BLACK BEAN CHILI PIE		\$8.30
BP02301	▼ COLD PASTA SALAD, 2.75 cup Pasta, Sauce, Sour Cream, Garlic, Cheddar Cheese, Bell Peppers, Olive Oil, Carrots, Broccoli, Celery.	.60	\$10.65
BP02302	▼ CHANA MASALA, 2.75 cup Rice, Garbanzo Beans, Bell Peppers, Onions, Garlic, Spices	.80	\$5.35
BP02303	▼ PAD THAI, 3.0 cup Noodles, Peanut Butter, Thai Sauce, TVP, Peanuts, Veggie Mix.	.50	\$6.75
BP02304	▼ ASIAN CURRIED STIR FRY, 3.0 cup Rice, Apples, Potatoes, Onions, Carrots, Corn, Peas, Almonds, Garlic, Tomatoes, Turmeric, Ginger, Cumin, Nutmeg, White Pepper.	.55	\$5.75
BP02305	▼ WILD WEST CHILI, 3.0 cup Beans, Tomatoes, Onions, Chili, Starch, Spices.	.50	\$6.35
BP02306	▼ LASAGNA, 2.75 cup Noodles, Vegetable Protein, Cottage Cheese, Tomatoes, Milk, Cheese, Starch, Mushrooms, Green Peppers, Onions.	.60	\$7.30
BP02307	▼ RED BEANS & RICE, 3.0 cup Red Beans, Rice, Tomatoes, Onions, Chili, Starch, Garlic.	.55	\$3.85
BP02308	▼ THAI RICE & PEANUT SAUCE, 3.0 cup Rice, Peanuts, Potatoes, Soy Sauce, Carrots, Celery, Peas, Cabbage, Onions, Broccoli, Corn, Red & Green Peppers, Tomatoes, Garlic.	.70	\$6.75
BP02309	▼ KATMANDU CURRY, 2.5 cup Lentils, Rice, Potatoes, Peas, Carrots, Starch, Onions, Garlic.	.55	\$5.75
BP02310	▼ PAD SEE YOU W/CHICKEN, 2.5 cup	.55	\$9.25
BP02314	▼ BLACK BEAN TAMALES, 2.75 cup Black Beans, Tortilla Chips, Rice, Cheddar, Tomatoes, Onions, Corn, Starch, Chillies, Garlic.	.75	\$9.25
BP02350	▼ SPAGHETTI & SAUCE, 3.0 cup Noodles, TVP, Tomatoes, Mushrooms, Onions.	.50	\$5.35
BP02355	▼ MACARONI & CHEESE, 3.0 cup Macaroni, Cheddar, Parmesan, Milk.	.55	\$5.75
BP02358	▼ GINGER TERIYAKI STIR FRY, 2.75 cup Rice, Teriyaki Sauce, Starch, Cashews, Green Beans, Broccoli, Celery, Onions, Mushrooms, Red Peppers, Cabbage, Garlic, Ginger.	.55	\$7.30
BP02359	▼ JAPANESE NOODLE BOWL, 3.0 cup Ramen Noodles, Carrots, Onions, Celery, Parsley, Red & Green Peppers, Worcestershire Powder, Brown Sugar, White Pepper, Ginger, Lemon.	.50	\$4.40
BP02360	▼ PASTA VEGETABLE PARMESAN, 3.0 cup Noodles, Carrots, Peas, Celery, Onions, Cabbage, Red & Green Peppers, Starch, Parmesan, Butter, Cream, Garlic.	.55	\$5.75
BP02403	▼ ITALIAN PASTA W/BEEF, 3.0 cup Tomatoes, Noodles, Green Peppers, Parmesan, Mozzarella, Celery, TVP, Beef.	.65	\$9.25
BP02404	▼ MEXICAN RICE W/BEEF, 2.75 cup Rice, Beef, Cheddar, Tomatoes, Onions, Sour Cream, Starch, Milk, Chillies.	.55	\$7.30
BP02405	▼ SHEPHERD'S PIE W/BEEF		\$9.25
BP02406	▼ CHEESY NACHO SUPREME W/BEEF, 2.75 cup Chili Cheese Sauce, Tortilla Chips, Beef, Corn, Tomatoes, Onions.	.65	\$10.25
BP02407	▼ BEEF & BROCCOLI STIR-FRY		\$8.70
BP02408	▼ THAI SATAY W/BEEF, 2.75 cup Rice, Peanuts, TVP, Beef, Potatoes, Soy Sauce, Carrots, Celery, Peas, Cabbage, Onions, Broccoli, Corn, Red & Green Peppers, Tomatoes.	.75	\$9.25
BP02410	▼ BEEF STROGANOFF W/MUSHROOMS, 3.25 cup Egg Noodles, Beef, Milk, Sour Cream, Starch, Flour, Onions, Soy Sauce, Garlic, Mushrooms.	.60	\$7.70
BP02415	▼ BEEF STEW, 3.0 cup Potatoes, Beef, Carrots, Peas, Starch, Flour, Soy Sauce.	.40	\$7.30
BP02420	▼ FETTUCCINI ALFREDO W/CHICKEN		\$9.65
BP02422	▼ RISOTTO W/CHICKEN		\$7.30
BP02425	▼ CHICKEN W/POTATOES & STUFFING		\$7.30
BP02430	▼ SWEET AND SOUR CHICKEN, 2.75 cup Sauce, Chicken Soup Base, Soy Sauce, Rice, Pineapple, TVP, Corn Protein, Chicken, Olive Oil, Red & Green Peppers, Carrots.	.65	\$8.30

## BACKPACKER'S PANTRY ENTREES: Two Serv.

Stock #	Name of Product	Weight	Price
BP02431	CHICKEN SAIGON NOODLES, 3.0 cup Ramen Noodles, Oil, Soy Sauce, Arrowroot, Garlic, Corn Starch, Rice Vinegar, Cayenne Pepper, TVP, Chicken, Chives, Lentils, Broccoli, Carrots, Corn, Onions, Peas, Mushrooms, Tomatoes, Celery.	.75	\$8.30
BP02432	▼ SANTA FE CHICKEN, 3.0 cup Black Beans, Rice, Chicken, Tomatoes, Onions, Cheddar, Corn, Chillies, Starch, Garlic, Cumin, Soy Sauce.	.65	\$8.70
BP02433	▼ TOMATO CHIPOTLE PASTA W/CHICKEN		\$7.30
BP02434	▼ KUNG PAO CHICKEN, 3.25 cup Brown Rice, TVP, Soy Sauce, Chicken, Carrots, Onions, Celery, Parsley, Red & Green Peppers.	.60	\$7.30
BP02435	▼ CHICKEN CASHEW CURRY, 3.25 cup Rice, Cashews, Chicken, Onions, Mushrooms, Celery, Milk, Starch, Curry, Garlic, Soy Sauce.	.55	\$7.30
BP02437	▼ CHICKEN & RICE, 3.0 cup Rice, Chicken, Milk, Starch, Soy Sauce, Carrots, Onions, Celery, Red & Green Peppers.	.55	\$5.75
BP02438	▼ JAMAICAN BBQ CHICKEN, 2.75 cup Rice, Black Beans, Chicken, Tomatoes, Onions, Starch, Soy Sauce, Garlic.	.55	\$6.35
BP02439	▼ CAJUN CHICKEN & RICE, 2.75 cup Rice, Chicken, Milk, Starch, Tomatoes, Onions, Red & Green Peppers.	.55	\$7.30
BP02440	▼ HAWAIIAN CHICKEN, 3.0 cup Rice, Pineapple, Chicken, Red & Green Peppers, Onions, Starch, Mushrooms, Tomatoes.	.55	\$6.35
BP02442	▼ PAELLA W/SAFFRON RICE & CHICKEN, 3.0 cup	.75	\$12.20
BP02449	▼ CAJUN SALMON INFERNO, 3.0 cup Brown Rice, Sauce, Salmon, Onions, Tomatoes, Red & Green Peppers.	.75	\$13.55
BP02450	▼ PESTO SALMON PASTA, 3.0 cup Rotini, Basil Pesto Sauce, Salmon, Almonds, Sun Dried Tomatoes.	.60	\$13.55
BP02453	▼ SMOKED SALMON PASTA, 3.0 cup Rotini, Citrus Dill Chipotle Cream Sauce, Salmon, Onion, Tomatoes, Green & Red Bell Peppers.	.75	\$13.55
BP02455	▼ CHILI MAC W/BEEF, 3.0 cup Noodles, Beef, Flour, Tomatoes, Chili, Onions.	.45	\$5.75
BP02460	★ CHICKEN & DUMPLINGS, 3.0 cup Biscuits, Chicken, Flour, Cream, Milk, Chicken Stock, Sugar, Starch, Soy Sauce, Peas.	.65	\$6.35
BP02470	▼ TOFU PESTO, 2.75 cup Durum Semolina, Tofu, Soybeans, Cheddar, Milk, Whey, Garlic, Basil, Thyme.	.55	\$10.65
BP02472	▼ SPINACH PUTTANESCA, 2.75 cup Durum Semolina, Tomatoes, Cheddar, Milk, Whey, Spinach, Garlic, Onion, Chili, Bell Pepper, Oregano, Basil.	.60	\$7.70
BP02462	▼ JOSE'S CHICKEN MOLE, 3.0 cup Rice, Sauce, Chillies, Onions, Brown Sugar, Chicken, Cocoa Powder, Bananas.	.60	\$6.75
BP02485	▼ POTATOES & GRAVY W/BEEF, 3.0 cup Potatoes, Flour, Beef Stock, Soy Sauce, Chicken Stock, Starch, Milk, Beef.	.40	\$5.35

