



# OVERLANDING MEAL PLAN

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## PLANNING MEALS FOR AN OVERLANDING TRIP

Overlanding trips offer a unique blend of adventure and self-sufficiency. As you plan your journey into the great outdoors with your family, meal preparation becomes a crucial aspect of your adventure. Unlike traditional camping where you might have access to electricity or nearby amenities, overlanding often takes you off the beaten path, where resources can be limited. Here are some considerations and tips for planning meals for a week-long overlanding trip for a family of four:

- 1. Plan Ahead of Time:** Prepare your meal plan before you leave home and pack accordingly. Remember, the more prep work you do at home, the less you need to do when on holiday. Mark everything for the intended meal with a permanent marker and pack the freezer from the last day to the first day, bottom to top.
- 2. Easy Preparation:** Opt for recipes that are simple to prepare, either over a campfire or on a gas stove. Efficiency is key when you're on the move. We prefer meals with common ingredients, and it's helpful to reuse leftovers strategically.
- 3. Practical Ingredients:** Choose ingredients that are easy to pack and have a longer shelf life. Canned goods, dry ingredients, and vacuum-sealed items are excellent options for overlanding trips. Also, keep it simple. If a dish requires more than 5 or 6 ingredients, it's best to cook it at home.
- 4. Lunch On-the-Go:** Plan for easy-to-eat lunches that can be enjoyed while driving or during a quick break. Sandwiches, wraps, and snack packs are convenient options. This is where leftovers from the night before come in handy!

Remember to pack plenty of snacks, drinks, and water for the journey. With careful planning and preparation, your overlanding trip will be filled with delicious meals and unforgettable experiences for the whole family.

## SAMPLE OVERLANDING MEAL PLAN FOR A WEEK.

Please note that if you require exact measurements and weights, you are an amateur, and we can't be friends... Jokes aside, the ingredients below should be viewed as a guideline, and you should obviously apply yourself to figure out what will work for your family.

I have 3 teenage sons, so my perception of how much food feeds 4 might be entirely skewed!

Also note, we have no affiliation with Checkers; it was simply easiest to find everything on their website.

### **Breakfasts throughout the trip:**

- Rusks and coffee
- Cereal with powdered milk
- Instant oatmeal
- Leftovers from the night before





## LUNCH DAY 1 : HAM AND CHEESE WRAPS WITH MAYO AND SUNDRIED TOMATOES.

### PREPARATION:

#### (DO IT AT BREAKFAST)

- Cut 4 to 6 slices of ham into strips.
- Cut 100 g sun-dried tomatoes into strips.
- Lay in a wrap with mayonnaise.
- Add sliced or grated cheese and fold. Our favorite is Emmental cheese.
- Optional extras include lettuce, chili, fresh tomato, or just about anything else.
- Wrap in cling film and pack it for eating on the go later.

### INGREDIENTS:

- 4 wraps (Say Sweet Lebanese Tasty Wraps 284 g)
- 250 g ham (Feinschmecker Hickory Ham per kg)
- 100 g sun-dried tomatoes (Sliced Sun-Dried Tomatoes Bag 100 g)
- 4 tablespoons mayo (Nola Squeeze Original Mayonnaise 500 g)
- 150 g cheese (Emborg Sliced Emmental Cheese Slices 150 g)

### SNACKS:

- Trail mix (nuts, dried fruits, chocolate chips)
- Fresh fruit (apples, bananas)



## DINNER DAY 1: BILTONG T-BONES, GARLIC BREAD WITH BROCCOLI AND BACON SALAD.

### PREPARATION:

#### STEAK

- Marinate T-bone steaks in Safari biltong spice, at least 2 hours before grilling.
- You can also spice, vacuum pack and freeze them before the trip.
- Grill on a hot fire to get a nice crust on the outside. If the T-bones are cut thick, you can stand them up on the bone to get heat into the middle part.
- Note: steak should be eaten medium rare. Full stop. Pair on the fire with some garlic bread

#### SALAD

- The preparation for this salad can be done before the trip and the salad can be frozen, but the broccoli should be blanched before freezing.
- Cut raw broccoli in florets.
- Add a diced red onion, fried bacon bits and grated cheddar cheese.
- Add a dressing of apple cider vinegar, mayonnaise, honey, salt and pepper.
- Add a topping of roasted nuts before serving.

