

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group A  
Wet pouch

Generic  
Breakfast

## Menu 1 MF101

RICE PUDDING WITH VANILA	Psc	1
digestive biscuits		1
dried cranberries		1
protein bar raspberry		1
whey protein mango orange		1
isotonic drink pineapple		1
freeze dried coffee		1
chewing gum 2-pck peppermint		1
wet wipe		1
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	676
<b>Kcal</b>	1348
<b>Carb g</b>	176
<b>Prot g</b>	54
<b>Fat g</b>	45

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group A  
Wet pouch

Generic  
Breakfast

## Menu 2 MF102

RICE PUDDING WITH CINNAMON & CARDAMOM	Psc	1
fruit biscuits		1
protein bar caramel		1
egg white powder chocolate cake		1
isotonic drink forest fruit		1
freeze dried coffee		1
chewing gum 2-pck peppermint		1
wet wipe		1
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	676
<b>Kcal</b>	1380
<b>Carb g</b>	177
<b>Prot g</b>	57
<b>Fat g</b>	47

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group A  
Wet pouch  
Generic  
Breakfast

## Menu 3 MF103

WHEAT PORRIDGE WITH VANILLA	Psc	1
tortilla bread		1
nut crème		1
dried cranberries		1
protein bar mint chocolate		1
whey protein chocolate fudge		1
isotonic drink black currant		1
freeze dried coffee		1
chewing gum 2-pck spearmint		1
wet wipe		1
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	706
<b>Kcal</b>	1380
<b>Carb g</b>	182
<b>Prot g</b>	55
<b>Fat g</b>	44

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch

Generic  
Breakfast

### Menu 4 MF104

WHEAT PORRIDGE WITH APPLE & MANGO	Psc	1
digestive biscuits		1
bananachips		1
protein bar banana chocolate		1
whey protein wild strawberry		1
isotonic drink pineapple		1
freeze dried coffee		1
chewing gum 2-pck xtra mint		1
wet wipe		1
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	676
<b>Kcal</b>	1341
<b>Carb g</b>	161
<b>Prot g</b>	48
<b>Fat g</b>	59

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 1 MV101

Group A  
Wet pouch  
Vegetarian  
Breakfast

WHEAT PORRIDGE WITH APPLE & MANGO	Psc	1
fruit biscuits		1
nut crème		1
protein bar caramel		1
whey protein salted caramel		1
isotonic drink forest fruit		1
freeze dried coffee		1
chewing gum 2-pck peppermint		1
wet wipe		1
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	689
<b>Kcal</b>	1436
<b>Carb g</b>	177
<b>Prot g</b>	57
<b>Fat g</b>	52

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 2 MV102

Group A  
Wet pouch  
Vegetarian  
Breakfast

RICE PUDDING WITH VANILA	Psc	1
digestive biscuits		1
dried cranberries		1
protein bar banana chocolate		1
egg white powder raspberry		1
isotonic drink pineapple		1
freeze dried coffee		1
chewing gum 2-pck spearmint		1
wet wipe		1
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	681
<b>Kcal</b>	1340
<b>Carb g</b>	174
<b>Prot g</b>	58
<b>Fat g</b>	44

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 1 MG101

Group A  
Wet pouch  
Gluten Free  
Breakfast

RICE PUDDING WITH CINNAMON & CARDAMOM	Psc	1
crispbread chickpeas		1
nut crème		1
dried cranberries		1
protein bar raspberry		1
egg white powder pear		1
isotonic powder drink black currant		1
freeze dried coffee		1
chewing gum 2-pck spearmint		1
wet wipe		1
spoon		1
plastic bag 24h meals		1
label		1
<b>Weight g</b>		699
<b>Kcal</b>		1408
<b>Carb g</b>		195
<b>Prot g</b>		60
<b>Fat g</b>		41

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 2 MG102

Group A  
Wet pouch  
Gluten Free  
Breakfast

RICE PUDDING WITH VANILA	Psc	1
crispbread chickpeas		1
nut crème		1
dried cranberries		1
protein bar raspberry		1
egg white powder pear		1
isotonic drink pineapple		1
freeze dried coffee		1
chewing gum 2-pck peppermint		1
wet wipe		1
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	699
<b>Kcal</b>	1406
<b>Carb g</b>	189
<b>Prot g</b>	59
<b>Fat g</b>	43



# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 1 MFL101

Group A  
Wet pouch  
Lactose Free  
Breakfast

WHEAT PORRIDGE WITH VANILLA	Psc	1
peanut butter		1
tortilla bread		1
energy bar apple		1
egg white powder pear		1
isotonic drink black currant		1
freeze dried coffee		1
chewing gum 2-pck spearmint		1
wet wipe		1
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	683
<b>Kcal</b>	1327
<b>Carb g</b>	159
<b>Prot g</b>	56
<b>Fat g</b>	49

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 2 MFL102

Group A  
Wet pouch  
Lactose Free  
Breakfast

BUCKWHEAT PORRIDGE WITH COCONUT	Psc	1
digestive biscuits		1
dried cranberries		1
energy bar apple		1
egg white powder raspberry		1
isotonic drink pineapple		1
freeze dried coffee		1
chewing gum 2-pck peppermint		1
wet wipe		1
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	681
<b>Kcal</b>	1326
<b>Carb g</b>	185
<b>Prot g</b>	47
<b>Fat g</b>	41

