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The Appalachian Trail Food Planner: Second Edition: Recipes and Menus for a 2,000-Mile Hike PDF



by Lou Adsmond : **The Appalachian Trail Food Planner: Second Edition: Recipes and Menus for a 2,000-Mile Hike**

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Description :

PDF-08719 | Appalachian Trail long-distance hikers do not diet.

They need 4,000 or more calories a day, have to carry them all on their backs and still work all of them off and more! (Well, the guys tend to lose more weight than the women.) Lou Adsmond wanted to make it work for her husband and son and it did. Here are her schedules for "mail drops" of food, recipes for at-home advance cooking and directions ... *The Appalachian Trail Food Planner: Second Edition: Recipes and Menus for a 2,000-Mile Hike*

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