

TRIP MENU (Planned Weight)

Location:

Dates:

19/08/2025

		Day 1	g	Day 2	g	Day 3	g	Day 4	g	Day 5	g	Day 6	g	Day 7	g			g
BREAKFAST	0	Medicine	0													Car Meal	Bread Rolls 2	
		Porridge	0	Muesli	0	Muesli	0	Muesli	0	Muesli	0	Muesli	0	Muesli	0		Turkey breast 3	
							0										Cranberry Sauce	
DRINKS	0	Hot Chocolate	0													Esky	Water bottle	
		Teas x	0															
		Electrolytes	0															
LUNCH	0	Vitaweat x	0													EXTRA FOOD		
		Hobnobs	0	Peanut Butter	0													
				Honey	0													
		Salmon	0	Jam	0													
		Cheese	0	Nutella	0													
SNACKS	0															Gas 1	1. Start	0
		Fruit & Nut	0														1. End	0
		Bars x	0														1. Used	0
		Sesame Snaps	0															
DINNER	0	Soups	0													Gas 2	2. Start	0
		Mains	0	X		X		X									2. End	0
		Extras	0	Dried Yeast	0	Dried Onion	0										2. Used	0
		Desserts	0	X		X												
		Chocolate	0														Total Gas Used	0
																	Days of Use	4
0		0		0		0		0		0		0		0			Gas per Day	0