

Meals

Breakfast Grain

The breakfast grain will be Instan Oatmeal or Flaked Quinoa, spiced & pre-mixed with Harmony House Freeze dried Fruit. Hemp Hearts, Flax, Cinnamon, salt, will also be pre-mixed with the breakfast grain.

Coconut oil will be added for caloric density at time of cooking

Sugar/honey will be added to taste

Coconut oil, Honey, Sugar will be available in the pantry

Each package will contain 500mL (2 c) of grain + Freeze Dried Fruit + Hemp Hearts, Flax, Cinnamon, Salt.

We package grain this way to easily cook in 1+ Litre of water (Jetboil Sumo).

High Calorie days will have 2 packages for crew consumption, Low calorie days will have 1 package for crew consumption

High Calorie: 650 Cal per Serving

Low Calorie: 325 Cal per Serving

Dinner Grain

The Dinner grain will be Instant Rice, Instant Potatoes, Polenta, Beans, Couscous

We will pre-mix bullion cubes, salt and freeze dried Harmony House vegetables with the Dinner Grain

Coconut oil or Olive Oil will be added for caloric density at the time of cooking

Flax will be added occasionally for fibre

Spices from Pantry will be added to taste

Cheese will be added to taste

Canned Fish/ Fresh Fish/ Canned Meat will be added to taste

Each Package will contain 500mL (2c) of grain + bullion cube + Freeze Dried Vegetables

We package grain this way to easily cook in 1+ Litre of water (Jetboil Sumo).

High Calorie days will have 2 packages for crew consumption, Low calorie days will have 1 package for crew consumption

BackPackers Pantry

We will have one backpackers Pantry meal per person per day. This will be lunch.

We will have Backpackers Pantry 'Super Meals' spaced sporatically to raise moral

Snacks

Snacks will require no cooking (unless desired)

Snacks are broken down into the following categories:

Protien Shake, Bars, Jerkey, Cereal, Crackers + Hummus/Nutbutter/Cheese, Treats

Meals

Protein Shake

Protein will be packaged for easy mixing into 1L of water (Nalgene)

High Calorie Days will have 2 packages for the crew, Low Calorie days will have 1 package for the crew

Cereal

Cerel will be packaged into 750mL (3c) portions

Dehydrated Milk, mixed with Protein will be packaged for easy mixing into 1L of water (Nalgene)

High Calorie Days will have 2 cereal, 2 milk packages for the crew

Low Calorie days will have 1 cereal, 1 milk package for the crew

Crackers + Hummus/Nutbutter/Cheese

Crackers will be packed as purchased. No repacking will be necessary

One cracker Package will be available per day

Accompanying the cracker package will be alternating days of nut butter, Hummus and cheese

Jerkey

We will have one package of meat jerkey per day to split amongst the crew

Bars

We will have four Edge bars every day to split amongst the crew

We will have four other bars every day to add variety and split amongst the crew

Treats

Meltable treats (gummies, etc.) will be packed in 60 mL (1/4 c) portions, then repacked into 750 mL (3 c) portions

Non-Meltable treats will be packed in 3 c portions.

We will have one savoury treat and one candy treat per day to split amongst the crew

Morale Meals

We will have special meals on special holidays

We will have random comfort foods that require more prep to bring variety and morale up.

One Soup meal will be served every week in place of a grain

One Backpackers Pantry breakfast will be served every week in place of a grain

Electrolyte Drink

We will have enough Electrolyte drink for 3L per day per rower

This is equal to one 1.5Kg Canister of e-load every 2 days

| Serving | Serving | Serving | Serving | | Portion | Portion | Portion | Portion |
|---------|---------|---------|---------|-------|---------|---------|---------|---------|
| Weight | Energy | Volume | Volume | Cal/G | Weight | Volume | Volume | Energy |

Snack 1

Protein Shake + Dried Fruit

| | | | | | | | | | |
|-------------------|----------------|--------|---------|---------------------|-----|-----|-----------|-------------------|----------------|
| 25 g | 70 Cal | 60 mL | 1/4 Cup | Protein Powder | 2.8 | 100 | 1 Cup | 250 mL | 280 Cal |
| | 0 Cal | 250 mL | 1 Cup | Water | | | 4 Cups | 1000 mL | 0 Cal |
| 48 g | 146 Cal | 80 mL | 1/3 Cup | Average Dried Fruit | | 192 | 1 1/3 Cup | 320 mL | 584 Cal |
| Total Cal. | 216 Cal | | | | | | | Total Cal. | 864 Cal |

