

Number of Days (fill in to calc totals below)	7.0						
Foods by Quantity (dinner & breakfast)	Only enter Qty - leave Unit alone						
	Qty	Unit	Oz tot	Cal/oz	tot cal	lb	
Potato dinner for two		14.		120			4oz pot + 2-3 oz grated parm
x Chili Mac for two (my recipe)	2	5.5	11.0	120	1320	0.7	use 3 oz of cheddar
x Curry Cous Cous for one (my recipe)	4	5.5	22.0	130	2860	1.4	bring olive oil
Cheese for Chili Mac for one	2	3.0	6.0	115	690	0.4	
x Familia Breakfast (my recipe)	6	4.5	27.0	125	3375	1.7	muesli, wholefat powdered milk, soy protein
Olive oil to add to dinners	4	1.0	4.0	240	960	0.3	
x Coffee, Starbuck's VIA 4g packet	14	0.1	1.9		0	0.1	130-140 mg caffeine / pkt
Coffee (1.8-2.0oz per 28 oz pot)		2.0					
Tea - bag or loose leaf (2-3g per 6 fl-oz cup)		0.1					black bagged tea for AI
Foods by Quantity (snack)	Only enter Qty - leave Unit alone						1,800 cal/day snacks here down
	Qty	Unit	Oz tot	Cal/oz		lb	(~14 oz of snacks per full day)
Kind Bar		1.4		150			
Lara Bar (chocolate mint)		1.7		112			
Lara Bar (chocolate coconut)		1.8		133			
x Pro Bar Core Protein Bar	6	2.5	14.8	114	1683	0.9	
x Pro Bar Meal Bar	6	3.0	18.0	125	2250	1.1	32.76
Snickers Bar		2.0		135			
Snakwell Cookie Packet		1.7		123			
Tuna in olive oil 2.6 oz pkt (2.9 oz incl packet)		2.9		65			
Bread 3 oz per Sand (lunch serving)		3.0		85			
English muffin (whole wheat)		2.2		64			
Crackers, Dr Cracker Spelt (lunch serving)		1.5		125			
x Dry Salami	4	3.0	12.0	105	1260	0.8	
x Honey Sesame sticks (or could be Pringles)	6.0	3.0	18.0	150	2700	1.1	comb. w honey nuts to make 4oz bags
x Honey nuts	6.0	3.0	18.0	150	2700	1.1	
Cheese (3oz lunch serving)		3.0		115			in addition to cheese for dinners
TJ's tortillas		2.0		80			
<b>Mustard packets</b>							great for cheese and torilla wraps!
Almond Butter (2 oz serv, includes plastic jar)		2.2		155			
Turkey Jerkey (4 oz bag)		4.0		90			
Primal soy jerkey stick, moist		1.0		100			
Foods by Bulk (snack)	Only enter Oz field						
	Oz			Cal/oz		lb	
Protien powder to add to breakfast	0		0.0	110	0	0.0	2 scoops per oz
x Chocolate (dark)	17		17.0	153	2601	1.1	
Cocoa Nibs				150			
Honey nuts				140			
x Gorp (50% walnuts, 50% dried fruit - prob raisin)	18		18.0	140	2520	1.1	six 3oz bags for trip
Almonds, raw				165			lunch sub for almond butter
Walnuts, raw				185			
x Mango (dried, un-sweetened)	6		6.0	90	540	0.4	
Papaya (dried, un-sweetened)				100			
Apricots (dried, un-sweetened)	6		6.0	87	522	0.4	
Raisins (Thompson, TJs)				95			
Generic dried fruit				85			
Snack food subtotals			127.8		16776		18.3
Snack food cal/oz					131		2,397
<b>Totals</b>			199.7 oz		25981	12.5 lb	

Lb per day						<b>1.78</b>	
Calories/day			3,712				
Calories/oz			<b>130</b>				