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 1 MFH101

Group A  
Wet pouch  
Halal  
Breakfast

BUCKWHEAT PORRIDGE WITH COCONUT	Psc	1
tortilla bread		1
bananachips		1
protein bar caramel		1
egg white powder raspberry		1
isotonic drink pineapple		1
freeze dried coffee		1
chewing gum 2-pck peppermint		1
wet wipe		1
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	693
<b>Kcal</b>	1384
<b>Carb g</b>	166
<b>Prot g</b>	60
<b>Fat g</b>	50

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 2 MFH102

Group A  
Wet pouch  
Halal  
Breakfast

RICE PUDDING WITH CINNAMON & CARDAMOM	Psc	1
cashew sea salt		1
dried cranberries		1
protein bar raspberry		1
egg white powder chocolate cake		1
isotonic drink black currant		1
freeze dried coffee		1
chewing gum 2-pck spearmint		1
wet wipe		1
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	666
<b>Kcal</b>	1328
<b>Carb g</b>	161
<b>Prot g</b>	60
<b>Fat g</b>	47

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group A  
Wet pouch  
Generic  
Lunch/Dinner

## Menu 1 M101

PASTA BOLOGNESE	Psc	1
fruit biscuits		1
energy bar cookies & cream		1
whey protein mango orange		1
isotonic drink pineapple		1
freeze dried coffee		1
chewing gum 2-pck xtra mint		1
wet wipe		1
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	636
<b>Kcal</b>	1410
<b>Carb g</b>	161
<b>Prot g</b>	65
<b>Fat g</b>	53

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group A  
Wet pouch  
Generic  
Lunch/Dinner

## Menu 2 M102

THAI CHICKEN WITH COCONUT	Psc
dried cranberries	1
energy bar cookies & cream	1
protein bar raspberry	1
isotonic powder drink black currant	1
tomato soup	1
freeze dried coffee	1
chewing gum 2-pck peppermint	1
wet wipe	1
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	658
<b>Kcal</b>	1303
<b>Carb g</b>	177
<b>Prot g</b>	43
<b>Fat g</b>	46

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group A  
Wet pouch

Generic  
Lunch/Dinner

## Menu 3 M103

CHICKEN CURRY WITH RICE	Psc	1
biscuits brown		1
dried cranberries		1
egg white powder raspberry		1
isotonic drink black currant		1
freeze dried coffee		1
chewing gum 2-pck peppermint		1
wet wipe		1
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	660
<b>Kcal</b>	1385
<b>Carb g</b>	173
<b>Prot g</b>	62
<b>Fat g</b>	44

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group A  
Wet pouch  
Generic  
Lunch/Dinner

## Menu 4 M104

STROGANOFF WITH RICE & MUSHROOM	Psc	1
chocolate dipped peanuts		1
dried cranberries		1
protein bar caramel		1
isotonic drink pineapple		1
tomato soup		1
freeze dried coffee		1
chewing gum 2-pck xtra mint		1
wet wipe		1
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	678
<b>Kcal</b>	1328
<b>Carb g</b>	170
<b>Prot g</b>	44
<b>Fat g</b>	49



# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group A  
Wet pouch  
Generic  
Lunch/Dinner

## Menu 5 M105

MEXICAN TUNA PASTA	Psc
tortilla bread	1
dried cranberries	1
protein bar raspberry	1
isotonic powder drink pineapple	1
chocolate bar	1
freeze dried coffee	1
chewing gum 2-pck xtra mint	1
wet wipe	1
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	648
<b>Kcal</b>	1461
<b>Carb g</b>	184
<b>Prot g</b>	56
<b>Fat g</b>	54

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group A  
Wet pouch  
Generic  
Lunch/Dinner

## Menu 6 M106

PASTA BOLOGNESE	Psc	1
orange cake		1
energy bar apple		1
protein bar caramel		1
isotonic drink forest fruit		1
freeze dried coffee		1
chewing gum 2-pck peppermint		1
wet wipe		1
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	651
<b>Kcal</b>	1369
<b>Carb g</b>	169
<b>Prot g</b>	51
<b>Fat g</b>	52

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch

Generic  
Lunch/Dinner

### Menu 7 M107

CHILI CON CARNE WITH RICE	Psc
tortilla bread	1
dried cranberries	1
protein bar raspberry	1
isotonic drink pineapple	1
beef soup	1
freeze dried coffee	1
chewing gum 2-pck peppermint	1
wet wipe	1
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	637
<b>Kcal</b>	1318
<b>Carb g</b>	187
<b>Prot g</b>	53
<b>Fat g</b>	37

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch  
Vegetarian  
Lunch/Dinner

### Menu 1 MV101

CHILI SIN CARNE WITH KIDNEY BEANS	Psc
fruit biscuits	1
nut crème	1
energy bar apple	1
isotonic drink forest fruit	1
freeze dried coffee	1
chewing gum 2-pck spearmint	1
wet wipe	1
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	637
<b>Kcal</b>	1318
<b>Carb g</b>	187
<b>Prot g</b>	53
<b>Fat g</b>	37