### INGREDIENTS FOR THE BRAAI:

- 1.5 kg T-bones Beef T-Bone Steak Per kg
- 100g biltong spice Crown National Safari Biltong Seasoning 1kg
- 1 x garlic bread Garlic Bread

## INGREDIENTS FOR THE SALAD:

- 2 x heads broccoli Broccoli Pack
- 1 x onion Red Onions Bag 1 kg
- 100g crushed and roasted nuts of your choice.  
Padkos Honey Roasted Almond Nuts 100g
- 1 x cup grated cheese Crystal Valley Cheddar Cheese 750g

## INGREDIENTS FOR THE DRESSING:

- A splash vinegar Simple Truth Organic Apple Cider Vinegar 500ml
- 3 x tablespoons mayo Nola Squeeze Original Mayonnaise 500g
- 200g bacon Farmer's Deli Diced Bacon 200g
- A sprinkle of brown sugar Hulett's SunSweet Brown Sugar 500g
- Salt & pepper

## DESSERT:

Chocolates of your choice





## LUNCH DAY 2: DORITOS NACHOS.

### PREPARATION:

- Cook beef mince
- Add a can of baked beans
- Grate 1 cup cheddar cheese
- Optional toppings: Diced tomatoes, sweet corn, sliced jalapeños, guacamole, sour cream, and salsa
- Each person opens a packet a their Doritos and add all the ingredients on top

### INGREDIENTS:

- Small bags of Dorito chips
- 300- 500g beef mince
- 1 can of baked beans
- 1 jar of queso
- Toppings of choice



## **DINNER DAY 2: GRILLED CHICKEN AND VEGETABLE SOSATIES WITH MASHED POTATOES.**

### **PREPARATION:**

- ◆ In the morning, or ideally before the trip, skewer deboned chicken thighs with mushrooms, sundried tomatoes and green pepper. Remove the stalks from the mushrooms to make skewering them easier. Marinade with garlic, olive oil, rosemary and spices. Vacuum seal for storage. To cook, braai over medium hot fire. Chicken should be cooked well-done, but not dry.
- ◆ Cook and mash potatoes (either before the trip or on the day). Add butter, garlic salt and German mustard.

### **INGREDIENTS:**

- ◆ 1.5 kg deboned chicken thighs
- ◆ 100g sliced sundried tomato
- ◆ 250g de-stalked mushrooms
- ◆ 1 x green pepper Green PeA sprinkle of
- ◆ olive oil
- ◆ A sprinkle of rosemary Robertsons Dried Rosemary 23g
- ◆ 1 x tablespoon crushed garlic Quali Fresh Crushed Garlic 125g
- ◆ Salt & pepper or braai-salt to taste

## INGREDIENTS FOR THE MASH:

- 4-6 large potatoes
- A dollop butter.
- A good sprinkle of garlic salt Robertsons Garlic Salt 99g
- A tablespoon or two mustard Kühne German Mustard 255g
- Salt & pepper to taste

## DESSERT:

- Dessert: Braai marshmallows
- King Candy Flamin' Braai Marshmallows Bag 400g





### LUNCH DAY 3: BOVRIL MAC AND CHEESE.

## PREPARATION:

- Cook macaroni in boiling salted water according to packet instructions.
- Drain the pasta. Add the Bovril, camembert cheese and butter and mix evenly until melted. Serve with parmesan cheese.