## BACKPACKER'S PANTRY ENTREES: Four Serv.

Stock #	Name of Product	Weight	Price
BP04305	▼ WILD WEST CHILI, 5.0 cup Beans, Tomatoes, Onions, Chillies, Starch.	1.00	\$11.90
BP04306	▼ LASAGNA, 5.0 cup Noodles, Vegetable Protein, Cottage Cheese, Tomatoes, Milk, Cheese, Starch, Mushrooms, Green Peppers, Onions.	1.10	\$13.45
BP04307	▼ RED BEANS & RICE, 5.0 cup Red Beans, Rice, Tomatoes, Onions, Chili, Starch, Garlic.	.95	\$6.35
BP04350	▼ SPAGHETTI & SAUCE, 5.0 cup Noodles, Vegetable Protein, Tomatoes, Mushrooms, Onions, Celery, Green Peppers, Garlic.	1.10	\$9.05
BP04410	▼ BEEF STROGANOFF, 5.0 cup Egg Noodles, Beef, Milk, Sour Cream, Starch, Flour, Onions, Soy Sauce, Garlic, Mushrooms.	1.00	\$14.25

★ Cooking Required.  
▼ Vegetarian Entrée.

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# 2010 Price List

## BACKPACKER'S PANTRY ENTREES: Four Serv.

Stock #	Name of Product	Weight	Price
BP04415	BEEF STEW, 5.0 cup Potatoes, Beef, Carrots, Peas, Starch, Flour, Soy Sauce.	.60	\$13.15
BP04437	CHICKEN & RICE, 5.0 cup Rice, Chicken, Milk, Starch, Soy Sauce, Carrots, Onions, Celery, Red & Green Peppers.	1.00	\$10.15
BP04439	CAJUN CHICKEN & RICE, 5.0 cup Rice, Chicken, Milk, Starch, Tomatoes, Onions, Red & Green Peppers.	1.00	\$13.15
BP04455	CHILI MAC W/BEEF, 5.0 cup Noodles, Beef, Flour, Tomatoes, Chili, Onions.	.85	\$9.55
BP04460	★CHICKEN & DUMPLINGS, 5.0 cup Biscuits, Chicken, Flour, Cream, Milk, Chicken Stock, Sugar, Starch Soy Sauce, Peas.	.85	\$11.20
BP04485	POTATOES & GRAVY W/BEEF, 5.0 cup Potatoes, Flour, Beef Stock, Soy Sauce, Chicken Stock, Starch, Milk, Beef.	.75	\$8.70

## BACKPACKER'S PANTRY BREAKFASTS:

		Two Serving	
Stock #	Name of Product	Weight	Price
BP01060	ORGANIC SPICY OMELETTE MIX,		\$7.30
BP01061	ORGANIC TOFU SCRAMBLE		\$8.30
BP01064	ORGANIC SCRAMBLED EGGS		\$5.75
BP02000	★SPICY CHEESE OMELETTE MIX, 1.0 cup Eggs, Milk, Oil, Tomatoes, Onions, Chilies, Starch, Red & Green Peppers, Cheddar.	.30	\$4.00
BP02001	★SCRAMBLED EGG MIX, 1.0 cup	.35	\$3.80
BP02002	★SCRAMBLED EGG MIX W/BACO BITS, 1.0 cup	.30	\$4.00
BP02003	★DENVER OMELETTE MIX, 1.0 cup	.35	\$3.80
BP02012	★HUEVOS RANCHEROS MIX, 1.0 cup Eggs, Milk, Oil, Tomatoes, Onions, Chilies, Starch, Red & Green Peppers, Cheddar.	.35	\$4.20
BP02015	GRANOLA W/MILK & BLUEBERRIES, 2.0 cup Oats, Raisins, Sugar, Wheat, Rice, Almonds, Starch, Milk, Blueberries.	.70	\$6.25
BP02017	GRANOLA W/MILK & BANANAS, 2.0 cup Oats, Raisins, Sugar, Wheat, Rice, Almonds, Starch, Milk, Bananas.	.70	\$6.05
BP02019	CINNAMON MUESLI WITH MILK, 2.0 cup Oats, Raisins, Brown Sugar, Wheat, Corn Syrup, Rice, Almonds, Milk, Papaya, Cinnamon.	.70	\$6.05
BP02080	★BISCUITS & COUNTRY GRAVY, 2 serv. Flour, Sugar, Shortening, Starch, Milk, Eggs.	.65	\$3.70
BP04715	WHOLE MILK, 1.0 qt	.40	\$3.80

## BACKPACKER'S PANTRY BREAKFASTS:

		Four Serving	
Stock #	Name of Product	Weight	Price
BP04001	★SCRAMBLED EGG MIX, 2.0 cup Eggs, Milk, Oil.	.55	\$7.40
BP04002	★SCRAMBLED EGG MIX W/BACO BITS, 2.0 cup Eggs, Milk, Oil, Vegetable Protein..	.55	\$7.30
BP04003	★DENVER OMELETTE MIX, 2.0 cup Eggs, Milk, Oil, Onions, Red & Green Peppers.	.55	\$6.90
BP04006	★BUTTERMILK PANCAKE MIX, 10 cakes Flour, Oil, Buttermilk, Eggs.	.90	\$4.60

## BACKPACKER'S PANTRY

### COMPLETE BREAKFASTS:

Stock #	Name of Product	Weight	Price
BP07401	★BREAKFAST #1, 4 serving Buttermilk Pancake Mix, Maple Syrup, Banana Chips, Orange Drink.	1.95	\$9.25
BP07402	★BREAKFAST #2, 4 serving Scrambled Egg Mix W/Baco Bits, Diced Potatoes, Orange Drink.	1.15	\$9.65
BP07403	★BREAKFAST #3, 4 serving Denver Omelet Mix, Potato Patties, Hot Chocolate.	1.05	\$9.65
BP07404	★BREAKFAST #4, 4 serving Scrambled Egg Mix, Diced Potatoes, Orange Drink.	1.20	\$8.70
BP07406	BREAKFAST #6, 4 serving Granola Cereal, Milk, Orange Drink.	1.60	\$9.65