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 2 MV102

Group A  
Wet pouch  
Vegetarian  
Lunch/Dinner

MEXICAN CASSEROLE WITH LENTILS & POTATOES	Psc
tortilla bread	1
cashew sea salt	1
energy bar coconut	1
isotonic drink pineapple	1
tomato soup	1
freeze dried coffee	1
chewing gum 2-pck peppermint	1
wet wipe	1
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	655
<b>Kcal</b>	1337
<b>Carb g</b>	169
<b>Prot g</b>	44
<b>Fat g</b>	50

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch  
Lactose Free  
Lunch/Dinner

### Menu 1 ML101

MEXICAN CASSEROLE WITH LENTILS & POTATOES	Psc
tortilla bread	1
cashew sea salt	1
energy bar coconut	1
isotonic drink pineapple	1
tomato soup	1
freeze dried coffee	1
chewing gum 2-pck peppermint	1
wet wipe	1
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	651
<b>Kcal</b>	1312
<b>Carb g</b>	147
<b>Prot g</b>	64
<b>Fat g</b>	49

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch  
Lactose Free  
Lunch/Dinner

### Menu 2 ML102

MEATBALLS WITH PASTA	Psc	1
dried cranberries		1
energy bar licorice		1
energy bar chocolate crisp		1
egg white powder raspberry		1
isotonic drink pineapple		1
tomato soup		1
freeze dried coffee		1
chewing gum 2-pck peppermint		1
wet wipe		1
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	673
<b>Kcal</b>	1480
<b>Carb g</b>	189
<b>Prot g</b>	65
<b>Fat g</b>	48

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 1 MG101

Group A  
Wet pouch  
Gluten Free  
Lunch/Dinner

CHICKEN CURRY WITH RICE	Psc	1
crispbread chickpeas		1
nut crème		1
energy bar chocolate crisp		1
protein bar raspberry		1
isotonic drink pineapple		1
freeze dried coffee		1
chewing gum 2-pck peppermint		1
wet wipe		1
spoon		1
plastic bag 24h meals		1
label		1
<b>Weight g</b>		664
<b>Kcal</b>		1361
<b>Carb g</b>		167
<b>Prot g</b>		52
<b>Fat g</b>		49



# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch  
Gluten Free  
Lunch/Dinner

### Menu 2 MG102

KEBAB STEW WITH CORN & BELL PEPPER	Psc	1
crispbread chickpeas		1
cashew sea salt		1
dried cranberries		1
protein bar mint chocolate		1
isotonic drink pineapple		1
freeze dried coffee		1
chewing gum 2-pck spearmint		1
wet wipe		1
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	676
<b>Kcal</b>	1361
<b>Carb g</b>	185
<b>Prot g</b>	48
<b>Fat g</b>	44

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch  
Halal  
Lunch/Dinner

### Menu 1 MH101

CHILI SIN CARNE WITH KIDNEY BEANS	Psc	1
cashew sea salt		1
dried cranberries		1
protein bar banana chocolate		1
isotonic drink black currant		1
isotonic drink pineapple		1
freeze dried coffee		1
wet wipe		1
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	664
<b>Kcal</b>	1361
<b>Carb g</b>	167
<b>Prot g</b>	52
<b>Fat g</b>	49

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 2 MH102

Group A  
Wet pouch  
Halal  
Lunch/Dinner

CHICKEN MASALA WITH RICE	Psc	1
digestive biscuits		1
nut crème		1
dried cranberries		1
protein bar caramel		1
isotonic drink forest fruit		1
freeze dried coffee		1
wet wipe		1
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	626
<b>Kcal</b>	1311
<b>Carb g</b>	162
<b>Prot g</b>	51
<b>Fat g</b>	47

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group A  
Wet pouch

Generic  
3 meal ration

## Menu 1 M301

RICE PUDDING WITH VANILA	Psc	1
CHICKEN SWEET & SOUR PASTA		1
KEBAB STEW WITH CORN & BELL PEPPER		1
tortilla bread		1
lemon cake		1
nut crème		1
bananachips		1
cherry in dark chocolate		1
energy bar coconut		1
protein bar raspberry		1
egg white powder raspberry		1
isotonic powder drink black currant		1
beef soup		1
freeze dried coffee		3
chewing gum 2-pck spearmint		1
chewing gum 2-pck xtra mint		1
wet wipe		3
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	1776
<b>Kcal</b>	3608
<b>Carb g</b>	450
<b>Prot g</b>	120
<b>Fat g</b>	133

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch

Generic  
3 meal ration

### Menu 2 M302

	Psc
RICE PUDDING WITH CINNAMON & CARDAMOM	1
CHICKEN ROGAN JOSH WITH RICE	1
PASTA CARBONARA WITH CHEESE	1
farmhouse paté	1
tortilla bread	1
chocolate dipped peanuts	1
bananachips	1
dried cranberries	1
energy bar cranberry	1
energy bar licorice	1
protein bar banana chocolate	1
egg white powder salted caramel	1
isotonic powder drink pineapple	1
beef soup	3
chocolate bar	1
freeze dried coffee	1
chewing gum 2-pck peppermint	3
chewing gum 2 pck xtra mint	1
wet wipe	1
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	1823
<b>Kcal</b>	3605
<b>Carb g</b>	452
<b>Prot g</b>	126
<b>Fat g</b>	138