Banana Chips

| | | | | | | | | | |
|------|---------|--------|---------|--------------|--|-----|--------|--------|---------|
| 43 g | 225 Cal | 125 mL | 1/2 Cup | Banana Chips | | 172 | 2 Cups | 500 mL | 900 Cal |
|------|---------|--------|---------|--------------|--|-----|--------|--------|---------|

Breakfast Grain

Oatmeal

| | | | | | | | | | |
|-------------------|----------------|--------|---------|--------------------|---|-----|---------|-------------------|-----------------|
| 81 g | 324 Cal | 250 mL | 1 Cup | Oats | 4 | 162 | 2 Cups | 500 mL | 648 Cal |
| 20 g | 120 Cal | 30 mL | 2 Tbls | Hemp Hearts | 6 | 40 | 1/4 Cup | 60 mL | 240 Cal |
| 15 g | 75 Cal | 30 mL | 2 Tbls | Flax | 5 | 30 | 1/4 Cup | 60 mL | 150 Cal |
| 3 g | 9 Cal | 30 mL | 2 Tbls | Freeze Dried Fruit | 3 | 6 | 1/4 Cup | 60 mL | 18 Cal |
| 1.5 g | 3 Cal | 7 mL | 1/2 Tsp | Cinamon | 2 | 3 | 1 Tsp | 14 mL | 6 Cal |
| 1.5 g | 0 Cal | 4 mL | 1/4 Tsp | Salt | 0 | 3 | 1/2 Tsp | 8 mL | 0 Cal |
| 27 g | 243 Cal | 30 mL | 2 Tbls | Coconut Oil | 9 | 54 | 1/4 Cup | 60 mL | 486 Cal |
| | 0 Cal | 500 mL | 2 Cups | Water | | | 4 Cups | 1000 mL | 0 Cal |
| Total Cal. | 774 Cal | | | | | | | Total Cal. | 1548 Cal |

Flaked Quinoa

| | | | | | | | | | |
|-------|---------|--------|---------|--------------------|---|-----|---------|--------|---------|
| 65 g | 260 Cal | 250 mL | 1 Cup | Flaked Quinoa | 4 | 130 | 2 Cups | 500 mL | 520 Cal |
| 20 g | 120 Cal | 30 mL | 2 Tbls | Hemp Hearts | 6 | 40 | 1/4 Cup | 60 mL | 240 Cal |
| 15 g | 75 Cal | 30 mL | 2 Tbls | Flax | 5 | 30 | 1/4 Cup | 60 mL | 150 Cal |
| 3 g | 9 Cal | 30 mL | 2 Tbls | Freeze Dried Fruit | 3 | 6 | 1/4 Cup | 60 mL | 18 Cal |
| 1.5 g | 4.5 Cal | 7 mL | 1/2 Tsp | Cinamon | 3 | 3 | 1 Tsp | 14 mL | 9 Cal |
| 1.5 g | 0 Cal | 4 mL | 1/4 Tsp | Salt | 0 | 3 | 1/2 Tsp | 8 mL | 0 Cal |

| | | | | | | | | |
|-------------------|------------------|--------|--------------------|---|----|---------|-------------------|-----------------|
| 27 g | 243 Cal | 30 mL | 2 Tbls Coconut Oil | 9 | 54 | 1/4 Cup | 60 mL | 486 Cal |
| | 0 Cal | 500 mL | 2 Cups Water | | | 4 Cups | 1000 mL | 0 Cal |
| Total Cal. | 711.5 Cal | | | | | | Total Cal. | 1423 Cal |

Snack 2

Cereal - Granola

| | | | | | | | | |
|-------------------|----------------|--------|-----------------------|-----|-----|---------|-------------------|-----------------|
| 91 g | 260 Cal | 185 mL | 3/4 Cup Granola | 2.8 | 364 | 3 Cups | 740 mL | 1040 Cal |
| 17 g | 51 Cal | 60 mL | 1/4 Cup Powdered Milk | 3 | 68 | 1 Cup | 240 mL | 240 Cal |
| 25 g | 70 Cal | 60 mL | 1/8 Cup Protien | 2.8 | 100 | 1/2 Cup | 240 ml | 140 Cal |
| | 0 | | 1 Cup Water | | | 4 Cups | 1000 mL | 0 Cal |
| Total Cal. | 381 Cal | | | | | | Total Cal. | 1420 Cal |

