

## Menu for Current Trip

**Saturday, September 08, 2007**

### Lunch

<input type="checkbox"/> Bread, bagel, plain	Bagel, plain			
1/1 Servings/People 5.0 oz (142 gm), 340 Kcal	Serving Size 5.0 oz (142 gm), 1 bagel, 340 Kcal	Note:		
<input type="checkbox"/> Peanut butter, Jif to Go	Jif to Go			
1/1 Servings/People 2.5 oz (71 gm), 390 Kcal	Serving Size 2.5 oz (71 gm), 1 pkg, 390 Kcal	Note:		

**Total for Meal: 7.5 oz, 730 Kcal, Water to Boil: 0 ml**

### Snacks

<input type="checkbox"/> Bar, Clif, Carrot Cake	Cliff Bar, Carrot Cake			
1/1 Servings/People 2.4 oz (68 gm), 240 Kcal	Serving Size 2.4 oz (68 gm), 1 bar, 240 Kcal	Note:		
<input type="checkbox"/> Gel, Gu Energy Gel	Gu Energy Gel			
2/1 Servings/People 2.4 oz (68 gm), 200 Kcal	Serving Size 1.2 oz (34 gm), 1 packet, 100 Kcal	Note:		
<input type="checkbox"/> Sports Drink, Accelerade	Accelerade sports drink			
4/1 Servings/People 4.4 oz (124 gm), 480 Kcal	Serving Size 1.1 oz (31 gm), 1 scoop - makes 12 fluid ounces,	Note:		

**Total for Meal: 9.2 oz, 920 Kcal, Water to Boil: 0 ml**

### Dinner

<input type="checkbox"/> Cocoa Mix, Swiss Miss milk Chocolate	Swith Miss Milk Chocolate Hot Cocoa Mix			
3/3 Servings/People 3.3 oz (93 gm), 360 Kcal	Serving Size 1.1 oz (31 gm), 1 packet, 120 Kcal	Note:		
<input type="checkbox"/> Couscous w morel, tomatoes, almonds	Couscous-1.5 cups, 2 chicken buillon cubes, Tyson chicken breast 7 oz in foil pouch, almonds - 2.25 oz., dried morel mushroom - 1/2 oz., sun dried tomatoes - 42 gm to make 3 servings			
3/3 Servings/People 20.7 oz (588 gm), 1656 Kcal	Serving Size 6.9 oz (196 gm), 1/3 of recipe, 552 Kcal	Note:		
<input type="checkbox"/> Tea bag	Tea bag			
3/3 Servings/People 0.3 oz (9 gm), 0 Kcal	Serving Size 0.1 oz (3 gm), 1 bag, 0 Kcal	Note:		

**Total for Meal: 24.3 oz, 672 Kcal, Water to Boil: 2661 ml**

**Total for Day: 41.0 oz, 2322 Kcal, Water to Boil: 2661 ml**

## Menu for Current Trip

**Sunday, September 09, 2007**

### Breakfast

<input type="checkbox"/> Cereal, Cheerios	Cherrios			
3/1 Servings/People	3.2 oz (90 gm), 330 Kcal	Serving Size	1.1 oz (30 gm), 1 cup, 110 Kcal	Note:
<input type="checkbox"/> Coffee, Folgers singles	Folgers coffee singles			
2/1 Servings/People	0.4 oz (13 gm), 0 Kcal	Serving Size	0.2 oz (6 gm), 1 packet, 0 Kcal	Note:

**Total for Meal: 3.6 oz, 330 Kcal, Water to Boil: 474 ml**

### Lunch

<input type="checkbox"/> Bread, bagel, plain	Bagel, plain			
1/1 Servings/People	5.0 oz (142 gm), 340 Kcal	Serving Size	5.0 oz (142 gm), 1 bagel, 340 Kcal	Note:
<input type="checkbox"/> Cheese, Emmenthaler Swiss	Emmenthaler Swiss Cheese			
1/1 Servings/People	1.0 oz (28 gm), 106 Kcal	Serving Size	1.0 oz (28 gm), 1 slice, 106 Kcal	Note:
<input type="checkbox"/> Sausage, Summer	Summer sausage			
1/1 Servings/People	2.0 oz (56 gm), 160 Kcal	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, Gu Energy Gel	Gu Energy Gel			
2/1 Servings/People	2.4 oz (68 gm), 200 Kcal	Serving Size	1.2 oz (34 gm), 1 packet, 100 Kcal	Note:
<input type="checkbox"/> Sports Drink, Accelerade	Accelerade sports drink			
4/1 Servings/People	4.4 oz (124 gm), 480 Kcal	Serving Size	1.1 oz (31 gm), 1 scoop - makes 12 fluid ounces,	Note:

**Total for Meal: 6.8 oz, 680 Kcal, Water to Boil: 0 ml**

### Dinner

<input type="checkbox"/> Cocoa Mix, Swiss Miss milk Chocolate	Swith Miss Milk Chocolate Hot Cocoa Mix			
1/1 Servings/People	1.1 oz (31 gm), 120 Kcal	Serving Size	1.1 oz (31 gm), 1 packet, 120 Kcal	Note:
<input type="checkbox"/> Dinnner Meal supplied by partner	Dinner Meal supplied by partner			
1/1 Servings/People	0.0 oz (0 gm), 1000 Kcal	Serving Size	0.0 oz (0 gm), 1000 Kcal	Note:
<input type="checkbox"/> Tea bag	Tea bag			
1/1 Servings/People	0.1 oz (3 gm), 0 Kcal	Serving Size	0.1 oz (3 gm), 1 bag, 0 Kcal	Note:

**Total for Meal: 1.2 oz, 1120 Kcal, Water to Boil: 206 ml**

**Total for Day: 19.6 oz, 2736 Kcal, Water to Boil: 680 ml**

## Menu for Current Trip

**Monday, September 10, 2007**

### Breakfast

<input type="checkbox"/> Coffee, Folgers singles 2/1 Servings/People 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 2/1 Servings/People 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"/> FD Dinner, Mountain House Pro-Pak, ChiliMac w Beef 1/1 Servings/People 4.8 oz (136 gm), 470 Kcal	Mountain House Pro-Pak, freeze dried Chili Mac with Beef Serving Size 4.8 oz (136 gm), 1 pkg, 470 Kcal	Note:
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**Total for Meal: 4.8 oz, 470 Kcal, Water to Boil: 341 ml**

### Snacks

<input type="checkbox"/> Bar, Clif, Carrot Cake 1/1 Servings/People 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"/> Beef, jerky, Bridgford, Original 2/1 Servings/People 2.0 oz (56 gm), 140 Kcal	Bridgford beef jerky, original, natural style Serving Size 1.0 oz (28 gm), 70 Kcal	Note:
<input type="checkbox"/> Candy, Nestle Crunch 1/1 Servings/People 1.4 oz (40 gm), 180 Kcal	Nestle Crunch from 8 pack Serving Size 1.4 oz (40 gm), 3 bars, 180 Kcal	Note:

**Total for Meal: 5.8 oz, 560 Kcal, Water to Boil: 0 ml**

### Dinner

<input type="checkbox"/> Cocoa Mix, Swiss Miss milk Chocolate 1/1 Servings/People 1.1 oz (31 gm), 120 Kcal	Swiss Miss Milk Chocolate Hot Cocoa Mix Serving Size 1.1 oz (31 gm), 1 packet, 120 Kcal	Note:
<input type="checkbox"/> Dinner Meal supplied by partner 1/1 Servings/People 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 1/1 Servings/People 0.1 oz (3 gm), 0 Kcal	Tea bag Serving Size 0.1 oz (3 gm), 1 bag, 0 Kcal	Note:

