

	Calories per trail serving	Weight per serving (oz)	Calories per ounce	Total Spent	Cost per person
Breakfast					
Lenny and Larrys	460	4	115.0		
Instant Coffee		0.07	0.0		
Creamer		0.07	0.0		
	460	4.14			
Lunch					
Mission Medium Tortillas 10 pack	140	1.75	80.0		
Peanut Butter (buy 2 jars, put 1/3 of each in empty jar)	190	1.16	163.8		
Honey	40	0.5	80.0		
Chomps	100	1.15	87.0		
Moon Cheese	170	1	170.0	\$53.00	\$17.67
	640	5.56			
Dinner					
Skurka Beans and Rice					
Instant Rice	154.5	1.5	103.0		
Beans	224	2	112.0	\$54.00	\$9
Taco Seasoning	18.6	0.2	93.0		
Freeze dried cheese	180	1	180.0	\$47.00	\$5.85
Fritos	160	1	160.0		
	737.1	5.7			
Snacks					
Protien Puck	480	3.25	147.7		
Cheezits	150	1.06	141.5		
Dried Fruit	110	1	110.0		
Honey Stinger Gummies	160	1.8	88.9		
Lara bar	220	1.6	137.5		
LMNT	10	0.21	47.6		\$13.50
Snickers	250	1.86	134.4		
Super Greens powder	31	0.28	110.7		
	1411	11.06			
Daily Totals	3248.1	26.46	122.8		
Substitutes					
Pro Bar	400	3	133.3		
Hi Chews	130	1.09	119.3		
Reese's Fast Breaks	230	1.8	127.8		
Mountain House- Beef Chili Mac	460	3.8	121.1		
Mountain House- Fried rice	600	4.7	127.7		
Mountain House- Mac and Cheese	620	4.5	137.8		
Mountain House- Beef Stroganau	580	4.3	134.9		
Tonkotsu Ramen	460	3.56	129.2		
Salmon Packet- Patagonia	90	2.01	44.8		
Nature Valley Protein bar	190	1.42	133.8		
Gardetto	230	1.75	131.4		
Sesame stick trail mix					