

Menu for Current Trip

Sunday, September 10, 2006

Snacks

<input type="checkbox"/> Bar, Clif, Carrot Cake 1.0 Servings 2.4 oz (68 gm), 240 Kcal	Cliff Bar, Carrot Cake Serving Size 2.4 oz (68 gm), 1 bar, 240 Kcal	Note:
<input type="checkbox"/> Gel 2.0 Servings 2.0 oz (56 gm), 200 Kcal	Power Gel Serving Size 1.0 oz (28 gm), 1 packet, 100 Kcal	Note:
<input type="checkbox"/> Sports Drink, Accelerade 2.0 Servings 2.2 oz (62 gm), 240 Kcal	Accelerade sports drink Serving Size 1.1 oz (31 gm), 1 scoop - makes 12 fluid ounces,	Note:

Total for Meal: 6.6 oz, 680 Kcal, Water to Boil: 0 ml

Dinner

<input type="checkbox"/> Bread, bagel, plain 2.0 Servings 10.0 oz (284 gm), 680 Kcal	Bagel, plain Serving Size 5.0 oz (142 gm), 1 bagel, 340 Kcal	Note:
<input type="checkbox"/> Cocoa Mix, Swiss Miss milk Chocolate 2.0 Servings 2.0 oz (56 gm), 240 Kcal	Swith Miss Milk Chocolate Hot Cocoa Mix Serving Size 1.0 oz (28 gm), 1 packet, 120 Kcal	Note:
<input type="checkbox"/> FD Dinner, Mountain House Spaghetti, Meat Sauce 2.0 Servings 4.5 oz (128 gm), 540 Kcal	Mountain House, freeze dried Spaghettie with Meat Sauce, 2 serving pouch Serving Size 2.3 oz (64 gm), 1/2 package, 270 Kcal	Note:

Total for Meal: 16.5 oz, 1460 Kcal, Water to Boil: 830 ml

Total for Day: 23.1 oz, 2140 Kcal, Water to Boil: 830 ml

Menu for Current Trip

Monday, September 11, 2006

Breakfast

<input type="checkbox"/> Cereal, Instant Oatmeal, Quaker, Maple & Brw Sugar 1.0 Servings 1.5 oz (43 gm), 160 Kcal	Quaker Instant Oatmeal, Maple and brown sugar Serving Size 1.5 oz (43 gm), 1 packet, 160 Kcal	Note:
<input type="checkbox"/> Coffee, Folgers singles 2.0 Servings 0.4 oz (13 gm), 0 Kcal	Folgers coffee singles Serving Size 0.2 oz (6 gm), 1 packet, 0 Kcal	Note:

Total for Meal: 2.0 oz, 160 Kcal, Water to Boil: 485 ml

Lunch

<input type="checkbox"/> Bread, bagel, plain 1.0 Servings 5.0 oz (142 gm), 340 Kcal	Bagel, plain Serving Size 5.0 oz (142 gm), 1 bagel, 340 Kcal	Note:
<input type="checkbox"/> Cheese, Emmenthaler Swiss 1.0 Servings 1.0 oz (28 gm), 106 Kcal	Emmenthaler Swiss Cheese Serving Size 1.0 oz (28 gm), 1 slice, 106 Kcal	Note:
<input type="checkbox"/> Sausage, Summer 1.0 Servings 2.0 oz (56 gm), 160 Kcal	Summer sausage Serving Size 2.0 oz (56 gm), 2 ounces, 1/3 sausage of 6 ounce	Note:

Total for Meal: 8.0 oz, 606 Kcal, Water to Boil: 0 ml

Snacks

<input type="checkbox"/> Gel 2.0 Servings 2.0 oz (56 gm), 200 Kcal	Power Gel Serving Size 1.0 oz (28 gm), 1 packet, 100 Kcal	Note:
<input type="checkbox"/> Sports Drink, Accelerade 2.0 Servings 2.2 oz (62 gm), 240 Kcal	Accelerade sports drink Serving Size 1.1 oz (31 gm), 1 scoop - makes 12 fluid ounces,	Note:

Total for Meal: 4.2 oz, 440 Kcal, Water to Boil: 0 ml

Dinner

<input type="checkbox"/> Cocoa Mix, Swiss Miss milk Chocolate 1.0 Servings 1.0 oz (28 gm), 120 Kcal	Swith Miss Milk Chocolate Hot Cocoa Mix Serving Size 1.0 oz (28 gm), 1 packet, 120 Kcal	Note:
<input type="checkbox"/> Dinnner Meal supplied by partner 1.0 Servings 0.0 oz (0 gm), 1000 Kcal	Dinner Meal supplied by partner Serving Size 0.0 oz (0 gm), 1000 Kcal	Note:
<input type="checkbox"/> Tea bag 1.0 Servings 0.1 oz (3 gm), 0 Kcal	Tea bag Serving Size 0.1 oz (3 gm), 1 bag, 0 Kcal	Note:

Total for Meal: 1.1 oz, 1120 Kcal, Water to Boil: 206 ml

Total for Day: 15.2 oz, 2326 Kcal, Water to Boil: 691 ml

Menu for Current Trip

Tuesday, September 12, 2006

Breakfast

<input type="checkbox"/> Coffee, Folgers singles 2.0 Servings 0.4 oz (13 gm), 0 Kcal	Folgers coffee singles Serving Size 0.2 oz (6 gm), 1 packet, 0 Kcal	Note:
<input type="checkbox"/> Soup, ramen noodle, Maruchan, chicken flavor 2.0 Servings 3.0 oz (86 gm), 380 Kcal	Soup, ramen noodle, Maruchan, chicken flavor Serving Size 1.5 oz (43 gm), 1/2 package, 190 Kcal	Note:

Total for Meal: 3.5 oz, 380 Kcal, Water to Boil: 948 ml

Lunch

<input type="checkbox"/> Bread, bagel, plain 1.0 Servings 5.0 oz (142 gm), 340 Kcal	Bagel, plain Serving Size 5.0 oz (142 gm), 1 bagel, 340 Kcal	Note:
<input type="checkbox"/> Peanut butter, Skippy squeeze stix 1.0 Servings 0.9 oz (25 gm), 140 Kcal	Skippy squeeze stix creamy peanut butter Serving Size 0.9 oz (25 gm), 1 tube, 140 Kcal	Note:

Total for Meal: 5.9 oz, 480 Kcal, Water to Boil: 0 ml

Snacks

<input type="checkbox"/> Bar, Clif, Carrot Cake 1.0 Servings 2.4 oz (68 gm), 240 Kcal	Cliff Bar, Carrot Cake Serving Size 2.4 oz (68 gm), 1 bar, 240 Kcal	Note:
<input type="checkbox"/> Gel 2.0 Servings 2.0 oz (56 gm), 200 Kcal	Power Gel Serving Size 1.0 oz (28 gm), 1 packet, 100 Kcal	Note:
<input type="checkbox"/> Sports Drink, Accelerade 2.0 Servings 2.2 oz (62 gm), 240 Kcal	Accelerade sports drink Serving Size 1.1 oz (31 gm), 1 scoop - makes 12 fluid ounces,	Note:

Total for Meal: 6.6 oz, 680 Kcal, Water to Boil: 0 ml

Dinner

<input type="checkbox"/> Cocoa Mix, Swiss Miss milk Chocolate 2.0 Servings 2.0 oz (56 gm), 240 Kcal	Swith Miss Milk Chocolate Hot Cocoa Mix Serving Size 1.0 oz (28 gm), 1 packet, 120 Kcal	Note:
<input type="checkbox"/> FD Dinner, Moutain House Beef Stronganoff Noodles 2.0 Servings 4.8 oz (136 gm), 640 Kcal	Mountain House, freeze dried Beef Stroganoff with Noodles, 2 serving pouch Serving Size 2.4 oz (68 gm), 1/2 package, 320 Kcal	Note:
<input type="checkbox"/> Tea bag 2.0 Servings 0.2 oz (6 gm), 0 Kcal	Tea bag Serving Size 0.1 oz (3 gm), 1 bag, 0 Kcal	Note:

Total for Meal: 7.0 oz, 880 Kcal, Water to Boil: 886 ml

Total for Day: 22.9 oz, 2420 Kcal, Water to Boil: 1834 ml

Menu for Current Trip

Wednesday, September 13, 2006

Breakfast

<input type="checkbox"/> Coffee, Folgers singles 2.0 Servings 0.4 oz (13 gm), 0 Kcal	Folgers coffee singles Serving Size 0.2 oz (6 gm), 1 packet, 0 Kcal	Note:
<input type="checkbox"/> Pastry, Pop Tarts, Brown Sugar Cinnamon 2.0 Servings 3.5 oz (100 gm), 420 Kcal	Kellog's Pop Tarts Brown Sugar Cinnamon Serving Size 1.8 oz (50 gm), 1 pastry, 210 Kcal	Note:

Total for Meal: 4.0 oz, 420 Kcal, Water to Boil: 474 ml

Lunch

<input type="checkbox"/> Soup, ramen noodle, Maruchan, chicken flavor 2.0 Servings 3.0 oz (86 gm), 380 Kcal	Soup, ramen noodle, Maruchan, chicken flavor Serving Size 1.5 oz (43 gm), 1/2 package, 190 Kcal	Note:
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Total for Meal: 3.0 oz, 380 Kcal, Water to Boil: 474 ml

Snacks

<input type="checkbox"/> Bar, Clif, Carrot Cake 2.0 Servings 4.8 oz (136 gm), 480 Kcal	Cliff Bar, Carrot Cake Serving Size 2.4 oz (68 gm), 1 bar, 240 Kcal	Note:
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Total for Meal: 4.8 oz, 480 Kcal, Water to Boil: 0 ml

Dinner

<input type="checkbox"/> Dinnner Meal supplied by partner 1.0 Servings 0.0 oz (0 gm), 1000 Kcal	Dinner Meal supplied by partner Serving Size 0.0 oz (0 gm), 1000 Kcal	Note:
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Total for Meal: 0.0 oz, 1000 Kcal, Water to Boil: 0 ml

Total for Day: 11.8 oz, 2280 Kcal, Water to Boil: 948 ml

Menu for Current Trip

Thursday, September 14, 2006

Breakfast

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| <input type="checkbox"/> Cereal, Instant Oatmeal, Quaker, Apples and Cinn
1.0 Servings 1.2 oz (35 gm), 130 Kcal | Quaker Instant Oatmeal, Apples & Cinnomon
Serving Size 1.2 oz (35 gm), 1 packet, 130 Kcal | Note: |
| <input type="checkbox"/> Coffee, Folgers singles
2.0 Servings 0.4 oz (13 gm), 0 Kcal | Folgers coffee singles
Serving Size 0.2 oz (6 gm), 1 packet, 0 Kcal | Note: |

Total for Meal: 1.7 oz, 130 Kcal, Water to Boil: 593 ml

Lunch

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|--|--|-------|
| <input type="checkbox"/> Bar, Clif, Carrot Cake
1.0 Servings 2.4 oz (68 gm), 240 Kcal | Cliff Bar, Carrot Cake
Serving Size 2.4 oz (68 gm), 1 bar, 240 Kcal | Note: |
| <input type="checkbox"/> Cheese Dip & Crackers, Kraft
1.0 Servings 1.1 oz (32 gm), 100 Kcal | Kraft Handi-Snacks, Cheez'n Crackers
Serving Size 1.1 oz (32 gm), 1 package, cheees and 4 cracker | Note: |

Total for Meal: 3.5 oz, 340 Kcal, Water to Boil: 0 ml

Snacks

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|--|--|-------|
| <input type="checkbox"/> Sports Drink, Accelerade
2.0 Servings 2.2 oz (62 gm), 240 Kcal | Accelerade sports drink
Serving Size 1.1 oz (31 gm), 1 scoop - makes 12 fluid ounces, | Note: |
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Total for Meal: 2.2 oz, 240 Kcal, Water to Boil: 0 ml

Total for Day: 7.4 oz, 710 Kcal, Water to Boil: 593 ml

Menu for Current Trip

Total for Trip: 5 lbs. oz., 9876 Kcal, Water to Boil: 5 liters

1743 Kcal/day, 14 oz/day (assuming 3 meals/day)