

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7										
	Grams	Calories	Grams	Calories	Grams	Calories	Grams	Calories	Grams	Calories	Grams	Calories	Grams	Calories									
<b>Breakfast</b>	Weetbix	60	199	Overnight Oates Tropical	125	453	Weetbix	60	199	Overnight Oates w Peanut Butter	115	505	Special K	80	275	Overnight Oates Tropical	125	453	Special K	80	275		
	Tea	3	2	Tea	3	2	Tea	3	2	Tea	3	2	Tea	3	2	Tea	3	2	Tea	3	2		
	Multi Vitamin	1		Multi Vitamin	1		Multi Vitamin	1		Multi Vitamin	1		Multi Vitamin	1		Multi Vitamin	1		Multi Vitamin	1			
	Belvita Breakfast Biscuits	50	203				Belvita Breakfast Biscuits	50	203				Belvita Breakfast Biscuits	50	203			Belvita Breakfast Biscuits	50	203			
<b>Snack</b>	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					
			Macadamias	75	511	Brazil Nuts	75	470	Pistachios Roasted and Salted	75	424	Pecans	75	518	Macadamias	75	511	Brazil Nuts	75	470			
	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		
	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		
			Cheese stick	20	60	Cheese stick	20	60	Cheese stick	20	60	Cheese stick	20	60	Cheese stick	20	60	Cheese stick	20	60	Cheese stick	20	60
	Dutch Liquorice	100	324	Budderim Ginger Bears	175	560							Dutch Liquorice	100	324	Budderim Ginger Bears	175	560					
Clif Shot Blocks	60	100				Clif Shot Blocks	60	100				Clif Shot Blocks	60	100				Clif Shot Blocks	60	100			
<b>Lunch</b>	Flatbread	48	140	Flatbread	48	140	Flatbread	48	140	Peanut Butter	470	310	Flatbread	48	140	Peanut Butter	310	Flatbread	48	140			
	Campers Pantry Cheese	67	421	Campers Pantry Cheese	67	421	Black Bean Dip	83	636			Hummus	77	261			Black Bean Dip	83	636				
<b>Pre dinner</b>	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		
<b>Dinner</b>	Campers Pantry Spaghetti Bolognese	110	488	Back Country Cuisine Cottage Pie	90	443	Campers Pantry Cauliflower and Pea Dahl	100	187	Radix 400 Turkish Falafel	101	382	Campers Pantry Spaghetti Bolognese	110	488	Back Country Mexican Chicken	90	397	Campers Pantry Balti Vegetable Curry	80	266		
	Hot chocolate	13.3	60	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	62		
	Parmesan and Pepper	10	43									Parmesan and Pepper	10	43									
Total weight	752		842		743		1018		902		722		693										
Total calories	2779		3360		2831		2480		3310		3065		2783										

Total food weight for trip in grams: 5674  
Average daily food carry in grams: 709  
Calories/ Day: 2944