## BACKPACKER'S PANTRY

### COMPLETE LUNCHES:

		Four Serving	
Stock #	Name of Product	Weight	Price
BP08414	LUNCH #4, 4 serving Peanut Butter, Bananas, Mountain Bread, Gorp, Fruit Drink.	2.00	\$15.50
BP08415	LUNCH #5, 4 serving Peanut Butter, Jelly, Mountain Bread, Gorp, Fruit Drink.	2.00	\$16.10
BP08416	LUNCH #6, 4 serving Fruit Leather, Granola Bars, Trail Cookies, Banana Chips, Fruit Drink.	1.85	\$15.50
BP08418	LUNCH #8, 4 serving Cheese & Crackers		\$16.10

## BACKPACKER'S PANTRY

### COMPLETE DINNERS:

		Four Serving	
Stock #	Name of Product	Weight	Price
BP09421	▼DINNER #1, 4 serving Spaghetti & Sauce, Chicken & Rice Soup, S'mores, Fruit Drink.	2.05	\$13.55
BP09422	▼DINNER #2, 4 serving Wild West Chili, Peas & Carrots, Chocolate Pudding, Fruit Drink.	1.80	\$16.50
BP09423	DINNER #3, 4 serving Mashed Potatoes & Gravy W/Beef, Chicken & Rice Soup, Mocha Mousse, Fruit Drink.	1.65	\$13.15
BP09424	★DINNER #4, 4 serving Chicken & Dumplings, Carrots, Apple Cobbler, Fruit Drink.	1.95	\$15.10
BP09435	DINNER #5, 4 serving Chicken & Mashed Potatoes, Stuffing, Vanilla Pudding, Fruit Drink.	1.65	\$19.40
BP09426	DINNER #6, 4 serving Beef Stroganoff, Chicken Noodle Soup, Chocolate Pudding, Fruit Drink.	1.80	\$16.50
BP09427	▼DINNER #7, 4 serving Macaroni & Cheese, Peas & Carrots, Apple D'Lite, Fruit Drink.	1.75	\$14.55
BP09429	DINNER #9, 4 serving Chicken & Rice, Carrots, Vanilla Pudding, Fruit Drink.	1.70	\$13.55

★ Cooking Required.



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## 2010 Price List

### BACKPACKER'S PANTRY DESSERTS:

Stock #	Name of Product	Two Serving	
		Weight	Price
BP01664	ORGANIC BLUEBERRY D'LITE		\$4.80
BP02110	APPLESAUCE, 1.0 cup Apples, Sugar, Starch, Lemonade.	.25	\$3.40
BP02610	CHEESE CAKE, 1.25 cup Sugar, Baker's Cheese, Buttermilk, Cream, Milk, Starch, Shortening, Graham, Flour.	.45	\$4.80
BP02612	DARK CHOCOLATE CHEESE CAKE, 1.25 cup Dark Chocolate Cheesecake with Chocolate Cookie Crumbs.	.45	\$5.35
BP02615	APPLE D'LITE, 1.25 cup Apples, Sugar, Starch, Lemonade, Cinnamon.	.30	\$2.65
BP02622	TIRAMISU, 1.25 cup Vanilla Pudding, Carob Chips, Coffee, Vanilla, Sugar, Cocoa.	.40	\$3.60
BP02624	CHOCOLATE S'MORES, 1.25 cup Sugar, Chocolate Pudding, Marshmallows, Graham Cracker Crumbs.	.45	\$3.40
BP02625	★APPLE COBBLER, 1.5 cup Flour, Sugar, Apples, Shortening, Whey, Egg, Starch.	.45	\$3.40
BP02636	LEMON CREAM PIE, 1.25 cup Sugar, Baker's Cheese, Buttermilk, Starch, Shortening, Milk, Lemon Flavor, Flour, Graham.	.50	\$4.80
BP02639	BANANA CREAM PIE, 1.5 cup Vanilla Pudding, Bananas, Graham Crackers.	.50	\$4.40
BP02640	MOCHA MOUSSE PIE, 1.5 cup Sugar, Milk, Starch, Cocoa, Oil, Flour, Graham, Coffee.	.40	\$3.30
BP02650	STRAWBERRY CHEESECAKE, 1.25 cup Sugar, Baker's Cheese, Buttermilk, Cream, Graham Crackers, Strawberries.	.45	\$5.75
BP02655	PEACHES & CREAM PIE, 1.5 cup Sugar, Milk, Starch, Oil, Corn Syrup, Whey, Honey, Peaches.	.40	\$5.65

### BACKPACKER'S PANTRY DESSERTS:

Stock #	Name of Product	Four Serving	
		Weight	Price
BP04625	★APPLE COBBLER, 2.5 cup Flour, Sugar, Apples, Shortening, Whey, Egg, Starch.	.80	\$4.95

### BACKPACKER'S PANTRY FRUITS:

Stock #	Name of Product	Weight	Price
BP02135	STRAWBERRIES, 0.5 oz	.15	\$4.00
BP02136	PEACHES, 0.5 oz	.15	\$3.30

- ★ Cooking Required.
- ▼ Vegetarian Entrée.
- ◆ Cooking Required, BakePacker Recommended. (Page 12)

**Don't forget about the discount!**

### BACKPACKER'S PANTRY VEGETABLES:

Stock #	Name of Product	Two Serving	
		Weight	Price
BP02503	VEGETABLE MEDLEY, 1.0 cup Peas, Carrots, Corn.	.25	\$3.40
BP02513	SOUTHWESTERN CORN, 0.75 cup Corn, Chilies, Tomatoes, Onions.	.25	\$3.80
BP02518	POTATOES AU GRATIN, 2.0 cup Potatoes, Onions, Cheese, Whey, Sour Cream, Milk.	.35	\$3.10
BP02519	GARLIC HERB POTATOES, 2.25 cup Potatoes, Milk, Garlic, Bell Peppers, Parsley, Butter.	.35	\$2.85
BP02522	BACON & CHEDDAR POTATOES, 1.5 cup Mashed Potatoes, Cheese Sauce, Bacon Bits, Cheddar.	.35	\$3.70
BP02525	GREEN BEANS ALMONDINE, 1.0 cup Corn, Chilies, Tomatoes, Onions.	.20	\$4.80
BP02540	SICILIAN MIXED VEGETABLES, 0.75 cup Broccoli, Corn, Onions, Red Peppers, Tomatoes.	.20	\$3.30

### BACKPACKER'S PANTRY VEGETABLES:

Stock #	Name of Product	Four Serving	
		Weight	Price
BP04505	PEAS, 2.0 cup	.35	\$5.35
BP04510	CORN, 2.0 cup	.40	\$7.70
BP04515	★DICED POTATOES, 5.0 cup	.55	\$3.10
BP04525	GREEN BEANS ALMONDINE, 2.0 cup Green Beans, Onions, Almonds.	.25	\$7.70

### BACKPACKER'S PANTRY MISCELLANEOUS:

Stock #	Name of Product	Weight	Price
BP02206	NEAPOLITAN ICE CREAM, 0.75 oz Vanilla, Strawberry, & Chocolate Ice Cream.	.15	\$2.95
BP02207	ICE CREAM SANDWICH, 1.3 oz Vanilla Ice Cream, Chocolate Wafers.	.20	\$2.95
BP02208	MINT CHOCOLATE CHIP ICE CREAM, 0.75 oz Mint Chocolate Chip Ice Cream.	.15	\$2.95
BP02220	GORP, 3.0 oz Raisins, Peanuts, Chocolate Candies.	.35	\$2.85
BP04022	ORGANIC E.V. OLIVE OIL, 6-15ml packs	.15	\$4.70
BP04224	CHEDDAR CHEESE SPREAD, 4 - 1 oz / pk		\$5.85
BP04226	PEANUT BUTTER, 4 - 1 oz / pk	.55	\$3.80
BP04228	FRUIT JELLY, 4 - 1 oz / pk	.40	\$3.30
BP04229	JALAPENO CHEDDAR SPREAD, 4 - 1 oz / pk		\$5.85
BP04210	MOUNTAIN BREAD, 8 pilot biscuits Flour, Shortening, Whey.	.55	\$7.00
BP04227	SPICY SALSA, 1.0 cup Tomatoes, Onions, Chilies, Starch, Jalapeno Peppers, Garlic.	.30	\$3.50
BP04815	BEEF, 3.0 oz	.20	\$5.25
BP04820	CHICKEN, 3.0 oz	.20	\$5.75