## INGREDIENTS:

- 500g macaroni Toscana Macaroni Pasta 500g
- 2 tablespoons Bovril Bovril Meat & Vegetable Extract Spread 250g
- 1 wheel camembert cut into cubes Fairview Camembert Cheese 125g
- 2 tablespoons butter
- A sprinkle parmesan cheese Mezé Foods Grated Parmesan Cheese 150g

## SNACKS:

Dried fruits (mango, banana, apples)



### **DINNER DAY 3: BOEREWORS WITH KRUMMELPAP AND SHEBA.**

## **PREPARATION:**

- For the krummelpap, bring 1 litre salted water to the boil. Pour 500g braaipap into the middle of the pot. Lower the heat and steam for 30min. Then stir with a fork occasionally while cooking for another 30min to an hour. Add a dollop of butter halfway through the cook.
- For the Sheba, fry a finely chopped red onion until soft and brown. Add a can of peeled tomatoes, garlic salt, chutney and a splash of apple cider vinegar.
- The boerewors should be braaied on a very hot fire like you would steak. Boerewors should be eaten medium. I'm watching you!
- Make sure to braai enough boerewors for lunch for the following day.
- Add a Greek side salad if it would make you happy.

## **INGREDIENTS FOR THE PAP:**

- 500g braaipap Premier Coarse Super Maize Meal Braaipap 2.5kg
- A dollop butter.
- Salt

## INGREDIENTS FOR THE SHEBA:

- Butter for frying the onions.
- 2 red onions Red Onions Bag 1kg
- 2 cans peeled tomatoes Rhodes Chopped & Peeled Tomatoes 410g
- 6 heaped tablespoons chutney Mrs. Balls Jalapeno Chutney 470g
- A good sprinkle of garlic salt Robertsons Garlic Salt 99g
- A splash apple cider vinegar Simple Truth Organic Apple Cider Vinegar 500ml

## DESSERT:

- Steamed apples with cinnamon.
- Peel those apples the kids didn't eat on day 1 and 2. Cover them in way too much sugar and wrap in tinfoil. Bake them in the coals until they feel very soft. Serve with a sprinkle of cinnamon. Add ice-cream for bonus points.





## LUNCH DAY 4: BOERIES.

### PREPARATION:

Hopefully any leftover krummelpap was eaten with milk, butter and sugar at breakfast.

Use the leftover boerewors and Sheba to make boeries (boerewors rolls). Add mayonnaise and chilli sauce if you like.

### SNACKS:

Granadilla sherbet

Gatti Ice Cream Granadilla Flavoured Fruit Sherbet Ice Lollies 6 x 70ml





## **DINNER DAY 4: LAMB (OR PORK) CHOPS, WITH CREAMED SPINACH AND SWEETCORN RIBS.**

### **PREPARATION:**

- For the chops, marinade them at least two hours before cooking, or even better ,marinade them before the trip and vacuum pack. The chops should be cooked medium. Braai loin, rib or shoulder chops for tonight as well as leg chops for to morrow night's bunny chow.
- For the chop marinade, fry finely chopped onions and garlic in olive oil. Once soft and brown, add Worcestershire sauce and rosemary and boil for 5min. Let it cool in the fridge before marinating the meat.
- For the creamed spinach, we sommer buy it ready-made at the shop, since spinach doesn't keep fresh long and you need a big pot to make it yourself.
- For the sweetcorn ribs. Cut the raw sweetcorn in quarters lengthwise. Mix the spices with melted butter and baste them while braaiing until slightly burned.

### **INGREDIENTS FOR THE CHOPS:**

- 1.5kg rib, loin or shoulder chops Bulk Lamb Rib & Loin Chops Per kg
- 1kg leg chops (for tomorrow night) Simple Truth Natural Best End Lamb Chops Per kg
- Olive oil for frying the onions
- 2 x red onions Red Onions Bag 1kg
- 2 x tablespoons crushed garlic Quali Fresh Crushed Garlic 125g
- 250ml Worcestershire sauce Maggi Lazenby Original Worcester Sauce 250ml
- Salt & pepper to taste

## INGREDIENTS FOR THE CREAMED SPINACH:

- ♦ 800g creamed spinach McCain Frozen Creamed Spinach 400g
- ♦ To spice it up sprinkle with cinnamon/nutmeg/parmesan