Cereal - Heritage O's/ Mesa Sunrise

| | | | | | | | | |
|-------------------|----------------|--------|-----------------------|-----|-----|---------|-------------------|----------------|
| 26 g | 110 Cal | 185 mL | 3/4 Cup Cereal | | 104 | 3 Cups | 740 mL | 440 Cal |
| 17 g | 51 Cal | 60 mL | 1/4 Cup Powdered Milk | 3 | 68 | 1 Cup | 240 mL | 240 Cal |
| 25 g | 70 Cal | 60 mL | 1/4 Cup Protien | 2.8 | 100 | 1/2 Cup | 240 ml | 140 Cal |
| | 0 | | 1 Cup Water | | | 4 Cups | 1000 mL | 0 Cal |
| Total Cal. | 231 Cal | | | | | | Total Cal. | 820 Cal |

Crackers + Nut Butter

| | | | | | | | | |
|-------------------|----------------|--|---------------------|--|-----|--|-------------------|-----------------|
| 50 g | 100 Cal | | 1/4 Box Dr. Kracker | | 200 | | 1 Box | 400 |
| 125 g | 750 Cal | | 1/4 Jar Nut Butter | | 500 | | 1 Jar | 3000 |
| Total Cal. | 850 Cal | | | | | | Total Cal. | 3400 Cal |

Crackers + Nut Butter

| | | | | | | | | |
|-------------------|----------------|--|------------------------------|--|-----|--|-------------------|-----------------|
| 46 g | 214 Cal | | 1/4 Box Mary's Best Crackers | | 184 | | 1 Box | 858 |
| 125 g | 750 Cal | | 1/4 Jar Nut Butter | | 500 | | 1 Jar | 3000 |
| Total Cal. | 964 Cal | | | | | | Total Cal. | 3858 Cal |

Crackers + Hummus

| | | | | | | | | |
|-------------------|----------------|--------|------------------------------|-----|-----|---------|-------------------|-------------------|
| 46 g | 214 Cal | | 1/4 Box Mary's Best Crackers | | 184 | | 1 Box | 858 Cal |
| 42 g | 200 Cal | 125 mL | 1/2 Cup Falafel Mix | | 168 | 2 Cups | 500 mL | 800 Cal |
| 13.5 g | 60 Cal | 15 mL | 1 Tbls Olive Oil | 8.8 | 54 | 1/4 Cup | 60 mL | 237.6 Cal |
| | 0 Cal | 250 mL | 1 Cup Water | | | | | 0 Cal |
| Total Cal. | 474 Cal | | | | | | Total Cal. | 1895.6 Cal |

Crackers + Cheese

| | | | | | | | |
|-------------------|----------------|--|------------------------------|-----|--|-------------------|-----------------|
| 50 g | 100 Cal | | 1/4 Box Dr. Kracker | 200 | | 1 Box | 400 Cal |
| 50 g | 196 Cal | | 1/4 Package L'Ancetre Cheese | 200 | | 1 Pkg | 784 Cal |
| Total Cal. | 296 Cal | | | | | Total Cal. | 1184 Cal |

Wasabi Peas & Tamari Pumkin Seeds

| | | | | | | | |
|-------------------|----------------|-------|-----------------------------|-----|-------|-------------------|----------------|
| 22 g | 65 Cal | 60 mL | 1/4 Cup Wasabi Peas | 88 | 1 Cup | 240 mL | 260 Cal |
| 32 g | 170 Cal | 60 mL | 1/4 Cup Tamari Pumkin Seeds | 128 | 1 Cup | 240 mL | 680 Cal |
| Total Cal. | 235 Cal | | | | | Total Cal. | 940 Cal |

Trail Mix

| | | | | | | | |
|-------------------|----------------|--------|--------------------------------|-----|--------|-------------------|-----------------|
| 105 g | 427 Cal | 185 mL | 3/4 Cup Skeet & Ikes Trail Mix | 420 | 3 Cups | 740 mL | 1708 Cal |
| Total Cal. | 427 Cal | | | | | Total Cal. | 1708 Cal |

Nut Mix

| | | | | | | | |
|-------------------|----------------|--------|-------------------------------|-----|--------|-------------------|-----------------|
| 105 g | 427 Cal | 185 mL | 3/4 Cup Ultamite Mix (salted) | 420 | 3 Cups | 740 mL | 1708 Cal |
| Total Cal. | 427 Cal | | | | | Total Cal. | 1708 Cal |

Backpackers Pantry

| | | | | |
|-------|---------|---|-----|----------|
| 210 g | 700 Cal | BackPackers Pantry Average Meal | 420 | 1400 Cal |
|-------|---------|---|-----|----------|

