

2900 Kcal/day Menu															
									Kcals per serving	Total servings	Total Kcals	Gross Wt each (oz)	Wt total (oz)	Comments	
Day	1	2	3	4	5	6	7								
Stage	1	2	3	3	4	5	6								
Expedition Foods Scrambled Eggs, Potatoes and Peppers	1			1				828	2	1656	6.30	12.60	One not counted in total weight		
Expedition Foods Granola with Raspberries		1			1			807	2	1614	6.80	13.60			
Expedition Foods Oats and Blueberries			1					813	1	813	6.40	6.40			
Expedition Foods Oats with Sultans						1		801	1	801	6.40	6.40			
Expedition Foods Rice Pudding with Cinnamon							1	440	1	440	3.30	3.30			
Starbucks via	2	1	1	1	2	1	1	0	9	0	0.10	0.90			
Stinger Waffle	1	1	1	1		1		160	5	800	1.00	5.00			
Gels (various)	1	1	1	1		1	1	110	6	660	1.40	8.40	Last day gel is for emergency		
Bars (various)	1	1	1	1		1		380	5	1900	3.50	17.50			
Slim Jim (6 each, 1.7 oz)		1		1				200	2	400	1.70	3.40			
Epic Bar	1		1			1		200	3	600	1.70	5.10			
Nuts (Almond, Macadamea or Pine, 1.5 oz)	1	1	1	1		1		320	5	1600	1.50	7.50			
Gu Recovery	1	1	1	1	1	1		180	6	1080	1.80	10.80	Rest day recovery is for emergency		
Astronaut Icecream					1			120	1	120	0.70	0.70			
Gu Tabs	2	2	2	2		2		0	10	0	0.15	1.50			
Salt Sticks	20	20	20	20		20		0	100	0	0.04	4.00			
AlpineAire Nachos	1							780	1	780	6.80	6.80			
Expedition Foods Sweet and Sour Chicken with Rice		1						804	1	804	7.60	7.60			
Expedition Foods Asian Noodles and Beef			1					805	1	805	6.70	6.70			
Expedition Foods Macarroni and Cheese					1			800	1	800	6.50	6.50			
Expedition Foods Spaghetti Bolognese					1			808	1	808	6.50	6.50			
Expedition Foods Chicken Korma with Rice						1		807	1	807	6.40	6.40			
Custard with Mixed Berries				1				532	1	568	3.90	3.90			
Running Calories	1350	1350	1350	1350	300	1350	110								
Non-running Calories	1608	1611	1618	1360	2415	1608	440								
Total	2958	2961	2968	2710	2715	2958	550			17856		145.20			
									avg/day (less day 7)	2958		9.08			