## INGREDIENTS FOR THE SWEETCORN RIBS:

- ♦ 4 x sweetcorn on the cob Sweetcorn 4 Pack
- ♦ A big dollop butter
- ♦ A good sprinkle smoked paprika Robertsons Paprika Spice Refill 55g
- ♦ A good sprinkle garlic salt Robertsons Garlic Salt 99g
- ♦ Pepper to taste

## DESSERT:

Chocolates of your choice





## LUNCH DAY 5: GOURMET TUNA MAYO PITAS

### PREPARATION:

Mix all the ingredients together and fill the pitas.  
Optional extra, add fresh tomato.

### INGREDIENTS:

- 3 or 4 cans tuna Lucky Star Light Meat Shredded Tuna In Water 170g
- 1 heaped tablespoons mayo for each tuna can Nola Squeeze Original Mayonnaise 500g
- 1 heaped tablespoons chutney for each tuna can Mrs. Balls Jalapeno Chutney 470g
- Finely chopped red onion to taste Red Onions Bag 1kg
- A good sprinkle garlic salt Robertsons Garlic Salt 99g
- 1 tablespoon apple cider vinegar Simple Truth Organic Apple Cider Vinegar 500ml
- Pepper to taste
- 6 x Pitass Mezé Foods Pita Pocket 6 Pack

### SNACKS:

Potato chips



## DINNER DAY 5: ROOSTERKOEK BUNNY CHOW AND GRILLED PINEAPPLE

### PREPARATION:

- Cut the leg chops you braaied last night into big chunks. Finely chop 2 onions. Also cut potatoes and carrots into small cubes (I like it in 1x1 cm cubes so it cooks faster). Alternatively use frozen veggies. Fry onions and vegetables in butter until soft and brown. Add curry powder, garlic, salt & pepper and fry for a minute or two. Add a can peeled tomatoes and the meat. Add a little water or wine if necessary. Let it simmer for 30 minutes.
- For the roosterkoek, mix the focaccia dough as per the packet instructions. Divide it into 4 dough balls as per each person's appetite. Rub each ball with butter and cover with cling film for about 30 minutes or until it has doubled in size. When braaiing the roosterkoek it's important that they are all equal in thickness so they cook at the same rate, or start with the bigger ones earlier. Braai the roosterkoek over a medium-cold fire for at least 30 minutes turning them frequently. You can loosely place tin foil over the top to speed up the cooking time.
- To assemble your bunny, cut the top off the roosterkoek and spoon the curry on top. For the grilled pineapple, slice a pineapple in wedges. Sprinkle with smoked paprika, brown sugar, salt & pepper and braai until well caramelized on the outside. If you want, add chopped onions, tomatoes and cucumber on the side drizzled with balsamic vinegar.

## INGREDIENTS FOR THE CURRY:

- The leftover chops from last night.
- A dollop butter.
- 2 x red onions Red Onions Bag 1kg
- 1kg frozen mixed vegetables McCain Frozen Mixed Vegetables 1kg
- 2 x tablespoons crushed garlic Quali Fresh Crushed Garlic 125g
- 2 x heaped tablespoons curry (to taste) Rajah Flavourful & Mild Curry Powder 50g
- Salt & pepper to taste
- 1 can peeled tomatoes Rhodes Chopped & Peeled Tomatoes 410g

## INGREDIENTS FOR THE BREAD:

- 1kg Focaccia mix Eureka Mills Focaccia Bread Mix 1kg
- Warm water
- Some butter

## INGREDIENTS FOR THE BREAD:

- 1 fresh pineapple cut into wedges
- A good sprinkle smoked paprika Robertsons Paprika Spice Refill 55g
- A sprinkle with sugar, salt & pepper to taste

