

2026	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>	Uncle Tobys Breakfast Bakes	65	263	Uncle Tobys Breakfast Bakes	65	263	Overnight Oates w Peanut Butter Tea	115	443	Clif Nut Butter Bar	50	230	Uncle Tobys Breakfast Bakes	65	263	Clif Nut Butter Bar	50	230	Overnight Oates w Peanut Butter Tea	115	443
	Multi Vitamin	1		Multi Vitamin	1		Multi Vitamin	1		Multi Vitamin	1		Multi Vitamin	1		Multi Vitamin	1		Multi Vitamin	1	
<b>Snack</b>	Natural Confectionary Dinosaurs	73	257	Budderim Ginger Bears	87	302	Budderim Ginger Bears	88	302	Licorice - Darrell Lea Batch 37	86	278	Licorice - Darrell Lea Batch 37	86	278	Licorice - Darrell Lea Batch 37	86	278	Atkins bar	40	166
	Buderim Naked Ginger	75	265	Dried Mango	100	275	Dried Bananas	75	215	Dried Pineapple	75	189	Buderim Naked Ginger	75	265	Dried Mango	100	275	Dried Bananas	75	215
	Pecans	75	518	Macadamias - Honey Roasted	70	448			Pecan Nuts	75	518	Macadamias - Honey Roasted	70	448					Pecans	75	518
	Sesame snaps	40	51				Sesame snaps	40	51			Sesame snaps	40	51					Sesame snaps	40	51
<b>Lunch</b>	Peanut Butter	470	2933	Peanut Butter	0	0	Peanut Butter	0	0	Peanut Butter	0	0	Peanut Butter	0	0	Peanut Butter	0	0	Peanut Butter	0	0
	Campers Pantry Cheese	67	421	Campers Pantry Cheese	67	421	Campers Pantry Cheese	67	421	Campers Pantry Cheese	67	421	Campers Pantry Cheese	67	421	Campers Pantry Cheese	67	421	Campers Pantry Cheese	67	421
<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	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	Vanilla Sustagen	30	114
<b>Dinner</b>	Campers Pantry Cheesy Potato Mash	90	411	Back Country Cuisine Spicy Beef Nachos	90	393	Real Meals Sri Lankan Curry	110	586	Real Meals Sri Lankan Curry	110	586	Campers Pantry Pennae Bolognese	100	442	Real Meals Dal Makhani	120	445	Campers Pantry Chicken Cacciatore	80	425
			Hot chocolate	13.3	60	Hot chocolate	13.3	60	Tea	3	2	Hot chocolate	13.3	62	Hot chocolate	13.3	62	Tea	3	2	
												Pamesan and Pepper	10	43							
Total weight	1021		561		577		478		595		505		564								
Total calories	5397		2442		2358		2120		2553		1991		2521								
	Food weight for the week:			4302																	
	Average daily food carry in Grams			615																	
	Calories/ Day			2769																	