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group A  
Wet pouch

Generic  
3 meal ration

## Menu 3 M303

WHEAT PORRIDGE WITH VANILLA	Psc	1
MEATBALLS WITH PASTA		1
CHICKEN MASALA WITH RICE		1
peanut butter		1
biscuits brown		1
dried cranberries		1
gooseberry in dark chocolate		1
energy bar apple		1
energy bar licorice		1
protein bar mint chocolate		1
Whey protein chocolate fudge		1
isotonic powder drink black currant		1
beef soup		1
freeze dried coffee		3
chewing gum 2-pck peppermint		1
chewing gum 2-pck spearmint		1
wet wipe		3
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	1755
<b>Kcal</b>	3623
<b>Carb g</b>	449
<b>Prot g</b>	130
<b>Fat g</b>	140

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch

Generic  
3 meal ration

### Menu 4 M304

	Psc
WHEAT PORRIDGE WITH APPLE & MANGO	1
MEXICAN TUNA PASTA	1
CHICKEN MEATBALLS WITH SPICY TOMATO	1
farmhouse paté	1
fruit biscuits	1
tortilla bread	1
nut crème	1
dried cranberries	1
energy bar choco orange	1
energy bar apple	1
protein bar raspberry	1
egg white powder chocolate cake	1
isotonic powder drink pineapple	1
tomato soup	1
freeze dried coffee	3
chewing gum 2-pck spearmint	1
chewing gum 2-pck xtra mint	1
wet wipe	3
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	1814
<b>Kcal</b>	3633
<b>Carb g</b>	460
<b>Prot g</b>	128
<b>Fat g</b>	136

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch

Generic  
3 meal ration

### Menu 5 M305

PROTEIN CHOCOLATE MUESLI	Psc	1
CHICKEN KORMA WITH POTATO		1
CHILI CON CARNE WITH RICE		1
farmhouse paté		1
digestive biscuits		1
orange cake		1
dried cranberries		1
energy bar coconut		1
protein bar caramel		1
protein bar mint chocolate		1
isotonic drink black currant		1
isotonic drink forest fruit		1
chocolate bar		1
freeze dried coffee		3
chewing gum 2-pck peppermint		1
chewing gum 2-pck spearmint		1
wet wipe		3
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	1447
<b>Kcal</b>	3608
<b>Carb g</b>	458
<b>Prot g</b>	136
<b>Fat g</b>	129



# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch

Generic  
3 meal ration

### Menu 6 M306

	Psc
STRAWBERRY PORRIDGE	1
TUNA CHILI PASTA	1
STROGANOFF WITH RICE & MUSHROOM	1
farmhouse paté	1
tortilla bread	1
nut crème	1
cashew sea salt	1
bananachips	1
gooseberry in dark chocolate	1
energy bar chocolate crisp	1
protein bar raspberry	1
protein bar banana chocolate	1
isotonic powder drink black currant	1
isotonic powder drink pineapple	1
freeze dried coffee	3
chewing gum 2-pck spearmint	1
chewing gum 2-pck xtra mint	1
wet wipe	3
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	1512
<b>Kcal</b>	3613
<b>Carb g</b>	460
<b>Prot g</b>	126
<b>Fat g</b>	132

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group A  
Wet pouch

Generic  
3 meal ration

## Menu 7 M307

	Psc
BUCKWHEAT PORRIDGE WITH COCONUT	1
PASTA BOLOGNESE	1
CHICKEN AND SEAFOOD PAELLA	1
farmhouse paté	1
tortilla bread	1
orange cake	1
nut crème	1
bananachips	1
dried cranberries	1
energy bar apple	1
protein bar raspberry	1
egg white powder salted caramel	1
isotonic powder drink black currant	1
isotonic powder drink pineapple	1
chocolate bar	1
freeze dried coffee	3
chewing gum 2-pck peppermint	1
chewing gum 2-pck spearmint	1
wet wipe	3
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	1832
<b>Kcal</b>	3649
<b>Carb g</b>	455
<b>Prot g</b>	123
<b>Fat g</b>	140

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch  
Vegetarian  
3 meal ration

### Menu 1 MV301

	Psc
BUCKWHEAT PORRIDGE WITH COCONUT	1
STROGANOFF WITH RICE & MUSHROOM	1
SMOKY STEW WITH POTATOES & LENTILS	1
peanut butter	1
digestive biscuits	1
nut crème	1
bananachips	1
dried cranberries	1
energy bar cookies & cream	1
energy bar apple	1
protein bar banana chocolate	1
whey protein wild strawberry	1
isotonic drink forest fruit	1
tomato soup	1
chocolate bar	1
freeze dried coffee	3
chewing gum 2-pck peppermint	1
chewing gum 2-pck xtra mint	1
wet wipe	3
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	1852
<b>Kcal</b>	3601
<b>Carb g</b>	448
<b>Prot g</b>	118
<b>Fat g</b>	139