## DESSERT:

- Chocolates of your choice





## LUNCH DAY 6: CHEESE PLATTER

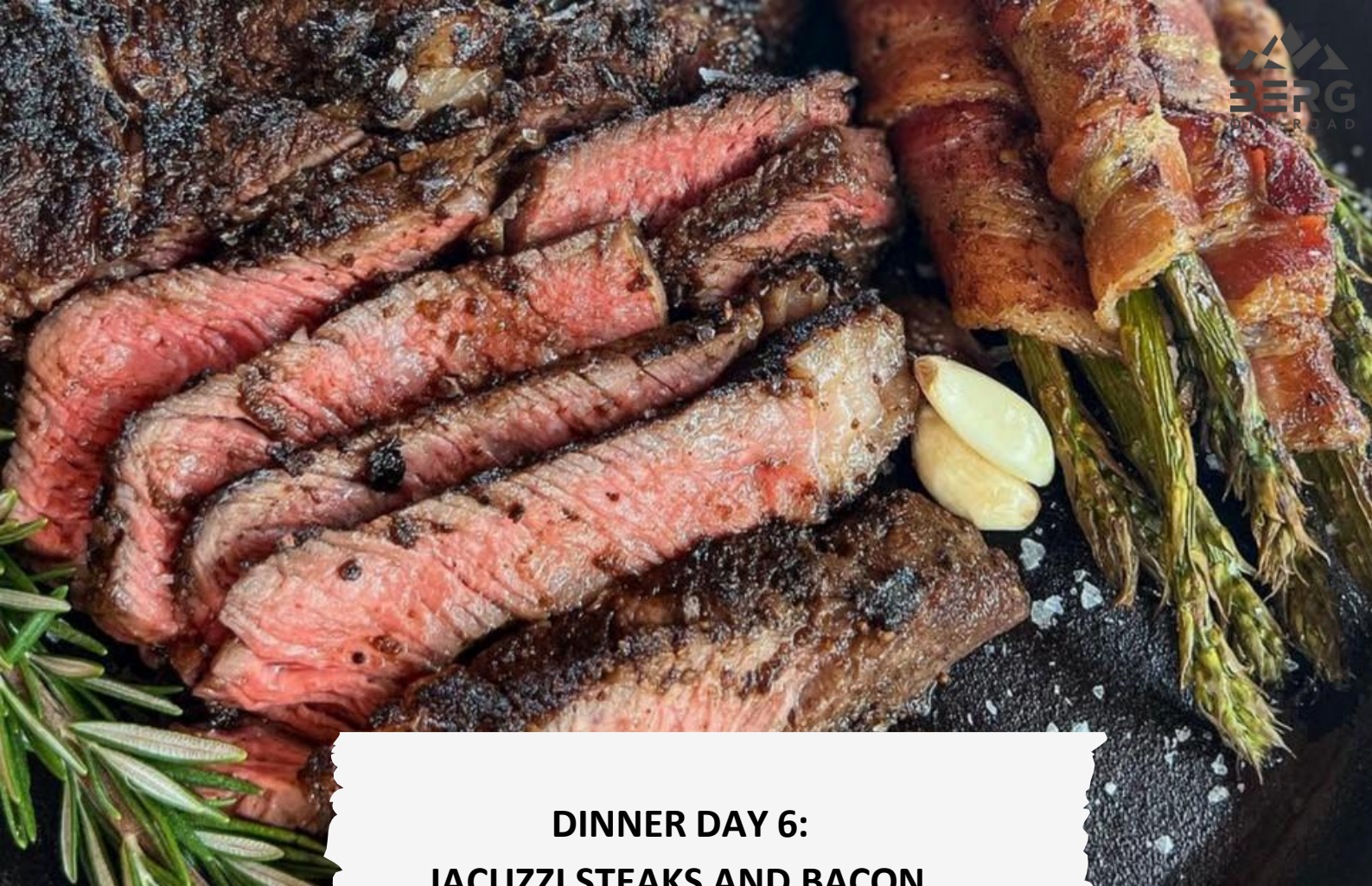
### PREPARATION:

A cheese platter towards the end of the trip is typically a good way to get rid of all the last leftovers. A cheese platter can be made up of just about anything, so pick all your favourite nibbles and spread them out on a board. As simple as that.

