

## 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

Swith 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

Swith 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

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: 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

**Total for Meal: 2.9 oz, 260 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

### **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

**Total for Meal: 7.2 oz, 700 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 Day: 10.1 oz, 960 Kcal**