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## ASSORTED SNACKS:

Stock #	Name of Product	Weight	Price
BP02206	NEAPOLITAN ICE CREAM, 0.75 oz Vanilla, Strawberry, & Chocolate Ice Cream.	.15	\$2.95
BP02207	ICE CREAM SANDWICH, 1.3 oz Vanilla Ice Cream, Chocolate Wafers.	.20	\$2.95
BP02208	MINT CHOCOLATE CHIP ICE CREAM, 0.75 oz	.15	\$2.95
BP02220	GORP, 3.0 oz Raisins, Peanuts, Chocolate Candies.	.35	\$2.85
BP04224	CHEDDAR CHEESE SPREAD, 4 - 1 oz / pk		\$5.85
BP04226	PEANUT BUTTER, 4 - 1 oz / pk	.55	\$3.80
BP04228	FRUIT JELLY, 4 - 1 oz / pk	.40	\$3.30
BP04229	JALAPENO CHEDDAR SPREAD, 4 - 1 oz / pk		\$5.85
RM20540	GORP, 2.5 oz Peanuts, Candy Coated Chocolates, Raisins.	.20	\$2.65

◆ **Cooking Required, BakePacker Recommended. (Page 12)**

**Don't forget about the discount!**

# 2010 Price List

## ASSORTED POWDERED INSTANT DRINKS:

Stock #	Name of Product	Weight	Price
BP04715	WHOLE MILK, 1.0 qt	.40	\$2.75
BY08803	HOT CHOCOLATE, 0.75 cup Sugar, Milk, Whey, Cocoa.	.10	\$.25
BY08825	HOT EGG NOG (Spiced Country Crème), 0.75 cup Sugar, Milk, Egg Yolks.	.10	\$.35
BY01047	HOT APPLE CIDER, 0.75 CUP Sugar, Apple Solids.	.05	\$.20
GA33675	GATORADE RIPTIDE RUSH, 1.0 qt	.15	\$.75
GA33679	GATORADE GLACIER FREEZE, 1.0 qt	.15	\$.75
GA33808	GATORADE FRUIT PUNCH, 1.0 qt	.15	\$.75
GA03928	GATORADE LEMON-LIME, 1.0 qt	.15	\$.75
GA03937	GATORADE ORANGE, 1.0 qt	.15	\$.75

## GOURMET RESERVES CANNED FREEZE DRIED FOODS:

Detailed information about all 16 of the Gourmet Reserves canned storage systems can be found at our web site: [www.LDPCampingFoods.com](http://www.LDPCampingFoods.com). All Gourmet Reserves orders are shipped from California, not Louisiana and there is a \$200. minimum. Gourmet Reserves does not allow discounts on their products. Since we can't give you discounts on Gourmet Reserves products, we'll do the next best thing. All Gourmet Reserves product purchases count towards the discount percentage on our other products, and we'll ship Gourmet Reserves products via UPS Ground free of charge. There isn't enough space in this catalog for the full listing of our Gourmet Reserves offerings. Please call us at 1-800-826-5767 and request our Gourmet Reserves Catalog or visit our website for all the details.

## BAKEPACKER COOK-POT ACCESSORY:

If you don't have a BakePacker, we recommend one highly. It isn't expensive, it's lightweight, and it works well. Baked goods on the trail are a real treat that you shouldn't do without. Adventure Foods (Pgs. 10-12) has a wide variety of products for the BakePacker. The Ultralight holds 2 servings and the Standard holds 4 servings. If you don't already own a pot that is the right size for the BakePacker, or if your pot is getting a bit old and shabby, please consider the two pots below. They're made of lightweight aluminum, non-stick Teflon coated on the inside, and have a beautiful enamel finish on the outside. To save money and weight, there are no handles on the pots, so you'll need a "Jaws" pot lifter to handle the hot pot.

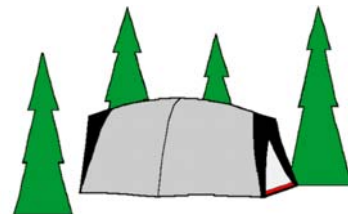
Stock #	Name of Product	Weight	Price
AF02100	ULTRALIGHT BAKEPACKER (for 6", 1.5 liter pot), 4 oz	.65	\$18.75
AF04100	STANDARD BAKEPACKER (for 7.5", 3 liter pot), 8 oz	.95	\$22.00
BP67130	EVOLUTION 1.5 LITER POT & LID, 9 oz	.65	\$16.50
BP67200	JAWS POT LIFTER, 2 oz	.25	\$8.70



BakePacker



Evolution Pot



# LDP Camping Foods

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## AQUAMIRA WATER TREATMENT:

Stock #	Name of Product	Weight	Price
MN41000	Aquamira, treats up to 30 gallons.	.30	\$11.95

If you are tired of pumping water through a water filter for what seems like an interminable amount of time in order to have a couple of gallons of safe water for camp, or if you don't like the taste of iodine or chlorine treated water, this is a product that is a real breakthrough. And it will cost you only about ten or twelve cents a quart!



Aquamira is a new E.P.A. registered water treatment designed for wilderness and adventure travelers, campers, emergency preparedness kits, and anyone concerned about the quality of drinking water. Aquamira is suitable for treating and improving the taste of water from rivers, lakes, streams, straight from the tap, and more! Aquamira is stabilized chlorine dioxide and contains no active chlorine or iodine. Chlorine dioxide is an extremely effective and safe water treatment currently used by hundreds of municipal water treatment plants worldwide. Aquamira's unique formula works quickly and efficiently by releasing oxygen in a highly active form to kill bacteria, viruses, and protozoa without unpleasant taste or odor! Aquamira is the first stabilized chlorine dioxide water treatment kit of its kind available in a consumer package. The Aquamira kit is an easy-to-use, two-part system containing two 1 oz. (30ml) bottles with dropper-tip applicators and mixing cap. Aquamira has a shelf life of four years. Once opened, the product will remain effective until the expiration date if stored properly. The kit treats up to 30 gallons of water. There is no active chlorine in Aquamira. Although chlorine dioxide has the word chlorine in its name, the two forms of chlorine have completely different chemical structures. The oxygen radically changes the molecule and creates completely different chemical behaviors and by-products. Just like the chlorine in sodium chloride (table salt) is safe and will not treat water, the chlorine in Aquamira is not the active ingredient. The oxygen is the active ingredient. Water treated as directed with Aquamira is safe to drink on a regular basis. Some chemicals, like iodine, chlorine and other halogens, create potentially harmful by-products. Aquamira parts A and B must be premixed in the small mixing cap before adding it to water. The mixture will turn yellow as the chlorine dioxide activates. Only then is Aquamira ready to be added to drinking water. Place 7 drops Part A, and 7 drops Part B in the mixing cap. Let the mixture react for 5 minutes, add to one quart of water, shake well, and wait for 15 minutes (30 if the water is very cold). The water is now ready to use. It will work in water temperatures from 32°F to 100°F.

## EASTON TENT STAKES:

These are the strongest, lightest aluminum tent stakes available anywhere. You'll be amazed at how light and strong they are.

Stock #	Name of Product	Weight	Price
EA34006	EASTON TENT STAKE 6", 0.35 oz	.05	\$2.00
EA34008	EASTON TENT STAKE 8.5", 0.45 oz	.05	\$2.15
EA34012	EASTON TENT STAKE 12", 0.7 oz	.05	\$2.65



## SNOW PEAK:

We believe that Snow Peak makes the very best stoves and lanterns available anywhere. Their new white gas stove is the only one that combines quiet operation, no preheating, a built in windscreen, and a fully adjustable flame into an extremely light stove. Their titanium canister stove is the lightest canister stove on the market. Their gas lantern is a tiny featherweight powerhouse of light. Snow Peak stoves and lanterns do cost a little more, but they do more. All in all, it's worth the price for that kind of quality.