Dinner Grain

Instant Rice & Beans

| | | | | | | | | |
|-------------------|-------------------|--------|-----------------------------|-----|-----|---------|---------|------------------------------|
| 47.5 g | 190 Cal | 125 mL | 1/2 Cup Instant Rice | 4 | 95 | 1 Cup | 250 mL | 380 Cal |
| 42.5 g | 191.25 Cal | 125 mL | 1/2 Cup Bean Flakes | 4.5 | 85 | 1 Cup | 250 mL | 382.5 Cal |
| 15 g | 75 Cal | 30 mL | 2 Tbls Flax | 5 | 30 | 1/4 Cup | 60 mL | 150 Cal |
| 7 g | 7 Cal | 30 mL | 2 Tbls Freeze Dried Veggies | 1 | 14 | 1/4 Cup | 60 mL | 14 Cal |
| 1.5 g | 4.5 Cal | - mL | 1/2 Cube Bullion Cubes | 3 | 3 | - | 1 Cube | Cal |
| 1.5 g | 0 Cal | 4 mL | 1/4 Tsp Salt | 0 | 3 | 1/2 Tsp | 8 mL | 0 Cal |
| 82.5 g | 96 Cal | | 1/2 Can Can of Tuna | | 165 | | 1 | 192 Cal |
| 27 g | 243 Cal | 30 mL | 2 Tbls Coconut Oil | 9 | 54 | 1/4 Cup | 60 mL | 486 Cal |
| | 0 Cal | 500 mL | 2 Cups Water | | | 4 Cups | 1000 mL | 0 Cal |
| Total Cal. | 806.75 Cal | | | | | | | Total Cal. 1604.5 Cal |

Instant Potatoes & Cheese

| | | | | | | | | |
|-------------------|-----------------|--------|------------------------------|---|-----|---------|---------|----------------------------|
| 200 g | 800 Cal | 250 mL | 1 Cup Instant Potato Flakes | 4 | 400 | 2 Cups | 500 mL | 1600 Cal |
| 7 g | 7 Cal | 30 mL | 2 Tbls Freeze Dried Veggies | 1 | 14 | 1/4 Cup | 60 mL | 14 Cal |
| 85.2 g | 96 cal | | 1/2 Can Can of Sardenes | | 165 | | 1 | 192 Cal |
| 50 g | 196 Cal | | 1/4 Package L'Ancetre Cheese | | 200 | | 1 Pkg | 784 Cal |
| | 0 Cal | 500 mL | 2 Cups Water | | | 4 Cups | 1000 mL | 0 Cal |
| Total Cal. | 1099 Cal | | | | | | | Total Cal. 2590 Cal |

Polenta & Cheese

| | | | | | | | | |
|-------------------|----------------|--------|------------------------------|---|-----|---------|---------|----------------------------|
| 163 g | 652 Cal | 250 mL | 1 Cup Polenta | 4 | 326 | 2 Cups | 500 mL | 1304 Cal |
| 7 g | 7 Cal | 30 mL | 2 Tbls Freeze Dried Veggies | 1 | 14 | 1/4 Cup | 60 mL | 14 Cal |
| 50 g | 196 Cal | | 1/4 Package L'Ancetre Cheese | | 200 | | 1 Pkg | 784 Cal |
| | 0 Cal | 500 mL | 2 Cups Water | | | 4 Cups | 1000 mL | 0 Cal |
| Total Cal. | 855 Cal | | | | | | | Total Cal. 2102 Cal |

Couscous & Beans

| | | | | | | | | |
|--------|------------|--------|---------------------|-----|-----|-------|--------|-----------|
| 86 g | 326.8 Cal | 125 mL | 1/2 Cup Couscous | 3.8 | 172 | 1 Cup | 250 mL | 653.6 Cal |
| 42.5 g | 191.25 Cal | 125 mL | 1/2 Cup Bean Flakes | 4.5 | 85 | 1 Cup | 250 mL | 382.5 Cal |

| | | | | | | | | |
|-------------------|-------------------|--------|-----------------------------|---|-----|---------|---------|------------------------------|
| 15 g | 75 Cal | 30 mL | 2 Tbls Flax | 5 | 30 | 1/4 Cup | 60 mL | 150 Cal |
| 7 g | 7 Cal | 30 mL | 2 Tbls Freeze Dried Veggies | 1 | 14 | 1/4 Cup | 60 mL | 14 Cal |
| 1.5 g | 4.5 Cal | - mL | 1/2 Cube Bullion Cubes | 3 | 3 | - | 1 Cube | Cal |
| 1.5 g | 0 Cal | 4 mL | 1/4 Tsp Salt | 0 | 3 | 1/2 Tsp | 8 mL | 0 Cal |
| 82.5 g | 96 Cal | | 1/2 Can Can of Salmon | | 165 | | 1 | 192 Cal |
| 27 g | 243 Cal | 30 mL | 2 Tbls Coconut Oil | 9 | 54 | 1/4 Cup | 60 mL | 486 Cal |
| | 0 Cal | 500 mL | 2 Cups Water | | | 4 Cups | 1000 mL | 0 Cal |
| Total Cal. | 943.55 Cal | | | | | | | Total Cal. 1878.1 Cal |

