

Expedition Menu Plan


Name.....

Team.....

You'll need 3,000 - 5,000 calories a day. Choose food you like to eat, that will keep and is quick and easy to cook. Plan meals you can cook and eat as a team at dinner time. You have long and busy days ahead of you. Pound for pound weight wise, much better value sustainable energy is found in fat, complex carbs and protein than "Quick fix" sugar and simple carbs (choc, sweets, biscuits, processed foods AND noodles which are just flour and water)

No fresh meat or fresh fish products after the first day if they're from the fridge (inc sausage rolls, meat pasties.) Cured meat like mattsosons sausage, pepperoni, chorizo is ok. Also tinned or packet meat/fish you find on the ordinary shelves in the supermarket. Breakfast to inc hot drink

Include quantities on this plan eg 1 tin, 2 packets, 2 rounds of sandwiches

<u>Breakfast</u> (even if at home)	Cal	<u>Lunch</u>	Cal	<u>Dinner</u> <u>Team plan!</u>	Cal	<u>Snacks</u>	Cal
Day 1 Bronze, Silver, Gold							
Day 2 Bronze, no dinner Silver and Gold							
Day 3 Silver, no dinner Gold							
Day 4 Gold, no dinner							
<p><u>Emergency Rations</u> Include 3 "courses" & a hot drink sachet (ALL SEALED AND KEPT SEPERATELY) will be:- CIRCLE 3 from: cup a soup, breakfast/protein bars, beef jerky, nuts/dried fruit, trail mix, a choc bar like snickers or boost or twix (ie some bisc in it), PLUS hot choc/horlicks sachet. Don't touch until you're on the way home!</p>							