Snow Peak does not allow discounts on their products. Since we can't give you discounts on Snow Peak products, we will do the next best thing. All Snow Peak product purchases count towards the discount percentage on our other products, and we will ship Snow Peak products via UPS Ground free of charge.

Detailed specifications for the stoves and lanterns can be found at our website: [www.LDPCampingFoods.com](http://www.LDPCampingFoods.com)

## SNOW PEAK STOVES:

Stock #	Name of Product	Weight	Price
SP10101	GIGAPOWER STOVE, MANUAL GS-100, 3.25 oz	.00	\$39.95
SP10102	GIGAPOWER STOVE, AUTO GS-100A, 3.75 oz	.00	\$49.95
SP10103	GIGAPOWER STOVE, TITANIUM, MANUAL GST-100, 2.5 oz	.00	\$64.95
SP10104	GIGAPOWER STOVE, TITANIUM, AUTO GST-100A, 3.0 oz	.00	\$74.95
SP10105	STOVE AUTO IGNITER GS, STAINLESS STEEL GP-004, 0.6 oz	.00	\$12.95
SP10106	STOVE AUTO IGNITER GS, TITANIUM GP-004T, 0.5 oz	.00	\$15.95
SP10107	GIGAPOWER STOVE WINDSCREEN GP-008, 2.0 oz	.00	\$8.95
SP10117	GIGAPOWER STOVE, WHITE GAS GS-010, 16 oz with fuel bottle.	.00	\$149.95
SP10121	GIGAPOWER BF STOVE, AUTO GS-300A, 11 oz	.00	\$79.95
SP10119	WHITE GAS STOVE MAINTENANCE KIT GPP-019, Wrench, Jet, Gasket, Screws, O-Rings, Ball, Spring, Grease, Rings, Cleaning Pad.	.00	\$16.95
SP10120	GIGAPOWER STOVE MAINTENANCE KIT GPP-016, Spindle Assembly, Wrench, O-Rings, Jet.	.00	\$12.95

## SNOW PEAK LANTERNS:

Stock #	Name of Product	Weight	Price
SP10108	GIGAPOWER LANTERN, MANUAL GL-100, 4 oz	.00	\$69.95
SP10109	GIGAPOWER LANTERN, AUTO GL-100A, 4.5 oz	.00	\$86.95
SP10110	SPARE MANTLES, 3 ea. GP-001	.00	\$6.95
SP10111	GLOBE GP-002	.00	\$14.45
SP10113	LANTERN AUTO IGNITER GL GP-005, 0.5 oz	.00	\$17.95
SP10114	METAL MESH GLOBE GP-007, 0.4 oz	.00	\$11.95
SP10118	LANTERN MAINTENANCE KIT GPP-017, Spindle Assembly, Wrench, O-Rings, Jet.	.00	\$13.95

## SNOW PEAK FUEL:

Stock #	Name of Product	Weight	Price
SP10115	GIGAPOWER FUEL 110 grams GP-110US	.00	\$2.95



Giga Power White Gas Stove



Giga Power Stove

# LDP Camping Foods

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## GOURMET RESERVES CANNED FREEZE DRIED FOODS:

All Gourmet Reserves orders are shipped from California, not Louisiana. There is a \$200 minimum, and you must treat the Gourmet Reserves order as a separate order.

Gourmet Reserves does not allow discounts on their products. Since we can't give you discounts on Gourmet Reserves products, we will do the next best thing. All Gourmet Reserves product purchases count towards the discount percentage on our other products, and we will ship Gourmet Reserves products via UPS Ground free of charge.

## GOURMET RESERVES: Entrees

Stock #	Name of Product	Weight	Price
GR99102	▼MACARONI/CHEESE W/VEGGIES, 13.33 cup, #10 can Pasta, Cheddar, Romano, Potato Starch, Parmesan, Peas, Corn, Onions.	3.25	\$32.45
GR99111	▼LEONARDO DA FETTUCCINE, 16 cup, #10 can Pasta, Romano, Sour Cream, Parmesan, Potato Starch, Whey, Onions, Broccoli, Tomatoes, Mushrooms, Milk.	3.10	\$27.45
GR99101	▼MOUNTAIN CHILI, 18 cup, #10 can Pinto Beans, TVP, Tomatoes, Corn Meal, Chili Powder, Corn, Red & Green Peppers, Onions, Mushrooms, Garlic.	3.45	\$27.45
GR99108	▼MUSHROOM PILAF, 18 cup, #10 can Couscous, Mushrooms, Carrots, Red & Green Peppers, Onions, Peas, Chicken Broth, Celery, Parsley, Carrots, Garlic.	3.70	\$27.45
GR99503	▼POTATOES & CHEDDAR, 27 cup, #10 can Potatoes, Cheddar, Potato Starch, Whey, Milk, Chives.	3.35	\$27.45
GR99112	▼SANTA FE BLACK BEANS & RICE, 18 cup, #10 can Rice, Black Beans, Brown Rice, Tomatoes, Corn, Carrots, Onions, Red & Green Peppers, Garlic, Jalapenos.	3.50	\$27.45
GR99104	▼SPAGHETTI MARINARA, 18 cup, #10 can Pasta, Tomatoes, TVP, Mushrooms, Honey, Onions, Garlic.	3.10	\$27.45
GR99204	▼TUNA W/NOODLES & CHEESE, 18 cup, #10 can Pasta, Cheddar, Tuna, Peas, Sunflower Seeds, Miso, Potato Starch, Whey, Onions, Milk, Garlic, Green Onions.	3.10	\$32.50
GR99202	SHRIMP ALFREDO, 18 cup, #10 can Pasta, Romano, Sour Cream, Whey, Shrimp, Parmesan, Potato Starch, Tomatoes, Milk.	3.10	\$34.15
GR99201	SHRIMP NEWBURG, 18 cup, #10 can Pasta, Cheddar, Whey, Potato Starch, Carrots, Shrimp, Peas, Milk, Red & Green Peppers.	3.30	\$32.95
GR99307	CHICKEN PRIMAVERA, 18 cup, #10 can Pasta, Chicken, Onions, Celery, Spinach, Parsley, Carrots, Garlic, Corn Peas, Whey, Red & Green Peppers.	2.90	\$33.30
GR99301	CHICKEN ROTELLE, 16 cup, #10 can Pasta, Sour Cream, Chicken, Parmesan, Potato Starch, Whey, Mushrooms, Tomatoes, Butter, Onions, Milk, Garlic, Green Onions.	3.30	\$36.65
GR99310	KUNG FU CHICKEN, 12.5 cup, #10 can Pasta, Starch, Chicken, Pineapple, Honey, Red Peppers, Peas, Onions, Snow Peas, Mushrooms.	3.25	\$35.95

▼ Vegetarian Entrée.