### SNACKS:

Potato chips





## DINNER DAY 6: JACUZZI STEAKS AND BACON WRAPPED ASPARAGUS.

### PREPARATION:

- What on Earth is a jacuzzi steak? I hear you ask. Well, let me explain. The French have a cooking technique called Sous Vide, which I simply call jacuzzi. It involves cooking vacuum-packed steaks in a temperature-controlled water bath to the required doneness and then quickly putting a sear on the outside. The result is the most succulent, juicy steak cooked to perfection. My favourite steak to jacuzzi is picanha, or rump point, but you can use any cut, as long as it's a big whole piece of meat. Now, the next question you're asking is "How the hell do you Sous Vide steaks in the middle of the bush?" Well, inside a cooler box. Since we are close to the end of the trip the cooler box is probably fairly empty. So, what you do is you empty out a cooler box, fill it with hot water, drop the steaks in and close the lid. Easy as that.
- But before throwing the steaks in the jacuzzi, you want to season the steaks well with salt and pepper and vacuum pack them, which is something you want to do before the trip, at home. Then freeze them. But before the jacuzzi they need to come up to room temperature, so they don't cool down the water too much. The water temperature you want to aim for is between 50 and 60 degrees Celsius, which is the temperature of very hot bath water. To make sure you don't overcook the steaks I recommend measuring the water temperature with a thermometer.

- For medium-rare steaks, you want closer to 50 degrees, and for medium, closer to 60 degrees. The quality of the cooler box also plays a role. A cooler box with poor insulation needs a higher starting temperature. The steaks need to sit in the jacuzzi for a minimum of 2 hours, but frankly, the longer the better. You also want to cook enough steak for tomorrow's steak sandwiches. Once you take them out of the jacuzzi, dry them with a paper towel and sear (scorch) on a very hot fire for just a few seconds per side.
- For the asparagus, simply wrap bundles of fresh asparagus with streaky bacon, secure with a toothpick, and braai until the bacon is crispy.

## INGREDIENTS FOR THE STEAK:

- 2.5kg whole picanha steak Steakhouse Classic Whole Picanha Steak Per kg
- Salt & pepper to taste, but don't be shy.

## INGREDIENTS FOR THE ASPARAGUS:

- 600g fresh asparagus Freshmark Asparagus 170g
- 250g streaky bacon. Farmstead Cured & Smokey Streaky Bacon 200g
- Optional extra, add feta cheese in-between the asparagus.

## DESSERT:

Banana chocolate brownies

Mix a packet of brownie pre-mix (for example Ina Paarman Chocolate Brownie Cake Mix) with ripe bananas and some butter until it's the consistency of thick honey. Divide into aluminium foil cake cups. Place on a cool fire and cover with large piece of foil or a braaibak. Bake for around 30min.

Remove from heat, uncover and allow to cool. Once cooled, remove from foil and serve with a dusting of powdered sugar.



A close-up photograph of a sandwich held in two hands. The sandwich is made with a golden-brown, sesame-seeded bun. It is filled with sliced red meat (steak), melted yellow cheese, and caramelised onions. A dark, glossy sauce is drizzled over the top. The background is blurred, showing more of the hands holding the sandwich.

## LUNCH DAY 7: STEAK AND CARMELISED ONION SANDWICHES

### PREPARATION:

- Slice the leftover jacuzzi steak into thin slivers and pair with cheddar cheese and caramelised onion on a bun. Depending on where you find yourself in the world, you should be able to buy fresh buns. I'm thinking pao in Mozambique, mahamri in Tanzania or vetkoek in Botswana.
- You can buy the caramelised onions or make your own by frying onions until soft, then adding some balsamic vinegar and sugar and cooking it until sticky.

