

|                                  | Cals            | Carbs             | Fat               | Protein             | Packed Weight  | Cals/Oz       |
|----------------------------------|-----------------|-------------------|-------------------|---------------------|----------------|---------------|
| <b>Electrolytes/Fluid</b>        |                 |                   |                   |                     |                |               |
| Tailwind                         | 200             | 50                | 0                 | 0                   | 1.7            | 117.6         |
| Tailwind                         | 200             | 50                | 0                 | 0                   | 1.7            | 117.6         |
| Total                            | 400             | 100               | 0                 | 0                   | 3.4            | 117.6         |
| <b>Breakfast</b>                 |                 |                   |                   |                     |                |               |
| 1 Bagel                          | 260             | 53                | 1                 | 9                   | 3.3            | 79            |
| P/Almond Butter (2TB or packet)  | 200             | 5                 | 16                | 7                   | 1.2            | 165.2         |
| 2 Honey Sticks                   | 30              | 8                 | 0                 | 0                   | 0.3            | 100           |
| Total                            | 490             | 66                | 17                | 16                  | 4.8            | 344.2         |
| <b>Lunch</b>                     |                 |                   |                   |                     |                |               |
| Belvita Crackers                 | 220             | 36                | 8                 | 3                   | 1.9            | 115.8         |
| Almond Butter Packet             | 190             | 7                 | 16                | 7                   | 1.2            | 165.2         |
| Jerkey (2 oz)                    | 220             | 8                 | 0                 | 40                  | 1.7            | 129           |
| Oreo (5)                         | 365             | 50                | 16                | 2                   | 2.7            | 135           |
| Total                            | 995             | 101               | 40                | 52                  | 7.5            | 136           |
| <b>Dinner</b>                    |                 |                   |                   |                     |                |               |
| Heathers Choice Dark Choc. Chili | 490             | 60                | 12                | 37                  | 4              | 122.5         |
| Swiss Miss Hot Chocolate         | 120             | 24                | 1.5               | 2                   | 1              | 120           |
| Total                            | 610             | 84                | 13.5              | 39                  | 5              | 121           |
| <b>Snacks (Pick 5)</b>           |                 |                   |                   |                     |                |               |
| <i>Sample</i>                    |                 |                   |                   |                     |                |               |
| <i>Option 1 &amp; 2</i>          |                 |                   |                   |                     |                |               |
| 2 svg trail mix                  | 1180            | 205               | 42                | 18                  | 10             | 118           |
| Total                            | 1180            | 205               | 42                | 18                  | 10             | 118           |
| <i>Option 3</i>                  |                 |                   |                   |                     |                |               |
| Oreo (5)                         | 365             | 50                | 16                | 2                   | 2.7            | 135           |
| Total                            | 365             | 50                | 16                | 2                   | 2.7            | 135           |
| <i>Option 4</i>                  |                 |                   |                   |                     |                |               |
| Powerbar                         | 230             | 44                | 4                 | 10                  | 2.2            | 105           |
| Total                            | 230             | 44                | 4                 | 10                  | 2.2            | 105           |
| <i>Option 5</i>                  |                 |                   |                   |                     |                |               |
| Fritos (2 svgs)                  | 320             | 32                | 20                | 4                   | 2              | 160           |
| <b>Daily Totals</b>              | <b>4590kcal</b> | <b>682g carbs</b> | <b>152.5g fat</b> | <b>141g protein</b> | <b>2.35lbs</b> | <b>137.42</b> |