**There is a \$200 minimum on GR.**

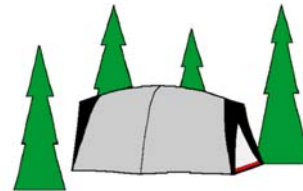
**Remember, free shipping on GR.**

## GOURMET RESERVES: Entrees (Continued)

Stock #	Name of Product	Weight	Price
GR99302	SIERRA CHICKEN, 16 cup, #10 can Pasta, Chicken, Tomatoes, Potato Starch, Mushrooms, Red Peppers, Whey, Corn, Onions, Milk, Garlic.	3.30	\$36.45
GR99309	CHICKEN GUMBO, 13.75 cup, #10 can Rice, Chicken Okra, Onions, Red & Green Peppers, Corn, Tomatoes, Potato Starch, Garlic, Green Onions.	2.85	\$36.65
GR99401	WILD TYME TURKEY, 15 cup, #10 can Barley, Brown Rice, Turkey, Sour Cream, Wheat, Sunflower Seeds, Wild Rice, Carrots Peas, Almonds, Parmesan, Potato Starch, Whey, Mushrooms, Butter, Onions, Milk, Garlic.	3.50	\$34.95
GR99403	TERIYAKI TURKEY, 16 cup, #10 can Pasta, Honey, Turkey, Veg. Starch, Whey, Miso, Milk, Mushrooms, Onions, Snow Peas, Garlic, Green Onions, Red & Green Peppers.	3.10	\$36.65
GR99404	BEEF ROTINI, 18 cup, #10 can Pasta, Beef, Tomatoes, Corn, Veg. Starch, Whey, Onions, Milk, Garlic, Mushrooms, Red Peppers.	3.50	\$34.80
GR99441	BEEF STROGANOFF, 15 cup, #10 can Pasta, Sour Cream, Beef, Potato Starch, Whey, Parmesan, Mushrooms, Tomatoes, Butter, Onions, Milk, Garlic, Green Onions.	3.10	\$34.95
GR99405	TAMALE PIE, 13.75 cup, #10 can Cornmeal, Beef, Cheddar, Brown Rice, Tomatoes, Onions, Corn, Pinto & Black Beans, Corn, Chili, Garlic, Cilantro.	3.30	\$40.30
GR99406	TEXAS BBQ CHICKEN W/BEANS, 16 cup, #10 can Tomatoes, Kidney & Pinto Beans, Grape Juice, Rice, Chicken, Onions, Molasses, Miso, Garlic.	3.70	\$40.15
GR99407	BLACK BART CHILI W/BEANS, 12 cup, #10 can Beef, Kidney & Black Beans, Tomatoes, Potato Starch, Red & Green Peppers, Onions, Jalapenos.	3.30	\$39.95

## GOURMET RESERVES: Vegetables

Stock #	Name of Product	Weight	Price
GR96460	BROCCOLI, CHOPPED, 10 cup, #2.5 can	.75	\$13.30
GR92104	CARROTS, DICED, DEHY., 21 cup, #10 can	3.05	\$27.50
GR92105	CORN, SWEET, 9.5 cup, #10 can	2.00	\$41.65
GR96223	CORN, SWEET, 3 cup, #2.5 can	.75	\$11.00
GR92153	GARDEN VEGETABLES, 16 cup, #10 can Carrots, Peas, Corn.	2.50	\$27.50
GR92155	ONIONS, CHOPED, DEHY., 20 cup, #10 can	2.90	\$20.15
GR92107	PEAS, 10.5 cup, #10 can	2.00	\$23.80
GR92401	POTATOES, DICED, PUFFED, 24 cup, #10 can	3.05	\$19.95
GR92146	POTATOES, MASHED, INST., 20 cup, #10 can	2.25	\$11.65
GR96229	POTATOES, MASHED, INST., 6.5 cup, #2.5 can	.90	\$7.50
GR92110	TOMATO POWDER, 45 cup, #10 can	4.85	\$38.30
GR96333	TOMATO POWDER, 18 cup, #2.5 can	1.75	\$13.30
GR92122	TOMATOES, FLAKES, DEHY., 20 cup, #10 can	2.25	\$25.65
GR92190	VEGETABLE MIX, 16 cup, #10 can Carrots, Peas, Onions, Celery, Red & Green Peppers.	2.50	\$25.65



# LDP Camping Foods

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2010 Price List

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## GOURMET RESERVES: Soups

Stock #	Name of Product	Weight	Price
GR99601	ALPINE MINISTRONE SOUP, 30 cup, #10 can Pasta, Pinto and White Beans, Tomatoes, Onions, Carrots, Cabbage, Potatoes, Chicken Broth, Celery, Spinach, Parsley, Garlic, Peas, Red and Green Peppers.	3.25	\$22.50
GR99706	CORN CHOWDER, 18 cup, #10 can Peas, Corn, Carrots, Onions.	2.50	\$25.65
GR99603	MULTI-BEAN SOUP, 30 cup, #10 can	3.25	\$19.95
GR99701	POTATO CHEDDAR SOUP, 30 cup, #10 can Potatoes, Cheddar, Potato Starch, Onions, Whey, Milk, Garlic, Red Peppers, Green Onions.	3.55	\$22.50
GR99704	SPLIT PEA SOUP, 18 cup, #10 can Peas, Onions, Carrots, Garlic.	2.50	\$16.65

## GOURMET RESERVES: Breakfasts / Desserts

Stock #	Name of Product	Weight	Price
GR99901	APPLE ALMOND CRISP, 30 cup, #10 can Granola, Dates, Apples, Almonds, Sunflower Seeds, Honey, Cinnamon.	4.15	\$25.65
GR90807	BLUEBERRY HONEY GRANOLA, 8 cup, #10 can Granola, Milk, Blueberries.	2.65	\$20.15
GR92196	5-GRAIN INST. HOT CEREAL, 25 cup, #10 can	4.10	\$21.65
GR90810	GRANOLA, 15 cup, #10 can	4.10	\$22.00
GR99908	RICE PUDDING, 9 cup, #10 can full pack Rice, Maple Syrup, Starch, Buttermilk, Eggs, Vanilla, Lemon Juice.	3.50	\$20.50

## GOURMET RESERVES: Miscellaneous

Stock #	Name of Product	Weight	Price
GR95283	EMERGEN-C by ALACER, 72 serv., #10 can	1.90	\$55.00
GR96449	GRAVY MIX, 12 cup, #2.5 can	1.50	\$8.30
GR71495	HONEY, 32 cup can	5.80	\$22.90
GR92112	MAPLE SYRUP GRANULES, 10.5 cup, #10 can	4.10	\$59.95
GR95281	SEA SALT, 7 lb., #10 can	8.30	\$13.30
GR96453	SEASONING BLEND, 14 oz, #2.5 can	1.35	\$11.00
GR96307	ALFALFA SPROUTING SEEDS, 22 oz, #2.5 can	1.80	\$19.95
GR95265	ALFALFA SPROUTING SEEDS, 80 oz, #10 can	5.80	\$51.70
GR71600	PLASTIC LID - #2.5 can	.05	\$.15
GR71595	PLASTIC LID - #10 can	.05	\$.20

★ Cooking Required.

There is a \$200 minimum on GR.



## GOURMET RESERVES: Beef / Poultry

Stock #	Name of Product	Weight	Price
GR92132	ALBACORE TUNA, COOKED, 11 cup, #10 can	2.00	\$68.20
GR96104	ALBACORE TUNA, COOKED, 3.5 cup, #2.5 can	.80	\$24.20
GR92109	BEEF, DICED, COOKED, 11 cup, #10 can	2.00	\$48.30
GR96100	BEEF, DICED, COOKED, 4 cup, #2.5 can	.85	\$19.95
GR92108	CHICKEN, DICED, COOKED, 11 cup, #10 can	2.00	\$62.30
GR96102	CHICKEN, DICED, COOKED, 4 cup, #2.5 can	.85	\$23.30
GR92156	TURKEY, DICED, COOKED, 11 cup, #10 can	2.00	\$55.00
GR96103	TURKEY, DICED, COOKED, 4 cup, #2.5 can	.85	\$19.80

## GOURMET RESERVES: Ready to Eat

Stock #	Name of Product	Weight	Price
GR93403	CHEESE SPREAD POUCHES, 25 ea., #10 can	3.25	\$41.65
GR96306	CHEESE SPREAD POUCHES, 9 ea., #2.5 can	1.40	\$16.65
GR93405	PEANUT BUTTER POUCHES, 25 ea., #10 can	3.25	\$36.65
GR96308	PEANUT BUTTER POUCHES, 9 ea., #2.5 can	1.40	\$14.15
GR91801	PILOT BREAD, 25 ea., #10 can	2.00	\$12.80