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 2 MV302

Group A  
Wet pouch  
Vegetarian  
3 meal ration

	Psc
RICE PUDDING WITH CINNAMON & CARDAMOM	1
VEGETARIAN BEAN PASTA	1
KEBAB STEW WITH CORN & BELL PEPPER	1
biscuits brown	1
nut crème	1
bananachips	1
dried cranberries	1
gooseberry in dark chocolate	1
protein bar raspberry	1
protein bar caramel	1
protein bar mint chocolate	1
whey protein salted caramel	1
isotonic drink forest fruit	1
freeze dried coffee	3
chewing gum 2-pck peppermint	1
chewing gum 2-pck spearmint	1
wet wipe	3
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	1799
<b>Kcal</b>	3659
<b>Carb g</b>	466
<b>Prot g</b>	128
<b>Fat g</b>	134

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch  
Vegetarian  
3 meal ration

### Menu 3 MV303

WHEAT PORRIDGE WITH APPLE & MANGO	Psc	1
VEGETARIAN MASALA		1
VEGETARIAN SPICY BEAN PASTA		1
peanut butter		1
tortilla bread		1
nut crème		1
bananachips		1
dried cranberries		1
cherry in dark chocolate		1
gooseberry in dark chocolate		1
protein bar raspberry		1
protein bar banana chocolate		1
isotonic drink forest fruit		1
chocolate bar		1
freeze dried coffee		3
chewing gum 2-pck peppermint		1
chewing gum 2-pck xtra mint		1
wet wipe		3
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	1772
<b>Kcal</b>	3657
<b>Carb g</b>	462
<b>Prot g</b>	124
<b>Fat g</b>	134

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 4 MV304

Group A  
Wet pouch  
Vegetarian  
3 meal ration

	Psc
RICE PUDDING WITH VANILA	1
CHILI SIN CARNE WITH KIDNEY BEANS	1
MEXICAN CASSEROLE WITH LENTILS & POTATOES	1
tortilla bread	1
nut crème	1
cashew sea salt	1
bananachips	1
dried cranberries	1
energy bar cookies & cream	1
energy bar apple	1
protein bar mint chocolate	1
Whey protein chocolate fudge	1
isotonic drink forest fruit	1
tomato soup	1
chocolate bar	1
freeze dried coffee	3
chewing gum 2-pck peppermint	1
chewing gum 2-pck spearmint	1
wet wipe	3
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	1829
<b>Kcal</b>	3635
<b>Carb g</b>	432
<b>Prot g</b>	135
<b>Fat g</b>	139

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch  
Lactose Free  
3 meal ration

### Menu 1 ML301

	Psc
WHEAT PORRIDGE WITH APPLE & MANGO	1
CHILI CON CARNE WITH RICE	1
CHICKEN MEATBALLS WITH SPICY TOMATO	1
farmhouse paté	1
digestive biscuits	1
tortilla bread	1
nut crème	1
cashew sea salt	1
bananachips	1
cherry in dark chocolate	1
energy bar apple	1
energy bar cranberry crisp	1
isotonic drink forest fruit	1
isotonic drink pineapple	1
beef soup	1
freeze dried coffee	3
chewing gum 2-pck spearmint	1
chewing gum 2-pck xtra mint	1
wet wipe	3
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	1801
<b>Kcal</b>	3604
<b>Carb g</b>	437
<b>Prot g</b>	126
<b>Fat g</b>	137

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch  
Lactose Free  
3 meal ration

### Menu 2 ML302

	Psc
BUCKWHEAT PORRIDGE WITH COCONUT	1
CHILI SIN CARNE WITH KIDNEY BEANS	1
THAI CHICKEN WITH COCONUT	1
farmhouse paté	1
digestive biscuits	1
tortilla bread	1
nut crème	1
dried cranberries	1
cherry in dark chocolate	1
energy bar cranberry	1
energy bar coconut	1
energy bar chocolate crisp	1
isotonic drink black currant	1
isotonic drink forest fruit	1
tomato soup	1
freeze dried coffee	3
chewing gum 2-pck peppermint	1
chewing gum xtra mint	1
wet wipe	3
spoon	1
plastic bag 24h meals	1
Label	1

<b>Weight g</b>	1849
<b>Kcal</b>	3621
<b>Carb g</b>	444
<b>Prot g</b>	126
<b>Fat g</b>	132



# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 3 ML303

Group A  
Wet pouch  
Lactose Free  
3 meal ration

	Psc
WHEAT PORRIDGE WITH VANILLA	1
MEXICAN CASSEROLE WITH LENTILS & POTATOES	1
CHICKEN AND SEAFOOD PAELLA	1
peanut butter	1
farmhouse paté	1
fruit biscuits	1
tortilla bread	1
bananachips	1
dried cranberries	1
energy bar apple	1
energy bar coconut	1
egg white powder raspberry	1
isotonic drink forest fruit	1
tomato soup	1
freeze dried coffee	3
chewing gum 2-pck spearmint	1
chewing gum 2-pck xtra mint	1
wet wipe	3
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	1866
<b>Kcal</b>	3672
<b>Carb g</b>	475
<b>Prot g</b>	120
<b>Fat g</b>	133

