

Meal	Count	Units	Calories	Sugar	Protein	Sodium	Carbs
Breakfast:							
Oatmeal w/milk package	1	pkg	130	6	4	230	25
Scrambled Eggs/Bacon	1.25.	cup	237	3.7	26.5	1117	13.25
Poptarts	1	ea	200	17	2	170	37
Powdered Milk	-	-	-	-	-	-	-
Lunch:							
Meat package	9		90	0	20	240	1
Gorp	0.25	cup	150	6	6	55	11
Granola Bar (Chewy)	1	ea	130	8	2	65	19
Weight Gainer	0.5	cup	248	21	9	75	5.5
Snacks:							
Organic Optimum Energy Bar (2 oz)	1	ea	230	17	4	140	39
Big Bar	1	ea	420	25	32	420	43
Gorp	0.5	cup	300	12	12	110	22
Kevin's Goo (5 per day)	2	tbl.	825	80	11.5	460	130
Fruit in bags	0.5	cup	270	62	2	10	64
Sunflower seeds salted 1/4 cup	0.5	cup	380	4	14	180	8
Dried Apricots	7	piece	120	11	1	1	29
Gatoraide	4	tbl.	200	52	0	360	52
Dinner:							
Olive oil	2	tbs	240				
2 serving dinner chicken w/rice	2	serve	500	10	28	420	94
Totals:			4670	334.7	174	4053	592.8
Dinners							
Lasanga Dinner 2 serve	2	serve	620	18	38	730	66
Vegetable Stew/beef	2	cup	440	8	24	2180	54
Noodles/Chicken	2	cup	420	4	20	1960	66
Mac/Cheese	2	cup	580	8	26	1890	0.55
Hawk's Vittles							
Other							
Kevin's Goo 2 tbl Serving 46 (note 100 tbl = .39 gallon) or about 3.5 lbs	2	tbl.	165	16	2.3	92	26
~~~Brown Rice Syrup	1.33	tbl.	99	15	0	46	24
~~~Peanut Butter	0.66	tbl.	66	1	2.3	46	2
Olive oil	2 cups	total					
1 Day Total Supply = Approx. 3 lbs.							
Glucose15	1.3	oz.	60	15	0	80	15