## GOURMET RESERVES: Dairy / Eggs

Stock #	Name of Product	Weight	Price
GR92111	CHEDDAR CHEESE POWDER, 18 cup, #10 can	3.30	\$56.65
GR96209	CHEDDAR CHEESE POWDER, 5 cup, #2.5 can	1.10	\$17.50
GR92992	MILK, INST., NONFAT, 40 cup, #10 can	3.05	\$24.95
GR96311	MILK, INST., NONFAT, 10 cup, #2.5 can	1.10	\$10.80
GR92183	PRECOOKED EGGS, 28 eggs, #10 can	1.85	\$53.30
GR92101★	SCRAMBLED EGG MIX, 88 eggs, #10 can	3.85	\$49.95
GR96205★	SCRAMBLED EGG MIX, 16 eggs, #2.5 can	1.00	\$12.50

## GOURMET RESERVES: Fruits

Stock #	Name of Product	Weight	Price
GR92130	APPLE FLAKES, 18 cup, #10 can	3.30	\$21.65
GR92187	APPLES, DICED, 12 cup, #10 can	2.50	\$26.65
GR96445	APPLES, DICED, 3.5 cup, #2.5 can	.90	\$9.95
GR96448	BANANAS, 5 oz, #2.5 can	.70	\$12.80
GR92133	BLUEBERRIES, WHOLE, 12 oz, #10 can	1.70	\$71.65
GR96450	BLUEBERRIES, WHOLE, 3 oz, #2.5 can	.65	\$19.95
GR92195	DATE PIECES, 12.5 cup, #10 can	4.60	\$20.15
GR96444	PEACHES, 1.25 oz, #2.5 can	.55	\$9.15
GR96442	PINEAPPLES, 3 oz, #2.5 can	.65	\$13.30
GR92134	STRAWBERRIES, WHOLE, 7 oz, #10 can	1.40	\$33.30
GR96447	STRAWBERRIES, WHOLE, 2 oz, #2.5 can	.55	\$12.50

Remember, free shipping on GR.

### GOURMET RESERVES: Beans / Grains

Stock #	Name of Product	Weight	Price
GR95302	BARLEY FLAKES, INSTANT, 19 cup, #10 can	3.05	\$9.15
GR92124	BLACK BEANS, DEHY., 18 cup, #10 can	3.30	\$18.30
GR95304	COUSCOUS, PRE-COOKED, 36 cup, #10 can	5.65	\$19.95
GR92152	LENTILS, DEHY., 16 cup, #10 can	3.05	\$20.15
GR92103	PASTA, INST., 23 cup, #10 can	2.50	\$18.30
GR92125	NAVY BEANS, SM. WHITE, DEHY., 18 cup, #10 can	3.05	\$21.95
GR95305	OATS, BABY FLAKES, INST., 18 cup, #10 can	3.30	\$9.15
GR92106	PINTO BEANS, DEHY., 15.5 cup, #10 can	3.05	\$20.15
GR92126	RICE, BROWN, COOKED, 9.5 cup, #10 can	2.20	\$16.50
GR92161	RICE, WHITE, COOKED, 18 cup, #10 can	3.30	\$14.60
GR95306	SOY GRITS, DEFATTED, SMALL, 29 cup, #10 can	4.30	\$11.00
GR92301	TVP (Textured Vegetable Protein), 30 cup, #10 can	3.05	\$11.65
GR95307	WHEAT FLAKES, INST., 20 cup, #10 can	3.05	\$9.15

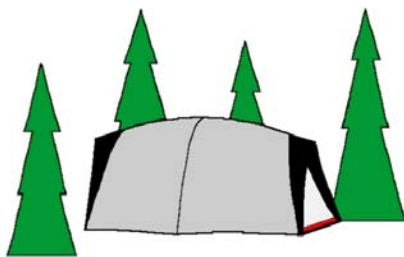
### GOURMET RESERVES: Peas / Beans / Grains

Stock #	Name of Product	Weight	Price
GR95100★	BARLEY, PEARL, 42.5 cup, #10 can	6.45	\$11.65
GR95134★	BEANS, GREAT NORTHERN, 32.5 cup, #10 can	6.05	\$16.65
GR95103★	CORNMEAL, 30 cup, #10 can	5.40	\$10.80
GR95137★	LENTILS, 33 cup, #10 can	6.20	\$17.95
GR95105★	OATS, ROLLED, REGULAR, 20 cup, #10 can	3.55	\$9.15
GR95141★	PINTO BEANS, 32.5 cup, #10 can	5.40	\$14.95
GR95142★	RED BEANS, 32.5 cup, #10 can	6.05	\$19.95
GR95112★	RICE, WHITE, LONG, 29.5 cup, #10 can	6.45	\$14.95
GR95135★	SPLIT PEAS, GREEN, 32.5 cup, #10 can	6.45	\$15.80
GR95115★	WHEAT, HARD, 29 cup, #10 can	6.15	\$12.50

★ Cooking Required.

**There is a \$200 minimum on GR.**

**Remember, free shipping on GR.**



Detailed information about all 16 of the Gourmet Reserves Modules and Emergency Preparedness Assortments can be found at our web site: [www.LDPCampingFoods.com](http://www.LDPCampingFoods.com).

### GOURMET RESERVES: Storage Systems

Stock #	Name of Product	Weight	Price
<b>SUPER PAK SYSTEM</b>			
GR94381	1 year for 2 people.	1252.00	\$6634.87
<b>GOURMET SUPREME SYSTEMS</b>			
GR94477	1 year for 1 person.	435.00	\$3965.00
GR94478	6 months for one person.	251.00	\$2213.35
GR94481	3 months for one person.	147.00	\$1189.10
GR94482	45 days for one person.	65.00	\$588.25
<b>VERSATILE SYSTEMS</b>			
GR94300	1 year for one person.	683.00	\$2491.65
GR94308	6 months for one person.	327.00	\$1375.00
GR94307	3 months for one person.	169.00	\$791.65
GR94313	1 month for one person.	65.00	\$375.00
<b>PRIMARY SYSTEMS</b>			
GR94310	1 year for one person.	596.00	\$1633.35
GR94315	3 months for one person.	161.00	\$541.65
GR94317	1 month for one person.	58.00	\$248.35

Detailed information about all of the Gourmet Reserves Modules and Emergency Preparedness Assortments can be found at our web site: [www.LDPCampingFoods.com](http://www.LDPCampingFoods.com).

### GOURMET RESERVES: Modules

Stock #	Name of Product	Weight	Price
GR96204	FRUIT MODULE	3.65	\$76.65
GR94102	BEEF / POULTRY MODULE	11.75	\$287.80

### GOURMET RESERVES: Emergency Preparedness Assortments

Stock #	Name of Product	Weight	Price
GR96510	3 DAY FOOD PACK	10.15	\$43.98

All Gourmet Reserves orders are shipped from California, not Louisiana. There is a \$200 minimum, and you must treat the Gourmet Reserves order as a separate order.

Gourmet Reserves does not allow discounts on their products. Since we can't give you discounts on Gourmet Reserves products, we will do the next best thing. All Gourmet Reserves product purchases count towards the discount percentage on our other products, and we will ship Gourmet Reserves products via UPS Ground free of charge.

# LDP Camping Foods

800-826-5767

2010

Frequent Buyer Discount example: If you had three \$50.00 purchases in the previous year, then \$150.00 will be added to your order when determining your current order's discount. This would mean that a current \$50.00 order would get a 20% discount instead of a 13% discount. The FBD is calculated and updated each time you place an order. You don't have to ask for the discount, we will automatically apply it for you.

UPS also offers one, two, and three-day services. Call, and we can let you know what the shipping charges are for any of the quicker delivery services. For standard ground service, using the zone number as the number of working days to deliver is a good way to estimate shipping time.

