	Day 1	Grams	Calories	Day 2	Grams	Calories	Day 3	Grams	Calories	Day 4	Grams	Calories	Day 5	Grams	Calories	Day 6	Grams	Calories	Day 7	Grams	Calories
Breakfast	Belvita Breakfast Biscuits	50	203	Belvita Breakfast Biscuits	50	203	Belvita Breakfast Biscuits	50	203	Belvita Breakfast Biscuits	50	203	Belvita Breakfast Biscuits	50	203	Belvita Breakfast Biscuits	50	203	Belvita Breakfast Biscuits	50	203
	Tasti Nut Butter Bars Peanut Butter & Salted Caramel	35	182	Carman's Gourmet Protein Bars Dark Choc & Cranberry	40	197	Tasti Nut Butter Bars Peanut Butter & Salted Caramel	35	182	Carman's Gourmet Protein Bars Dark Choc & Cranberry	40	197	Tasti Nut Butter Bars Peanut Butter & Salted Caramel	35	182	Carman's Gourmet Protein Bars Dark Choc & Cranberry	40	197	Tasti Nut Butter Bars Peanut Butter & Salted Caramel	35	182
	Multi Vitamin	1		Multi Vitamin	1		Multi Vitamin	1		Multi Vitamin	1		Multi Vitamin	1		Multi Vitamin	1		Multi Vitamin	1	
Snack	Clif Bar-nut butter	50	230	Atkins Bar	40	166	Clif Bar -nut butter	50	230	Atkins Bar	40	166	Clif Bar -nut butter	50	230	Atkins Bar	40	166	Clif Bar -nut butter	50	230
	Sesame Snap	40	51	Sesame Snap	40	51	Sesame Snap	40	51	Sesame Snap	40	51	Sesame Snap	40	51	Sesame Snap	40	51	Sesame Snap	40	51
	Brazil Nuts	60	376	Macadamias	60	409	Pistachios Roasted and Salted	60	339	Brazil Nuts	60	376	Macadamias	60	409	Pistachios Roasted and Salted	60	339	Brazil Nuts	60	376
	Dried Pineapple	75	240	Dried Mango	100	275	Dried Bananas	75	215	Dried Pineapple	75	240	Dried Mango	100	275	Dried Bananas	75	215	Dried Pineapple	75	240
	Buderim Ginger Bears	175	560				Dutch Liquorice	100	324	Cheese stick	20	60	Cheese stick	20	60	Cheese stick	20	60	Cheese stick	20	60
	Clif Shot Blocks	60	100				Clif Shot Blocks	60	100				Clif Shot Blocks	60	100	Buderim Ginger Bears	175	560			
							Cheese stick	20	60												
Lunch	Campers Pantry Cheese	67	421	Peanut Butter	375	760	Campers Pantry Cheese	67	421	Flatbread	48	140	Peanut Butter		760	Flatbread	48	140	Peanut Butter		760
										Black Bean Dip	83	636				Hummus	77	261			
Pre dinner	Chocolate Sustagen	30	114	Chocolate Sustagen	30	114	Chocolate Sustagen	30	114	Vanilla Sustagen	30	114	Chocolate Sustagen	30	114	Vanilla Sustagen	30	114	Chocolate Sustagen	30	114
	Woolworths Full Cream Milk Powder	35	164	Woolworths Full Cream Milk Powder	35	164	Woolworths Full Cream Milk Powder	35	164	Woolworths Full Cream Milk Powder	35	164	Woolworths Full Cream Milk Powder	35	164	Woolworths Full Cream Milk Powder	35	164	Woolworths Full Cream Milk Powder	35	164
Dinner	Campers Pantry Cauliflower and Pea Dahl	100	187	Back Country Cuisine Cottage Pie	90	443	Radix 400 Turkish Falafel	101	382	Back Country Mexican Chicken	90	397	Campers Pantry Balti Vegetable Curry	80	266	Campers Pantry Cauliflower and Pea Dahl	100	187	Campers Pantry Balti Vegetable Curry	80	266
	Hot chocolate	13.3	60	Hot chocolate	13.3	60	Hot chocolate	13.3	62	Hot chocolate	13.3	62	Hot chocolate	13.3	62	Hot chocolate	13.3	60	Hot chocolate	13.3	62
Total weight		791			874			737			625.3			574			804			489	
Total calories			2888			2842			2847			2806			2876			2717			2708

Total food weight for trip in grams:	4896
Average daily food carry in grams	612
Calories/ Day	2812