

Meal	Meal Items	Calories	Ounces	Calories/ Ounce	Fat (g)/ meal	Carbs (g)/ meal	Protein (g)/ meal
BREAKFAST (6 AM)	Bear Valley Pemmican mealpack	440	3.8	117	12	68	16
	Sunbelt granola bar: Choc Chip or Granola, both Fudge Dipped	205	1.4	142	11	26	2
Meal Totals		645	5.2	124	23	94	18
SNACK 1 (8:30 AM)	Trail Mix: 75% Sam's Choice Tropical Trail or Indulgent Trail + 25% Reese's Pieces	468	3.5	138	22	58	10
SNACK 2 (11:00 PM)	Sesame, Spelt, or Cheddar Sticks	525	3.5	150	32	57	11
SNACK 3 (1:30 PM)	Yogurt-covered raisins, salted soybeans, wasabi peas, Corn Nuts (one-fourth each)	496	4.0	124	17	68	19
SNACK 4 (4:00 PM)	Pringles	450	3.0	150	27	45	3
SNACK 4 (6:30 PM)	Energy bar: Balance, Clif, Lara	240	2.4	100	5	42	10
	Candy bar: Fastbreak, Twix, Snickers, etc.	267	2.0	133	12	38	3
Meal Totals		3,029	23.1	131	136	390	72
DINNER (9:15 PM)	Angel hair pasta w/ sauce mix and powdered milk	633	6.0	106	4	119	21
	Near East couscous	600	5.9	102	6	117	24
	Bear Creek soup: Navy Bean, Santa Fe Chipotle, or Tortilla	622	5.0	124	11	110	20
	Curry Lentil soup mix (5 oz; bulk item) + powdered buttermilk (1 oz)	496	4.0	124	17	68	19
	Idahoan instant potatoes (5 oz) + powdered buttermilk (1 oz)	648	6.0	108	3	20	3
Meal Totals (average of dinners)		600	5	113	8	87	17
DESERT (9:00 PM)	Whoppers	373	3.0	124	14	64	2
	Peanut Butter M&M's	485	3.0	162	30	46	8
	Peanut M&M's	445	3.0	148	22	53	8
	Hershey Nuggets	447	3.0	149	29	47	7
	Mini Peanut Butter Cups	457	3.0	152	28	50	9
Meal Totals (average of deserts)		441	3	147	25	52	7
DAY TOTALS		4,116	31.2	132	183 22%	536 66%	97 12%