## UPS ZONE CHART

ZIP CODE PREFIXES	UPS ZONE	ZIP CODE PREFIXES	UPS ZONE	ZIP CODE PREFIXES	UPS ZONE	ZIP CODE PREFIXES	UPS ZONE	ZIP CODE PREFIXES	UPS ZONE	ZIP CODE PREFIXES	UPS ZONE
004-005	6	200-214	6	350-364	4	546-547	5	660-666	5	792-797	4
010-013	6	215	5	365-366	3	548	6	667-668	4	798-799	5
014	7	216-223	6	367-368	4	549-555	5	669	5	800-813	5
015-016	6	224-232	5	369	3	556-558	6	670-673	4	814-832	6
017-026	7	233-237	6	370-375	4	559-561	5	674-693	5	833	7
027-029	6	238-253	5	376	5	562-567	6	700-709	2	834	6
030-033	7	254	6	377-386	4	570-571	5	710-712	3	835-838	7
034	6	255-288	5	387	3	572	6	713-714	2	840-865	6
035	7	289	4	388	4	573	5	716-722	3	870-872	5
036	6	290-299	5	389-395	3	574-591	6	723-738	4	873-874	6
037-050	7	300-307	4	396	2	592	7	739	5	875-885	5
051-054	6	308-309	5	397	3	593	6	740-749	4	889-893	6
055-056	7	310-312	4	399	4	594-599	7	750-758	3	894-898	7
057	6	313-314	5	400-418	5	600-619	5	759	2	900-954	7
058-059	7	315-319	4	420-424	4	620-622	4	760-764	4	955	8
060-089	6	320-322	5	425-475	5	623-627	5	765-767	3	956-959	7
100-128	6	323-324	4	476-477	4	628-633	4	768-769	4	960	8
129	7	325	3	478-495	5	634-635	5	770-775	3	961	7
130-149	6	326	4	496-499	6	636-639	4	776-777	2	970-977	8
150-156	5	327-336	5	500-540	5	640-646	5	778-779	3	978-979	7
157-159	6	337	4	541-543	6	647-648	4	780-788	4	980-987	8
160-162	5	338-339	5	544	5	649	5	789	3	988-989	8
163-199	6	341-349	5	545	6	650-658	4	790-791	5	990-994	7

## UPS RATE CHART

(These prices do not include the fuel surcharge, usually around 3 to 5%.)

NOT OVER	Z-2	Z-3	Z-4	Z-5	Z-6	Z-7	Z-8	NOT OVER	Z-2	Z-3	Z-4	Z-5	Z-6	Z-7	Z-8
1 lb.	\$7.90	\$8.02	\$8.19	\$8.42	\$8.73	\$8.84	\$8.99	26 lb.	\$12.87	\$14.45	\$15.30	\$17.56	\$21.79	\$25.49	\$29.98
2	\$7.95	\$8.29	\$8.87	\$8.98	\$9.45	\$9.63	\$10.04	27	\$13.11	\$14.72	\$15.67	\$18.02	\$22.45	\$26.20	\$30.92
3	\$8.01	\$8.56	\$9.19	\$9.41	\$9.92	\$10.18	\$10.88	28	\$13.34	\$15.01	\$16.08	\$18.50	\$23.10	\$26.93	\$31.89
4	\$8.15	\$8.78	\$9.57	\$9.87	\$10.35	\$10.23	\$11.42	29	\$13.58	\$15.30	\$16.48	\$18.97	\$23.76	\$27.74	\$32.86
5	\$8.55	\$8.88	\$9.91	\$10.22	\$10.72	\$11.06	\$11.96	30	\$13.85	\$15.62	\$16.90	\$19.45	\$24.45	\$28.58	\$33.83
6	\$8.64	\$9.15	\$10.03	\$10.45	\$10.99	\$11.41	\$12.29	31	\$14.07	\$15.89	\$17.28	\$19.91	\$25.07	\$29.36	\$34.78
7	\$8.99	\$9.36	\$10.22	\$10.73	\$11.30	\$11.75	\$12.73	32	\$14.18	\$16.17	\$17.67	\$20.40	\$25.72	\$30.13	\$35.75
8	\$9.25	\$9.59	\$10.42	\$10.92	\$11.60	\$12.19	\$13.43	33	\$14.40	\$16.48	\$18.06	\$20.90	\$26.33	\$30.93	\$36.69
9	\$9.45	\$9.79	\$10.58	\$11.14	\$11.83	\$12.72	\$14.13	34	\$14.62	\$16.79	\$18.44	\$21.37	\$26.97	\$31.73	\$37.64
10	\$9.69	\$9.84	\$10.79	\$11.38	\$12.22	\$13.45	\$14.93	35	\$14.84	\$17.12	\$18.83	\$21.84	\$27.61	\$32.52	\$38.60
11	\$9.94	\$10.19	\$10.94	\$11.61	\$12.64	\$14.23	\$15.82	36	\$15.05	\$17.39	\$19.18	\$22.32	\$28.23	\$33.30	\$39.54
12	\$10.15	\$10.45	\$11.12	\$11.85	\$13.10	\$15.01	\$16.79	37	\$15.28	\$17.71	\$19.56	\$22.80	\$28.81	\$34.09	\$40.47
13	\$10.41	\$10.71	\$11.27	\$12.07	\$13.61	\$15.81	\$17.75	38	\$15.48	\$18.00	\$19.94	\$23.29	\$29.40	\$34.88	\$41.38
14	\$10.57	\$10.96	\$11.45	\$12.29	\$14.23	\$16.58	\$18.72	39	\$15.66	\$18.29	\$20.33	\$23.75	\$29.98	\$35.65	\$42.27
15	\$10.77	\$11.23	\$11.61	\$12.51	\$14.85	\$17.37	\$19.67	40	\$15.86	\$18.64	\$20.71	\$24.23	\$30.58	\$36.45	\$43.17
16	\$10.83	\$11.39	\$11.75	\$12.72	\$15.32	\$18.01	\$20.44	41	\$16.05	\$18.91	\$21.07	\$24.72	\$31.16	\$37.23	\$44.06
17	\$10.95	\$11.69	\$12.03	\$13.14	\$15.97	\$18.77	\$21.38	42	\$16.25	\$19.21	\$21.44	\$25.19	\$31.71	\$38.03	\$44.96
18	\$11.10	\$11.99	\$12.34	\$13.68	\$16.62	\$19.51	\$22.33	43	\$16.44	\$19.51	\$21.82	\$25.68	\$32.27	\$38.80	\$45.86
19	\$11.30	\$12.30	\$12.72	\$14.19	\$17.25	\$20.25	\$23.30	44	\$16.63	\$19.79	\$22.14	\$26.15	\$32.79	\$39.57	\$46.76
20	\$11.49	\$12.62	\$13.07	\$14.73	\$17.90	\$21.01	\$24.27	45	\$16.78	\$20.10	\$22.50	\$26.64	\$33.32	\$40.35	\$47.66
21	\$11.70	\$12.95	\$13.41	\$15.24	\$18.54	\$21.75	\$25.22	46	\$16.93	\$20.39	\$22.80	\$27.07	\$33.79	\$41.03	\$48.49
22	\$11.91	\$13.26	\$13.80	\$15.73	\$19.18	\$22.50	\$26.16	47	\$17.05	\$20.64	\$23.13	\$27.51	\$34.24	\$41.73	\$49.32
23	\$12.15	\$13.57	\$14.16	\$16.21	\$19.82	\$23.23	\$27.12	48	\$16.58	\$20.90	\$23.44	\$27.95	\$34.70	\$42.42	\$50.09
24	\$12.37	\$13.85	\$14.55	\$16.66	\$20.47	\$24.00	\$28.08	49	\$17.33	\$21.13	\$23.75	\$28.38	\$35.13	\$43.07	\$50.77
25	\$12.60	\$14.16	\$14.93	\$17.09	\$21.11	\$24.77	\$29.04	50	\$17.47	\$21.34	\$24.03	\$28.77	\$35.55	\$43.73	\$51.44

For a 90lb order use 50lb and 40lb to calculate UPS shipping cost. Freeze dried food is so lightweight that we run into size restrictions over 50lbs.