Rice & Veggies

| | | | | | | | | |
|-------------------|----------------|--------|------------------------------|-----|-----|---------|---------|------------------------------|
| 163 g | 652 Cal | 250 mL | 1 Cup Instant Rice | 4 | 326 | 2 Cups | 500 mL | 1304 Cal |
| 7 g | 7 Cal | 60 mL | 1/4 Cup Freeze Dried Veggies | 1 | 14 | 1/2 Cup | 120 mL | 14 Cal |
| 27 g | 119 Cal | 30 mL | 2 Tbls Olive Oil | 8.8 | 54 | 1/4 Cup | 60 mL | 237.6 Cal |
| | 0 Cal | 500 mL | 2 Cups Water | | | 4 Cups | 1000 mL | 0 Cal |
| Total Cal. | 778 Cal | | | | | | | Total Cal. 1555.6 Cal |

Couscous & Veggies

| | | | | | | | | |
|-------------------|----------------|--------|------------------------------|-----|-----|---------|---------|----------------------------|
| 163 g | 652 Cal | 250 mL | 1 Cup Couscous | 3.8 | 326 | 2 Cups | 250 mL | 1304 Cal |
| 7 g | 7 Cal | 60 mL | 1/4 Cup Freeze Dried Veggies | 1 | 14 | 1/2 Cup | 120 mL | 14 Cal |
| 27 g | 119 Cal | 30 mL | 2 Tbls Olive Oil | 8.8 | 54 | 1/4 Cup | 60 mL | 237.6 Cal |
| | 0 Cal | 500 mL | 2 Cups Water | | | 4 Cups | 1000 mL | 0 Cal |
| Total Cal. | 859 Cal | | | | | | | Total Cal. 1718 Cal |

Polenta & Veggies

| | | | | | | | | |
|-------------------|----------------|--------|------------------------------|-----|-----|---------|---------|------------------------------|
| 163 g | 652 Cal | 250 mL | 1 Cup Polenta | 4 | 326 | 2 Cups | 500 mL | 1304 Cal |
| 7 g | 7 Cal | 60 mL | 1/4 Cup Freeze Dried Veggies | 1 | 14 | 1/2 Cup | 120 mL | 14 Cal |
| 27 g | 119 Cal | 30 mL | 2 Tbls Olive Oil | 8.8 | 54 | 1/4 Cup | 60 mL | 237.6 Cal |
| | 0 Cal | 500 mL | 2 Cups Water | | | 4 Cups | 1000 mL | 0 Cal |
| Total Cal. | 778 Cal | | | | | | | Total Cal. 1555.6 Cal |

Taste Adventure Soup

| | | | | | | | | |
|-------------------|----------------|--------|----------------|---|-----|--------|-------|---------------------------|
| 65 g | 210 Cal | 185 mL | 1 Package Soup | 4 | 130 | 2 Pkgs | 2 pkg | 520 Cal |
| Total Cal. | 210 Cal | | | | | | | Total Cal. 520 Cal |

| Bars | | | | | | | |
|------------------------|-----------------|-------|---------|-------------------------|----------|-------|----------------------------|
| 65 g | 285 Cal | | 1 bar | Edge Fortify | | | |
| 65 g | 260 Cal | | 1 bar | Edge Maintin | | | |
| 75 g | 295 Cal | | 1 bar | Edge Recover | | | |
| 68.333 g | 280 Cal | | | Average Edge Bar | 273.3333 | 4 Bar | 1120 Cal |
| 60 g | 200 Cal | | 1 Bar | Average Bar | 240 | 4 Bar | 800 Cal |
| Jerkey | | | | | | | |
| 100 g | 410 Cal | | | Meat Jerkey | 200 | | 1640 Cal |
| Efrutti Berries | | | | | | | |
| 50 g | 200 Cal | 60 mL | 1/4 Cup | Average Gummie | 200 | 1 Cup | 240 mL 800 Cal |
| Total Cal. | 1090 Cal | | | | | | Total Cal. 4360 Cal |

Electrolye

| | | | | | | | |
|-------------------|----------------|---------|---------|-------|-----|--------|----------------------------|
| 180 g | 648 Cal | 180 mL | 3/4 Cup | Eload | 720 | 720 mL | 2592 Cal |
| | | 3000 mL | 12 Cups | Water | | | |
| Total Cal. | 648 Cal | | | | | | Total Cal. 2592 Cal |