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 4 ML304

Group A  
Wet pouch  
Lactose Free  
3 meal ration

	Psc
OAT PORRIDGE WITH MANGO & COCONUT	1
CHICKEN PANANG WITH POTATO	1
SWEDISH MEATBALLS WITH CREAMY POTATOES	1
farmhouse paté	1
digestive biscuits	1
bananachips	1
dried cranberries	1
cherry in dark chocolate	1
energy bar licorice	1
energy bar chocolate crisp	1
energy bar cranberry crisp	1
egg white powder pear	1
isotonic drink pineapple	1
beef soup	1
freeze dried coffee	3
chewing gum 2-pck peppermint	1
chewing gum 2-pck xtra mint	1
wet wipe	3
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	1511
<b>Kcal</b>	3638
<b>Carb g</b>	446
<b>Prot g</b>	123
<b>Fat g</b>	140

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 1 MG301

Group A  
Wet pouch  
Gluten Free  
3 meal ration

	Psc
CRUNCHY GRANOLA WITH APPLE & CINNAMON	1
CHICKEN ROGAN JOSH WITH RICE	1
SMOKY STEW WITH POTATOES & LENTILS	1
peanut butter	1
farmhouse paté	1
crispbread chickpeas	1
nut crème	1
bananachips	1
dried cranberries	1
energy bar chocolate crisp	1
energy bar cranberry crisp	1
protein bar raspberry	1
isotonic drink forest fruit	1
isotonic powder drink pineapple	1
isotonic powder drink pineapple	1
freeze dried coffee	3
chewing gum 2-pck peppermint	1
chewing gum 2-pck spearmint	1
wet wipe	3
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	1535
<b>Kcal</b>	3667
<b>Carb g</b>	463
<b>Prot g</b>	147
<b>Fat g</b>	129

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 2 MG302

Group A  
Wet pouch  
Gluten Free  
3 meal ration

RICE PUDDING WITH STRAWBERRIES	Psc	1
CHICKEN CURRY WITH RICE		1
CURRY WURST WITH POTATOES		1
peanut butter		1
crispbread chickpeas		1
nut crème		1
cashew sea salt		1
dried cranberries		1
energy bar chocolate crisp		1
energy bar cranberry crisp		1
protein bar caramel		1
egg white powder raspberry		1
isotonic drink pineapple		1
freeze dried coffee		3
chewing gum 2-pck spearmint		1
chewing gum 2-pck xtra mint		1
wet wipe		3
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	1460
<b>Kcal</b>	3620
<b>Carb g</b>	436
<b>Prot g</b>	137
<b>Fat g</b>	139

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 3 MG303

Group A  
Wet pouch  
Gluten Free  
3 meal ration

	Psc
OAT PORRIDGE WITH MANGO & COCONUT	1
CHICKEN MASSAMAN WITH POTATO	1
KEBAB STEW WITH CORN & BELL PEPPER	1
peanut butter	1
crispbread chickpeas	1
nut crème	1
cashew sea salt	1
bananachips	1
dried cranberries	1
energy bar chocolate crisp	1
energy bar cranberry crisp	1
protein bar raspberry	1
isotonic powder drink pineapple	1
isotonic powder drink pineapple	1
freeze dried coffee	3
chewing gum 2-pck peppermint	1
chewing gum 2-pck xtra mint	1
wet wipe	3
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	1495
<b>Kcal</b>	3708
<b>Carb g</b>	467
<b>Prot g</b>	124
<b>Fat g</b>	141

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 4 MG304

Group A  
Wet pouch  
Gluten Free  
3 meal ration

	Psc
CRUNCHY GRANOLA WITH MILK & COCONUT	1
CHICKEN PANANG WITH POTATO	1
STROGANOFF WITH RICE & MUSHROOM	1
farmhouse paté	1
crispbread chickpeas	1
nut crème	1
cashew sea salt	1
bananachips	1
dried cranberries	1
energy bar chocolate crisp	1
protein bar raspberry	1
protein bar mint chocolate	1
isotonic powder drink black currant	1
isotonic powder drink pineapple	1
freeze dried coffee	3
chewing gum 2-pck spearmint	1
chewing gum 2-pck xtra mint	1
wet wipe	3
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	1500
<b>Kcal</b>	3616
<b>Carb g</b>	455
<b>Prot g</b>	122
<b>Fat g</b>	137

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch  
Halal  
3 meal ration

### Menu 1 MH301

	Psc
WHEAT PORRIDGE WITH VANILLA	1
MEXICAN TUNA PASTA	1
CHICKEN ROGAN JOSH WITH RICE	1
digestive biscuits	1
tortilla bread	1
nut crème	1
bananachips	1
dried cranberries	1
energy bar licorice	1
energy bar chocolate crisp	1
protein bar raspberry	1
whey protein wild strawberry	1
isotonic drink forest fruit	1
tomato soup	1
chocolate bar	1
freeze dried coffee	3
chewing gum 2-pck peppermint	1
chewing gum 2-pck xtra mint	1
wet wipe	3
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	1789
<b>Kcal</b>	3665
<b>Carb g</b>	452
<b>Prot g</b>	137
<b>Fat g</b>	139