**Total for Meal: 1.2 oz, 1120 Kcal, Water to Boil: 206 ml**

**Total for Day: 15.3 oz, 2530 Kcal, Water to Boil: 1495 ml**

## Menu for Current Trip

**Tuesday, September 11, 2007**

### Breakfast

<input type="checkbox"/> Coffee, Folgers singles	Folgers coffee singles	
2/1 Servings/People 0.4 oz (13 gm), 0 Kcal	Serving Size 0.2 oz (6 gm), 1 packet, 0 Kcal	Note:
<input type="checkbox"/> Pastry, Pop Tarts, Brown Sugar Cinnamon	Kellog's Pop Tarts Brown Sugar Cinnamon	
2/1 Servings/People 3.5 oz (100 gm), 420 Kcal	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"/> Bread, bagel, plain	Bagel, plain	
1/1 Servings/People 5.0 oz (142 gm), 340 Kcal	Serving Size 5.0 oz (142 gm), 1 bagel, 340 Kcal	Note:
<input type="checkbox"/> Peanut butter, Jif to Go	Jif to Go	
1/1 Servings/People 2.5 oz (71 gm), 390 Kcal	Serving Size 2.5 oz (71 gm), 1 pkg, 390 Kcal	Note:

**Total for Meal: 7.5 oz, 730 Kcal, Water to Boil: 0 ml**

### Snacks

<input type="checkbox"/> Bar, Clif, Carrot Cake	Cliff Bar, Carrot Cake	
2/1 Servings/People 4.8 oz (136 gm), 480 Kcal	Serving Size 2.4 oz (68 gm), 1 bar, 240 Kcal	Note:
<input type="checkbox"/> Gel, Gu Energy Gel	Gu Energy Gel	
3/1 Servings/People 3.6 oz (102 gm), 300 Kcal	Serving Size 1.2 oz (34 gm), 1 packet, 100 Kcal	Note:
<input type="checkbox"/> Sports Drink, Accelerade	Accelerade sports drink	
4/1 Servings/People 4.4 oz (124 gm), 480 Kcal	Serving Size 1.1 oz (31 gm), 1 scoop - makes 12 fluid ounces,	Note:

**Total for Meal: 12.8 oz, 1260 Kcal, Water to Boil: 0 ml**

### Dinner

<input type="checkbox"/> Cookies, Archway Oatmeal Raisin	Archway classic oatmeal raisin cookies	
3/3 Servings/People 3.1 oz (87 gm), 360 Kcal	Serving Size 1.0 oz (29 gm), 1 cookie, 120 Kcal	Note:
<input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Beef Stroganoff	Mountain House Pro-Pak, freeze dried Beef Stroganoff with noodles	
3/3 Servings/People 14.1 oz (399 gm), 1560 Kcal	Serving Size 4.7 oz (133 gm), 1 pkg, 520 Kcal	Note:
<input type="checkbox"/> Tea bag	Tea bag	
3/3 Servings/People 0.3 oz (9 gm), 0 Kcal	Serving Size 0.1 oz (3 gm), 1 bag, 0 Kcal	Note:

**Total for Meal: 17.5 oz, 640 Kcal, Water to Boil: 1107 ml**

**Total for Day: 41.7 oz, 3050 Kcal, Water to Boil: 1581 ml**

## Menu for Current Trip

**Wednesday, September 12, 2007**

### Breakfast

<input type="checkbox"/> Cereal, Instant Oatmeal, Quaker, Apples and Cinn	Quaker Instant Oatmeal, Apples & Cinnomon		
2/1 Servings/People 2.5 oz (70 gm), 260 Kcal	Serving Size 1.2 oz (35 gm), 1 packet, 130 Kcal	Note:	
<input type="checkbox"/> Coffee, Folgers singles	Folgers coffee singles		
2/1 Servings/People 0.4 oz (13 gm), 0 Kcal	Serving Size 0.2 oz (6 gm), 1 packet, 0 Kcal	Note:	

