

Sample Food List for 5 days and 4 nights

Days = **4.7**

Snack Food	Oz			Cal/oz	Total Cal	Lb total	Comments
	Qty	Unit	Oz tot				
Macadamia Nuts				203			
Cashews (or other nuts)	2	3.0	6.00	170	1020	0.38	
Almond Crunch (Ms May's)	1	3.0	3.00	176	528	0.19	Sweetend nuts
M&M's Almond				153			
Chocolate (dark)	2	2.0	4.00	160	640	0.25	Dessert or trail snack
Pro Bars	2	3.0	6.00	126	756	0.38	
Organic Vegan Food Bars	2	2.4	4.80	125	600	0.30	
Lara Bars		1.7		112			
Snakwell Cookies	3	1.7	5.10	123	627	0.32	Dessert or trail snack
Whole wheat fruit bars							
Homemade GORP		3.0		150			
Dried Apple/Prunes (other fruits)		3.0		79			
Dried Mango (un-sweetened)	2	3.0	6.00	87	522	0.38	
Dried Apricots (un-sweetened)		3.0		87			
Dried Dragon Fruit	2	2.0	4.00	113	452	0.25	
Peanut butter 2 oz serving	2	2.0	4.00	170	680	0.25	For sandwiches
Cheese (2.5 oz per sand)	3	2.5	7.50	120	900	0.47	For sandwiches & crackers
Bread 2 oz slices (whole grain)	2	2.0	4.00	90	360	0.25	For sandwiches (open face)
Crackers (whole grain, high in veg fat)	3	2.0	6.00	128	768	0.38	For eating with cheese & PB
Soy Jerkey (Stonewalls soybean.com)	2	1.5	3.00	107	321	0.19	
Primal Strips Vegan Jerky (moist)	1	1.0	1.00	108	108	0.06	
Sesame Honey Sticks	3	3.0	9.00	129	1161	0.56	
Jelly Bellies	1	2.0	2.00	93	186	0.13	
Tic-Tacs							Mindless trail munchies

Dinners & Breakfasts

	Qty	Unit	Oz tot	Cal/oz	Total Cal	Lb total	
Grape Nuts w dried fruit	2	4.0	8.00	105	840	0.50	
Super familia breakfasts	2	5.0	10.00	125	1250	0.63	
Nestle Nido Milk (1/3 cup dry measure)	4	1.3	5.00	140	700	0.31	1/3 cup added to each breakfast
Tea (loose leaf)	1	1.0	1.00	0	0	0.06	
Coffee (1.8oz per 28 oz pot)		1.8		0			
Mac & Cheese	1	3.4	3.41	138	471	0.21	Home made dinner
Dried Veggies (hot)	2	1.0	2.00	90	180	0.13	Added to dinners
Whole wheat cous cous dinner	1	3.9	3.85	90	347	0.24	Home made dinner
Cold Pasta Salad (Backpackers Pantry)	1	4.9	4.85	87	422	0.30	1/2 of a two person meal
Peanut butter 2 oz serving	1	2.0	2.00	170	340	0.13	Add to pasta salad for Pad Thai
Turky Stroganoff (Backpackers Pantry)	1	3.2	3.20	120	384	0.20	1/2 of a two person meal
Oil Packets	3	0.5	1.50	250	375	0.09	Add to dinners to increase calories
Dave's Insanity Sauce							Negligable weight
Nido (1/3 cup = 1.25 oz)	4	1.3	5.00	141	705	0.31	For mixing with hot chocolate
Hot Chocolate mix - 39 g = 4Tb	4	1.4	5.50	125	688	0.34	

Total pounds food **8.2**
 Lb per day **1.7**
 Calories/day **3475**
 Calories/oz **125**