

Menu for Current Trip

Tuesday, February 21, 2006

Lunch

Bread, bagel, plain
1 Servings 5.0 oz (142 gm), 340 Kcal
Jam, strawberry
1 Servings 0.5 oz (14 gm), 35 Kcal
Peanut butter, Skippy squeeze stix
2 Servings 1.8 oz (50 gm), 280 Kcal

Total for Meal: 7.3 oz, 655 Kcal

Snacks

Bar, Clif, Cranberry Apple Cherry
1 Servings 2.4 oz (68 gm), 230 Kcal
Cocoa Mix, Swiss Miss milk Chocolate
1 Servings 1.0 oz (28 gm), 120 Kcal
Gel
2 Servings 2.0 oz (56 gm), 200 Kcal
Sports Drink, Accelerade
3 Servings 3.3 oz (93 gm), 360 Kcal
Tea bag
1 Servings 0.1 oz (3 gm), 0 Kcal

Total for Meal: 8.7 oz, 910 Kcal

Dinner

Dinner Meal supplied by partner
1 Servings 0.0 oz (0 gm), 1000 Kcal

Total for Meal: 0.0 oz, 1000 Kcal

Total for Day: 16.0 oz, 2565 Kcal

Bagel, plain
Serving 5.0 oz (142 gm), 1 bagel, 340 Kcal
Smucker strawberry jam
Serving 0.5 oz (14 gm), single serving package, 35 Kcal
Skippy squeeze stix creamy peanut butter
Serving 0.9 oz (25 gm), 1 tube, 140 Kcal

Cliff Bar, Cranberry Apple Cherry
Serving 2.4 oz (68 gm), 1 bar, 230 Kcal
Swiss Miss Milk Chocolate Hot Cocoa Mix
Serving 1.0 oz (28 gm), 1 packet, 120 Kcal
Power Gel
Serving 1.0 oz (28 gm), 1 packet, 100 Kcal
Accelerade sports drink
Serving 1.1 oz (31 gm), 1 scoop - makes 12 fluid ounces,
Tea bag
Serving 0.1 oz (3 gm), 1 bag, 0 Kcal

Dinner Meal supplied by partner
Serving 0.0 oz (0 gm), 1000 Kcal

Menu for Current Trip

Wednesday, February 22, 2006

Breakfast

Cereal, Instant Oatmeal, Quaker, Apples and Cinn
2 Servings 2.5 oz (70 gm), 260 Kcal
Coffee, Folgers singles
2 Servings 0.4 oz (13 gm), 0 Kcal

Quaker Instant Oatmeal, Apples & Cinnamon
Serving 1.2 oz (35 gm), 1 packet, 130 Kcal
Folgers coffee singles
Serving 0.2 oz (6 gm), 1 packet, 0 Kcal

Total for Meal: 2.9 oz, 260 Kcal

Lunch

Bread, bagel, plain
1 Servings 5.0 oz (142 gm), 340 Kcal
Cheese, Emmenthaler Swiss
2 Servings 2.0 oz (56 gm), 212 Kcal
Sausage, Summer
1 Servings 2.0 oz (56 gm), 160 Kcal

Bagel, plain
Serving 5.0 oz (142 gm), 1 bagel, 340 Kcal
Emmenthaler Swiss Cheese
Serving 1.0 oz (28 gm), 1 slice, 106 Kcal
Summer sausage
Serving 2.0 oz (56 gm), 2 ounces, 1/3 sausage of 6

Total for Meal: 9.0 oz, 712 Kcal

Snacks

Cocoa Mix, Swiss Miss milk Chocolate
1 Servings 1.0 oz (28 gm), 120 Kcal
Gel
2 Servings 2.0 oz (56 gm), 200 Kcal
Sports Drink, Accelerade
3 Servings 3.3 oz (93 gm), 360 Kcal
Tea bag
1 Servings 0.1 oz (3 gm), 0 Kcal

Swiss Miss Milk Chocolate Hot Cocoa Mix
Serving 1.0 oz (28 gm), 1 packet, 120 Kcal
Power Gel
Serving 1.0 oz (28 gm), 1 packet, 100 Kcal
Accelerade sports drink
Serving 1.1 oz (31 gm), 1 scoop - makes 12 fluid ounces,
Tea bag
Serving 0.1 oz (3 gm), 1 bag, 0 Kcal

Total for Meal: 6.3 oz, 680 Kcal

Dinner

Bread, Garlic
1 Servings 1.8 oz (50 gm), 170 Kcal
Entrée, Pasta Amatriciana
1.5 Servings 15.0 oz (426 gm), 392 Kcal
Salad, Caesar mix
1 Servings 3.5 oz (99 gm), 170 Kcal
Soup, Bear Creek Minestrone
1 Servings 1.2 oz (33 gm), 110 Kcal
Wine, Red
2 Servings 10.4 oz (294 gm), 204 Kcal