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 2 MH302

Group A  
Wet pouch  
Halal  
3 meal ration

RICE PUDDING WITH CINNAMON & CARDAMOM	Psc	1
VEGETARIAN BEAN PASTA		1
CHICKEN MASALA WITH RICE		1
digestive biscuits		1
tortilla bread		1
orange cake		1
nut crème		1
dried cranberries		1
energy bar apple		1
energy bar licorice		1
protein bar raspberry		1
egg white powder pear		1
isotonic drink forest fruit		1
chocolate bar		1
freeze dried coffee		3
chewing gum 2-pck peppermint		1
chewing gum 2-pck spearmint		1
wet wipe		3
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	1812
<b>Kcal</b>	3669
<b>Carb g</b>	480
<b>Prot g</b>	119
<b>Fat g</b>	136



# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group A  
Wet pouch

Generic  
4 meal ration

## Menu 1 M401

	Psc
INSTANT OATMEAL WITH BLUEBERRIES	1
CHILI SIN CARNE WITH KIDNEY BEANS	1
PASTA CARBONARA WITH CHEESE	1
CHICKEN AND SEAFOOD PAELLA	1
farmhouse paté	1
digestive biscuits	1
tortilla bread	1
orange cake	1
nut crème	1
Dried cranberries	1
energy bar apple	1
protein bar raspberry	1
protein bar caramel	1
whey protein mango orange	1
isotonic drink black currant	1
isotonic drink forest fruit	1
isotonic drink pineapple	1
beef soup	1
tomato soup	1
chocolate bar	1
freeze dried coffee	4
chewing gum 2-pck spearmint	1
chewing gum 2-pck xtra mint	1
wet wipe	4
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	2097
<b>Kcal</b>	4659
<b>Carb g</b>	603
<b>Prot g</b>	183
<b>Fat g</b>	149

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch

Generic  
4 meal ration

### Menu 2 M402

	Psc
RICE PUDDING WITH CINNAMON & CARDAMOM	1
CHICKEN MASSAMAN WITH POTATO	1
MEXICAN TUNA PASTA	1
STROGANOFF WITH RICE & MUSHROOM	1
farmhouse paté	1
fruit biscuits	1
tortilla bread	1
nut crème	1
bananachips	1
Dried cranberries	1
energy bar apple	1
energy bar salty caramel	1
protein bar caramel	1
egg white powder raspberry	1
whey protein wild strawberry	1
isotonic drink black currant	1
isotonic drink forest fruit	1
isotonic drink pineapple	1
beef soup	1
chocolate bar	1
freeze dried coffee	4
chewing gum 2-pck peppermint	1
chewing gum 2-pck xtra mint	1
wet wipe	4
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	2370
<b>Kcal</b>	4671
<b>Carb g</b>	569
<b>Prot g</b>	187
<b>Fat g</b>	180

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch

Generic  
4 meal ration

### Menu 3 M403

	Psc
WHEAT PORRIDGE WITH VANILLA	1
CHICKEN ROGAN JOSH WITH RICE	1
MEXICAN CASSEROLE WITH LENTILS & POTATOES	1
KEBAB STEW WITH CORN & BELL PEPPER	1
peanut butter	1
digestive biscuits	1
tortilla bread	1
lemon cake	1
nut crème	1
cherry in dark chocolate	1
energy bar apple	1
energy bar chocolate crisp	1
protein bar raspberry	1
egg white powder salted caramel	1
isotonic drink black currant	1
isotonic drink forest fruit	1
isotonic drink pineapple	1
beef soup	1
tomato soup	1
chocolate bar	1
freeze dried coffee	4
chewing gum 2-pck peppermint	1
chewing gum 2-pck spearmint	1
wet wipe	4
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	2367
<b>Kcal</b>	4666
<b>Carb g</b>	567
<b>Prot g</b>	172
<b>Fat g</b>	174

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch

Generic  
4 meal ration

### Menu 4 M404

	Psc
WHEAT PORRIDGE WITH APPLE & MANGO	1
CHICKEN KORMA WITH POTATO	1
CHILI CON CARNE WITH RICE	1
CHICKEN MEATBALLS WITH SPICY TOMATO	1
farmhouse paté	1
tortilla bread	1
nut crème	1
cashew sea salt	1
bananachips	1
Dried cranberries	1
cherry in dark chocolate	1
gooseberry in dark chocolate	1
energy bar apple	1
protein bar raspberry	1
protein bar caramel	1
egg white powder chocolate cake	1
isotonic drink black currant	1
isotonic drink forest fruit	1
isotonic drink pineapple	1
beef soup	1
freeze dried coffee	4
chewing gum 2-pck spearmint	1
chewing gum 2-pck xtra mint	1
wet wipe	4
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	2330
<b>Kcal</b>	4613
<b>Carb g</b>	556
<b>Prot g</b>	181
<b>Fat g</b>	176