Tea and Coffee

| | | | | | | | |
|-------------------|----------------|-------|---------|-------|-----|--------|---------------------------|
| 40 g | 120 Cal | 30 mL | 1/4 Cup | Honey | 160 | 120 mL | 480 Cal |
| Total Cal. | 120 Cal | | | | | | Total Cal. 480 Cal |

Calorie Calculations

| Meal | Average Cal High Cal Day | Average Calories Low Cal Day |
|-----------------------|-----------------------------|---------------------------------|
| Snack 1 | 432 Cal | 216 Cal |
| Brakfast Grain | 742.75 Cal | 371.375 Cal |
| Sanck 2 | 952.222222 Cal | 476.111111 Cal |
| Backpacker's Pantl | 700 Cal | 350 Cal |
| Snack 3 | 1090 Cal | 1090 Cal |
| Dinner Grain | 791.1625 Cal | 395.58125 Cal |
| Electrolyte | 648 Cal | 324 Cal |
| Tea/Coffee | 120 Cal | 0 Cal |
| Total Calories | 5476.1347 Cal | 3223.0674 Cal |

| Meal | Days High | Days Low | Total Portions |
|------------------------------------|--------------|-------------|-------------------|
| Snack 1 | | | |
| Protein Powder & Rasins | 15 | 10 | 40 |
| Protein Powder & Dried Mango | 15 | 10 | 40 |
| Protein Powder & Banan Chips | 15 | 10 | 40 |
| Protein Powder & Misc. Dried Fruit | 15 | 10 | 40 |
| Breakfast Grain | | | |
| Oatmeal | 26 | 17 | 69 |
| Quinoa | 26 | 17 | 69 |
| Huevos Rancheros | 14 | 0 | 28 |
| Snack 2 | | | |
| Granola & Milk | 7 | 4 | 18 |
| Crackers + Hummus | 7 | 4 | 18 |
| Skeet & Ikes Trail Mix | 7 | 4 | 18 |
| Crackers + Cheese | 7 | 4 | 18 |
| Crackers + Nut Butter | 14 | 9 | 37 |
| Wasabi Peas & Tamari Pumpkin Seeds | 6 | 5 | 17 |
| Cereal + Milk | 6 | 5 | 17 |
| Ultimate Mix | 6 | 5 | 17 |
| Lunch | | | |
| Backpackers Pantry | 60 | 40 | 320 |
| Dinner Grain | | | |
| Polenta & Veggies | 8 | 5 | 21 |
| Rice & Beans | 8 | 5 | 21 |
| Potatoes & Cheese | 8 | 5 | 21 |
| Soup | 8 | 5 | 21 |
| Couscous & Veggies | 7 | 5 | 19 |
| Polenta & Cheese | 7 | 5 | 19 |
| Rice & Veggies | 7 | 5 | 19 |
| Couscous & Beans | 7 | 5 | 19 |
| Snack 3 | | | |
| Edge Bars | 100 | 0 | 100 |
| Organic Food Veggie Bars | 23 | 0 | 23 |
| Oskri Coconut Bars | 23 | 0 | 23 |

| | | | |
|---------------------------------|-----|-------------------|-------------|
| Mesquite Lime Primal Strips | 23 | 0 | 23 |
| Lara bars | 23 | 0 | 23 |
| Sour Efrutti Berries | 46 | 0 | 46 |
| Efrutti Berries | 46 | 0 | 46 |
| Jerkey | 92 | 0 | 92 |
| Electrolyte | | | |
| E-Load | 100 | 0 | 100 |
| Coffee Tea Hot Chocolate | | | |
| Honey Ration | | | 60 |
| | | Total Bags | 1502 |