Sara Lee sour dough garlic bread
Serving 1.8 oz (50 gm), 1/6 of a loaf, 170 Kcal
Pasta Amatriciana
Serving 10.0 oz (284 gm), 1 1/4 cups, 261 Kcal
Caesar Salad mix in bag
Serving 3.5 oz (99 gm), 1/3 of bag, 170 Kcal
Bear Creek Minestrone soup mix
Serving 1.2 oz (33 gm), 1/3 cup mix, 1 cup prepared, 110
Red Wine
Serving 5.2 oz (147 gm), 5 ounces, 1/5 of a 750 ml bottle,

Total for Meal: 31.8 oz, 1046 Kcal

Total for Day: 50.0 oz, 2698 Kcal

Menu for Current Trip

Thursday, February 23, 2006

Breakfast

Cocoa Mix, Swiss Miss milk Chocolate
1 Servings 1.0 oz (28 gm), 120 Kcal
Coffee, Folgers singles
2 Servings 0.4 oz (13 gm), 0 Kcal
Pastry, Pop Tarts, Brown Sugar Cinnamon
1 Servings 1.8 oz (50 gm), 210 Kcal

Total for Meal: 3.2 oz, 330 Kcal

Lunch

Bread, bagel, plain
1 Servings 5.0 oz (142 gm), 340 Kcal
Cheese, Emmenthaler Swiss
1 Servings 1.0 oz (28 gm), 106 Kcal
Fish, Smoked Salmon
1 Servings 1.9 oz (55 gm), 80 Kcal

Total for Meal: 7.9 oz, 526 Kcal

Snacks

Gel
2 Servings 2.0 oz (56 gm), 200 Kcal
GORP, homemade, MacPecanM&Mraisins
42.5 g, Pecans 42.5 g yielding 4
1 Servings 2.5 oz (70 gm), 400 Kcal
Sports Drink, Accelerade
3 Servings 3.3 oz (93 gm), 360 Kcal

Total for Meal: 7.7 oz, 960 Kcal

Dinner

Dinnner Meal supplied by partner
1 Servings 0.0 oz (0 gm), 1000 Kcal

Total for Meal: 0.0 oz, 1000 Kcal

Total for Day: 18.9 oz, 2816 Kcal

Swith Miss Milk Chocolate Hot Cocoa Mix
Serving 1.0 oz (28 gm), 1 packet, 120 Kcal
Folgers coffee singles
Serving 0.2 oz (6 gm), 1 packet, 0 Kcal
Kellog's Pop Tarts Brown Sugar Cinnamon
Serving 1.8 oz (50 gm), 1 pastry, 210 Kcal

Bagel, plain
Serving 5.0 oz (142 gm), 1 bagel, 340 Kcal
Emmenthaler Swiss Cheese
Serving 1.0 oz (28 gm), 1 slice, 106 Kcal
smoked salmon
Serving 1.9 oz (55 gm), 3 slices, 3 ounces, 80 Kcal

Power Gel
Serving 1.0 oz (28 gm), 1 packet, 100 Kcal
Homemade GORP, Roasted Salted Macadamia Nuts 100 g, Plain M&M's 95.8 g, Raisins
servings
Serving 2.5 oz (70 gm), 400 Kcal
Accelerade sports drink
Serving 1.1 oz (31 gm), 1 scoop - makes 12 fluid ounces,

Dinner Meal supplied by partner
Serving 0.0 oz (0 gm), 1000 Kcal

Menu for Current Trip

Friday, February 24, 2006

Breakfast

Cereal, Instant Oatmeal, Quaker, Apples and Cinn
2 Servings 2.5 oz (70 gm), 260 Kcal

Coffee, Folgers singles
2 Servings 0.4 oz (13 gm), 0 Kcal

Quaker Instant Oatmeal, Apples & Cinnamon
Serving 1.2 oz (35 gm), 1 packet, 130 Kcal

Folgers coffee singles
Serving 0.2 oz (6 gm), 1 packet, 0 Kcal

Total for Meal: 2.9 oz, 260 Kcal

Snacks

Beef, jerky, Bridgord, Original
2 Servings 2.0 oz (56 gm), 140 Kcal

Gel
2 Servings 2.0 oz (56 gm), 200 Kcal

Sports Drink, Accelerade
3 Servings 3.3 oz (93 gm), 360 Kcal

Bridgford beef jerky, original, natural style
Serving 1.0 oz (28 gm), 70 Kcal

Power Gel
Serving 1.0 oz (28 gm), 1 packet, 100 Kcal

Accelerade sports drink
Serving 1.1 oz (31 gm), 1 scoop - makes 12 fluid ounces,

Total for Meal: 7.2 oz, 700 Kcal

Total for Day: 10.1 oz, 960 Kcal