### INGREDIENTS:

- Sliced steak from last night.
- Hamburger buns or any bread you can find.
- Caramelised onion [Forage And Feast Caramelised Onion Cheese Topper Jam 170g](#)
- Aged cheddar [Président Mature Cheddar Cheese 300g](#)
- Optional extra, mayonnaise.

You are probably arriving back home on day 7,  
so I suggest ordering takeaways on arrival for dinner!

# SHOPPING LIST:

## MEAT:

- Feinschmecker Hickory Ham Per kg (250g)
- Beef T-Bone Steak Per kg (1.5kg)
- Fresh Chicken Thighs Per KG (1.5kg)
- Bulk Lamb Rib & Loin Chops Per kg (1.5kg)
- Simple Truth Natural Best End Lamb Chops Per kg (1kg)
- Steakhouse Classic Whole Picanha Steak Per kg (2.5kg)
- Farmer's Deli Diced Bacon 200g
- Farmstead Cured & Smokey Streaky Bacon 200g
- Simply Chicken Original Smoked Viennas 500g
- Lucky Star Light Meat Shredded Tuna In Water 170g

## DIARY:

- Emborg Sliced Emmental Cheese Slices 150g
- Crystal Valley Cheddar Cheese 750g
- Parmalat Salted Butter 500g
- Fairview Camembert Cheese 125g
- Mezé Foods Grated Parmesan Cheese 150g

## FRUIT & VEG:

- Broccoli Pack
- Red Onions Bag 1kg (x 2)
- Portabellini Mushrooms 250g
- Green Pepper Duet Bag
- Baked Sundried Onions Bag 80g
- Sliced Sundried Tomatoes Bag 100g
- Sundried Tomatoes Bag 100g
- Quali Fresh Crushed Garlic 125g
- Mash & Bake Potatoes Bag 2kg
- 1 Pineapple
- Bananas
- Rhodes Chopped & Peeled Tomatoes 410g (x 4)
- McCain Frozen Creamed Spinach 400g S
- weetcorn 4 Pack
- McCain Frozen Mixed Vegetables 1kg
- Freshmark Asparagus 170g (x 3)
- Forage And Feast Caramelised Onion Cheese Topper Jam 170g

## STARCHES:

- ♦ Garlic Bread
- ♦ Say Sweet Lebanese Tasty Wraps 284g
- ♦ The Bakery White Hotdog Rolls 6 Pack (x 2)
- ♦ Toscana Macaroni Pasta 500g
- ♦ Premier Coarse Super Maize Meal Braaipap 2.5kg
- ♦ Mezé Foods Pita Pocket 6 Pack
- ♦ Eureka Mills Focaccia Bread Mix 1kg
- ♦ Ina Paarman Chocolate Brownie Cake Mix

## SAUCES & SPICES:

- ♦ Simple Truth Organic Apple Cider Vinegar 500ml
- ♦ ALL GOLD Tomato Sauce Bottle 500ml
- ♦ Mrs. Balls Jalapeno Chutney 470g
- ♦ Nola Squeeze Original Mayonnaise 500g
- ♦ Kühne German Mustard 255g
- ♦ Bovril Meat & Vegetable Extract Spread 250g
- ♦ Crown National Safari Biltong Seasoning 1kg
- ♦ Hulett's SunSweet Brown Sugar 500g
- ♦ Greenleaf Extra Virgin Olive Oil 500ml
- ♦ Robertsons Dried Rosemary 23g
- ♦ Robertsons Garlic Salt 99g
- ♦ Maggi Lazenby Original Worcester Sauce 250ml
- ♦ Robertsons Paprika Spice Refill 55g
- ♦ Rajah Flavourful & Mild Curry Powder 50g

## SNACKS & SWEETS:

- ♦ Padkos Honey Roasted Almond Nuts 100g
- ♦ King Candy Flamin' Braai Marshmallows Bag 400g
- ♦ Gatti Ice Cream Granadilla Flavoured Fruit Sherbet Ice Lollies 6 x 70m
- ♦ 1 Chocolates of your choice
- ♦ Potato chips of your choice
- ♦ Drinks