| Weight (g) | Volume (mL) | Weight (g) +10% | Volume (mL) +10% | |
|-----------------------|------------------------|--------------------------------|---------------------------------|------------------------------------|
| | | | | Bulk |
| 8970 | 34500 | 9,867 g | 37,950 mL | Quinoa Flakes |
| 11178 | 34500 | 12,296 g | 37,950 mL | Oatmeal |
| 9462 | 9500 | 10,408 g | 10,450 mL | Couscous |
| 3400 | 10000 | 3,740 g | 11,000 mL | Bean Flakes |
| 3024 | 9000 | 3,326 g | 9,900 mL | Flafel Mix |
| # of Cubes | 40 | # of Cubes | 44 | Bullion Cubes |
| 7680 | 12800 | 8,448 g | 14,080 mL | Rasins |
| 7680 | 12800 | 8,448 g | 14,080 mL | Dried Mango |
| 6880 | 20000 | 7,568 g | 22,000 mL | Banana Chips |
| 7680 | 12800 | 8,448 g | 14,080 mL | Misc Dried Fruit |
| 7140 | 12580 | 7,854 g | 13,838 mL | Ultimate Mix (salted) |
| 1496 | 4080 | 1,646 g | 4,488 mL | Wasabi Peas |
| 2176 | 4080 | 2,394 g | 4,488 mL | Tamari Pumpkin Seeds |
| 7560 | 13320 | 8,316 g | 14,652 mL | Skeet & Ike's Trail mix |
| 9200 | 11040 | 10,120 g | 12,144 mL | Efrutti Sour Berries |
| 9200 | 11040 | 10,120 g | 12,144 mL | Efrutti Berries |
| # Pkgs | 20 | # Pkgs | 22 | Sprouting Beans (Finess & Gourmet) |

| | | | | Boxed |
|------------|-------|------------|-----------|--|
| # of Boxes | 36.5 | # of Boxes | 40 | Mary's Best Crackers (184g) |
| # of Boxes | 36.5 | # of Boxes | 40 | Dr. Kracker Crisp Breads (Variety)(200g) |
| 884 | 6290 | 972 g | 6,919 mL | Natures Path Heritage O's |
| 884 | 6290 | 972 g | 6,919 mL | Natures Path Mesa Sunrise |
| 6552 | 13320 | 7,207 g | 14,652 mL | Natures Path Granola (Variety) |
| # Pkgs | 4 | # Pkgs | 4 | Coconut Flakes - Wilderness Family Naturals (454g) |
| # Pkgs | 4 | # Pkgs | 4 | Sugar (~454g) |
| # Pkgs | 16 | # Pkgs | 18 | Cacao Power Mayan Cacao Nibs (16 oz) |
| 2380 | 8400 | 2,618 g | 9,240 mL | Powdered Milk |
| # Pkg | 10.5 | # Pkg | 12 | Taste Adventure Soup - Curry Lentil |
| # Pkg | 10.5 | # Pkg | 12 | Taste Adventure Soup - Split Pea |
| # Pkg | 10.5 | # Pkg | 12 | Taste Adventure Soup - Black Bean |
| # Pkg | 10.5 | # Pkg | 12 | Taste Adventure Soup - Golden Pea |

Canned

| | | | | |
|-----------|----------|-----------|----------|---|
| # of Jars | 12.33333 | # of Jars | 14 | Nuts to You Almond Butter (500g) |
| # of Jars | 12.33333 | # of Jars | 14 | Nuts to you Peanut Butter (500g) |
| # of Jars | 12.33333 | # of Jars | 14 | Nute to you Cashew/Macadmianut/Variety (500g) |
| 9600 | 7200 | 10,560 g | 7,920 mL | Zambezi Honey (Pouch) |
| # Cans | 21 | # Cans | 23 | Canned Sardines - RainCoast Trading (Variety) |
| # Cans | 21 | # Cans | 23 | Caned Tuna - Raincoast Trading |
| # Cans | 19 | # Cans | 21 | Canned Salmon - Rancoast Trading |
| 2000 | 2000 | 2,200 g | 2,200 mL | Maple Syrup (#2 Grade) |

Fats

| | | | | |
|------|------|----------|-----------|-------------|
| 9612 | 9540 | 10,573 g | 10,494 mL | Coconut Oil |
| 4158 | 4620 | 4,574 g | 5,082 mL | Olive Oil |

Cooler

| | | | | |
|--------|-------|---------|-----------|------------------------|
| # Pkgs | 29 | # Pkgs | 32 | Parmasan Cheese (200g) |
| # Pkgs | 29 | # Pkgs | 32 | Old Cheddar (200g) |
| 5520 | 8280 | 6,072 g | 9,108 mL | Hemp Hearts |
| 5340 | 10680 | 5,874 g | 11,748 mL | Flax |