**Total for Meal: 2.9 oz, 260 Kcal, Water to Boil: 712 ml**

### Lunch

<input type="checkbox"/> Bread, bagel, plain	Bagel, plain		
1/1 Servings/People 5.0 oz (142 gm), 340 Kcal	Serving Size 5.0 oz (142 gm), 1 bagel, 340 Kcal	Note:	
<input type="checkbox"/> Cheese, Emmenthaler Swiss	Emmenthaler Swiss Cheese		
1/1 Servings/People 1.0 oz (28 gm), 106 Kcal	Serving Size 1.0 oz (28 gm), 1 slice, 106 Kcal	Note:	
<input type="checkbox"/> Sausage, Summer	Summer sausage		
1/1 Servings/People 2.0 oz (56 gm), 160 Kcal	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, Gu Energy Gel	Gu Energy Gel		
2/1 Servings/People 2.4 oz (68 gm), 200 Kcal	Serving Size 1.2 oz (34 gm), 1 packet, 100 Kcal	Note:	
<input type="checkbox"/> GORP, homemade, MacPecanM&Mraisins	Homemade GORP, Roasted Salted Macadamia Nuts 100 g, Plain M&M's 95.8 g, Raisins 42.5 g, Pecans 42.5 g yielding 4 servings		
2/1 Servings/People 4.9 oz (140 gm), 800 Kcal	Serving Size 2.5 oz (70 gm), 400 Kcal	Note:	
<input type="checkbox"/> Sports Drink, Accelerade	Accelerade sports drink		
2/1 Servings/People 2.2 oz (62 gm), 240 Kcal	Serving Size 1.1 oz (31 gm), 1 scoop - makes 12 fluid ounces,	Note:	

**Total for Meal: 9.5 oz, 1240 Kcal, Water to Boil: 0 ml**

### Dinner

<input type="checkbox"/> Cocoa Mix, Swiss Miss milk Chocolate	Swith Miss Milk Chocolate Hot Cocoa Mix		
1/1 Servings/People 1.1 oz (31 gm), 120 Kcal	Serving Size 1.1 oz (31 gm), 1 packet, 120 Kcal	Note:	
<input type="checkbox"/> Dinnner Meal supplied by partner	Dinner Meal supplied by partner		
1/1 Servings/People 0.0 oz (0 gm), 1000 Kcal	Serving Size 0.0 oz (0 gm), 1000 Kcal	Note:	
<input type="checkbox"/> Tea bag	Tea bag		
1/1 Servings/People 0.1 oz (3 gm), 0 Kcal	Serving Size 0.1 oz (3 gm), 1 bag, 0 Kcal	Note:	

**Total for Meal: 1.2 oz, 1120 Kcal, Water to Boil: 206 ml**

**Menu for Current Trip**

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**Total for Day: 21.6 oz, 3226 Kcal, Water to Boil: 918 ml**

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## Menu for Current Trip

**Thursday, September 13, 2007**

### ***Breakfast***

<input type="checkbox"/> Coffee, Folgers singles 2/1 Servings/People 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 2/1 Servings/People 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***

### ***Snacks***

<input type="checkbox"/> Bar, Clif, Carrot Cake 1/1 Servings/People 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 1/1 Servings/People 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:
<input type="checkbox"/> Gel, Gu Energy Gel 1/1 Servings/People 1.2 oz (34 gm), 100 Kcal	Gu Energy Gel Serving Size 1.2 oz (34 gm), 1 packet, 100 Kcal	Note:
<input type="checkbox"/> Sports Drink, Accelerade 2/1 Servings/People 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: 6.9 oz, 680 Kcal, Water to Boil: 0 ml***

**Total for Day: 10.4 oz, 1060 Kcal, Water to Boil: 948 ml**

**Menu for Current Trip**

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**Total for Trip: 9 lbs. 6 oz., 14924 Kcal, Water to Boil: 8 liters**  
**2507 Kcal/day, 21 oz/day (assuming 3 meals/day)**