

24 Hour Ration: 3600kcal	
Menu Items	Weight (g)
Berry Granola	170
Chicken Curry and Rice	400
Peppersteak Pasta	400
1 Isotonic Drink	50
1 Vitatonic Drink	50
Instant Coffee (2 X2g)	4
Sugar (2X10g)	20
Creamer (2X8g)	8
Peanuts - Salt and Vinegar	60
Raisins	60
Apricot Fruit Bar	30
Peanut Butter	25
High Protein Crunch Bar - Chocolate	70
Wholewheat Crackers	50
Salt Sachet (2X1g)	2
Pepper (2X0,4g)	0,8
Water Purification Tablets X 2	2
Flamless Heater: 2 Heater Bag, 2 Pad	40
Gum X 5	10
Wet Wipes X 2	8
Tissues	10
Spork	8