Spices

| | | | | |
|-------|------|-------|----------|------------------|
| 414 | 1932 | 455 g | 2,125 mL | Cinnamon |
| # Jar | 2 | # Jar | 2 | Curry |
| # Jar | 2 | # Jar | 2 | Parsley |
| 534 | 1424 | 587 g | 1,566 mL | Salt |
| | | | | Boullion Cubes |
| # Jar | 2 | # Jar | 2 | Pepper |
| # Jar | 2 | # Jar | 2 | Pepper Flakes |
| # Jar | 2 | # Jar | 2 | Ginger |
| | | | | Lemon/Lime Juice |
| # Jar | 2 | # Jar | 2 | Basil |
| # Jar | 4 | # Jar | 4 | Garlic Powder |
| # Jar | 4 | # Jar | 4 | Herbamare |
| # Jar | 2 | # Jar | 2 | Tumeric |
| # Jar | 3 | # Jar | 3 | Organic Sprinkle |

| | | | |
|-------|---------|---|--------------------------------|
| # Jar | 2 # Jar | 2 | Harmonic Arts -Garam Marsala |
| # Jar | 2 # Jar | 2 | Harmonic Arts -West Indies Rub |
| # Jar | 2 # Jar | 2 | Harmonic Arts -Cajun Spice |
| # Jar | 2 # Jar | 2 | Harmonic Arts -Thai Curry |
| # Jar | 2 # Jar | 2 | Hot Sauce |

Bars

| | | | |
|--------|-----------|-----|----------------------------------|
| # Bars | 92 # Bars | 101 | Organic Food Bar - Active Greens |
| # Bars | 92 # Bars | 101 | Primal Strips - Mesquite Lime |
| # Bars | 92 # Bars | 101 | Oskri Coconut Bar - (Assorted) |
| # Bars | 92 # Bars | 101 | Lara Bars (Assorted) |
| # Pkg | 10 # Pkg | 11 | GinGins Original |
| # Pkg | 10 # Pkg | 11 | GinGins Extra Strong |

Coffee/Tea/Etc.

| | | | |
|------------|------------|----|-------------------------------------|
| # Pkg | 5 # Pkg | 6 | Organic Fair Hedonist Hot Chocolate |
| # Pkg | 10 # Pkg | 11 | Coffee - Level Ground (pre-ground) |
| From Jared | From Jared | | JagaSilk Tea |

| Other Lifestyles | | | |
|-------------------------|---------|----|-------------------------------|
| #Pkg | 2 #Pkg | 2 | Traumeel Ointment (100g) |
| #Pkg | 2 #Pkg | 2 | Traumeel Tablet |
| #Pkg | 4 #Pkg | 4 | Badger - After Sun |
| #Pkg | 4 #Pkg | 4 | Badger Face Stick |
| #Pkg | 5 #Pkg | 6 | Badger Lip Balm |
| #Pkg | 3 #Pkg | 3 | Saltwater Soap |
| #Pkg | 2 #Pkg | 2 | Dr Bromers Magic Soap |
| #Pkg | 3 #Pkg | 3 | Insense (Misc) |
| #Pkg | 15 #Pkg | 17 | Clean Well hand Sanatiser |
| #Pkg | 15 #Pkg | 17 | Seventh Generation Baby Wipes |
| #Pkg | 10 #Pkg | 11 | Natural Value Sponges |
| #Pkg | 5 #Pkg | 6 | Jason Toothpaste |

| Plastic Ziplock Bags | | | |
|-----------------------------|-------------|-------|---------------------------|
| # Bags | 1300 # Bags | 1,430 | Big Daily Ration Bags |
| # Bags | 1000 # Bags | 1,100 | 750 ml Meal bags |
| | | | 60 ml Snack/ Vitamin Bags |

| Supplements | | | |
|--------------------|-------|----------|--------------------------|
| 19500 | 48400 | 21,450 g | 53,240 mL Protien Powder |

| Dried Food | | | |
|-------------------|----|----------|--------------|
| 18400 | -- | 20,240 g | Beast Jerkey |

| Freeze Dried Food | | | |
|--------------------------|-------|---------|--------------------------------|
| 828 | 8280 | 911 g | 9,108 mL Freeze Dried Fruit |
| 1946 | 11880 | 2,141 g | 13,068 mL Freeze Dried Veggies |

| Non-Lifestyles | | | |
|-----------------------|-------|---------|-----------------------------------|
| 8400 | 10500 | 9,240 g | 11,550 mL Instant Mashed potatoes |
| 8189 | 5250 | 9,008 g | 5,775 mL Minute Rice |

| De la Estancia Organic Polenta (454g in Packs of 6) | | | |
|--|-------|----------|-----------------|
| 13040 | 20000 | 14,344 g | 22,000 mL Plain |

with Vegetables and Spices
with Hot Peppers
with Garlic and Scallions

Harmony House Dehydrated

The Edge Bars (400 assorted variety)

Fortify
Maintian
Replenish

Backpackers Pantry

Electrolyte Drink

E-Load/Cytomax
Flavour Chrystals??

Land Sundries from Dakar

Eggs
Bread
Fresh Fruit
Fresh Vegetables