Sample Food Plan

Vegan Prepak	cal	wt	Vegan Cooking	cal	wt
Granola Bar	160	1.5	Breakfast Rice#	340	3.4
Peanut Butter	320	1.7	w/Pecans	140	0.7
Dired Mango	160	1.5	w/Raisins	100	1
			Sunflower Seeds	165	1
Almond Butter	320	1.7	Tabuli	300	3.2
Jelly	125	2.5	Olive Oil	120	0.5
Tortillas	280	3.4	Pita	210	3
Lara Bar	210	1.7	Clif Bar	240	2.4
Gorp	480	3.2	Fruit Gorp	360	2.8
Red Beans and Rice	600	6	Curried Couscous#	500	4.1
Tortillas	140	1.7	Cinnamon Chips#	580	4.5
Oreos	270	2			
Total	3065	26.9	Total	3055	26.6
			# Recipe in Favorites		

Sample Food Plan

Veggie Prepak	cal	wt	Veggie Cooking	cal	wt
Balance Bar	200	1.8	Granoatmeal#	375	3
Almonds	240	2	Peanut Butter	320	1.7
Raisins	330	3.6	Dried Apples	200	2.5
ProBar	400	3	Hummus	240	1.5
Fruit Rollups	160	3	Olive Oil	120	0.5
String Cheese			Cheese	220	2
			Bagels	270	3.7
Fritos	320	2	Corn Nuts	220	1.4
Gorp	480	3.2	Fruit Gorp	360	2.8
Black Beans and Rice	680	6.5	Ramen / Veggies#	440	3.7
Blueberry cheesecake	420	3.6	Some More S'mores#	450	3.3
Total	3230	28.7	Total	3215	26.1
			# Recipe in Favorites		

Sample Food Plan

Meat Prepak	cal	wt	Meat Cooked	cal	wt
Pop Tarts	420	3.5	Eggs and Ham	370	2.6
Pecans	300	1.5	Peanuts	330	2
Craisins	200	2.2	Raisins	330	3.6
		0.8			
Big Sur Bar	660	5	Crackers	210	1.5
Jerky	140	2	Salami	160	2.5
			Cheese	220	2
Ice Cream Sandwich	170	1.1	Chocolate	270	1.8
Gorp	480	3.2	Fruit Gorp	360	2.8
Rice and Chicken	560	4.5	Ultra Lite Potato	515	7
Raspberry crumble	320	2.6	Bear Scat Cookies#	385	2.9
Total	3250	26.4	Total	3150	28.7
			# Recipe in Favorites		