

Meal	Meal Items	Calories	Ounces	Calories/ Ounce	Fat (g)/ serving	Carbs (g)/ serving	Protein (g)/ serving
BREAKFAST (7 AM)	Energy bar	240	2.20	109	6	42	5
	Energy bar	250	2.40	104	6	40	12
	Granola Bar	210	1.52	138	10	29	2
Meal Totals		700	6.12	114	22	111	19
SNACK 1 (9:30 AM)	Trail Mix (assorted)	483	3.50	138	25	53	11
SNACK 2 (12:00 PM)	Trail Mix (assorted)	483	3.50	138	25	53	11
SNACK 3 (2:30 PM)	Energy bar	210	1.76	119	6	23	14
	Candy bar	250	2.40	104	6	40	12
SNACK 4 (5:00 PM)	Salty snack (Pringles, corn nuts, oat sticks)	450	3.00	150	30	42	6
Meal Totals		3,036	24.21	125	130	391	87
ONE OF THESE DINNERS (7:00 PM)	Dehydrated beans & rice	800	8.00	100	8	152	32
	Angel hair pasta	730	7.30	100	7	142	29
	Couscous	600	5.80	103	6	117	24
	Mashed potatoes	550	5.00	110	19	142	24
DESERT	Dark chocolate	220	1.45	152	13	24	2
Meal Totals (average of dinners)		890	7.98	112	23	163	30
MID-NIGHT SNACK	Italian Dry Salame	220	2.00	110	9	1	6
Meal Totals		3,210	29.53	109	78	589	115
DAY TOTALS		4,626	38.31	121	175	665	136
					18%	68%	14%