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group A  
Wet pouch

Generic  
4 meal ration

## Menu 5 M405

	Psc
RICE PUDDING WITH VANILA	1
THAI CHICKEN WITH COCONUT	1
CHICKEN CURRY WITH RICE	1
SMOKY STEW WITH POTATOES & LENTILS	1
farmhouse paté	1
tortilla bread	1
nut crème	1
bananachips	1
Dried cranberries	1
gooseberry in dark chocolate	1
energy bar choco orange	1
energy bar apple	1
protein bar raspberry	1
protein bar banana chocolate	1
egg white powder raspberry	1
whey protein salted caramel	1
isotonic drink black currant	1
isotonic drink forest fruit	1
isotonic drink pineapple	1
tomato soup	1
chocolate bar	1
freeze dried coffee	4
chewing gum 2-pck peppermint	1
chewing gum 2-pck xtra mint	1
wet wipe	4
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	2428
<b>Kcal</b>	4660
<b>Carb g</b>	565
<b>Prot g</b>	184
<b>Fat g</b>	176

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch

Generic  
4 meal ration

### Menu 6 M406

	Psc
FRUIT PORRIDGE WITH RYE FLAKES	1
OAT PORRIDGE WITH CHOCOLATE & BANANA	1
VEGETARIAN BEAN PASTA	1
CHICKEN PANANG WITH POTATO	1
digestive biscuits	1
tortilla bread	1
orange cake	1
nut crème	1
cashew sea salt	1
Dried cranberries	1
energy bar licorice	1
protein bar caramel	1
protein bar mint chocolate	1
whey protein wild strawberry	1
isotonic drink black currant	1
isotonic drink forest fruit	1
isotonic drink pineapple	1
beef soup	1
freeze dried coffee	4
chewing gum 2-pck peppermint	1
chewing gum 2-pck spearmint	1
wet wipe	4
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	1717
<b>Kcal</b>	4628
<b>Carb g</b>	601
<b>Prot g</b>	155
<b>Fat g</b>	174

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group A  
Wet pouch

Generic  
4 meal ration

## Menu 7 M407

	Psc
CRUNCHY GRANOLA WITH MILK & COCONUT	1
CHICKEN SWEET & SOUR PASTA	1
PASTA BOLOGNESE	1
CURRY WURST WITH POTATOES	1
peanut butter	1
farmhouse paté	1
tortilla bread	1
nut crème	1
Dried cranberries	1
cherry in dark chocolate	1
energy bar apple	1
protein bar caramel	1
protein bar banana chocolate	1
egg white powder raspberry	1
isotonic drink black currant	1
isotonic drink forest fruit	1
isotonic drink pineapple	1
beef soup	1
chocolate bar	1
freeze dried coffee	4
chewing gum 2-pck spearmint	1
chewing gum 2-pck xtra mint	1
wet wipe	4
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	1950
<b>Kcal</b>	4612
<b>Carb g</b>	537
<b>Prot g</b>	193
<b>Fat g</b>	178

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group A  
Wet pouch

Generic  
4 meal ration

## Menu 8 M408

	Psc
CRUNCHY GRANOLA WITH APPLE & CINNAMON	1
TUNA CHILI PASTA	1
MEATBALLS WITH PASTA	1
SMOKY STEW WITH POTATOES & LENTILS	1
farmhouse paté	1
biscuits brown	1
orange cake	1
Dried cranberries	1
cherry in dark chocolate	1
energy bar cookies & cream	1
energy bar chocolate crisp	1
protein bar raspberry	1
egg white powder chocolate cake	1
isotonic drink black currant	1
isotonic drink forest fruit	1
isotonic drink pineapple	1
beef soup	1
tomato soup	1
freeze dried coffee	4
chewing gum 2-pck peppermint	1
chewing gum 2-pck xtra mint	1
wet wipe	4
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	2026
<b>Kcal</b>	4607
<b>Carb g</b>	574
<b>Prot g</b>	162
<b>Fat g</b>	173



# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch

Generic  
4 meal ration

### Menu 9 M409

	Psc
RICE PUDDING WITH STRAWBERRIES	1
STRAWBERRY MUESLI	1
CHICKEN MASALA WITH RICE	1
SWEDISH MEATBALLS WITH CREAMY POTATOES	1
farmhouse paté	1
digestive biscuits	1
tortilla bread	1
nut crème	1
bananachips	1
Dried cranberries	1
energy bar choco orange	1
energy bar licorice	1
protein bar raspberry	1
egg white powder raspberry	1
whey protein mango orange	1
isotonic drink black currant	1
isotonic drink forest fruit	1
isotonic drink pineapple	1
chocolate bar	1
freeze dried coffee	4
chewing gum 2-pck peppermint	1
chewing gum 2-pck spearmint	1
wet wipe	4
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	1751
<b>Kcal</b>	4682
<b>Carb g</b>	612
<b>Prot g</b>	171
<b>Fat g</b>	161

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch  
Vegetarian  
4 meal ration

### Menu 1 MV401

FRUIT PORRIDGE WITH RYE FLAKES	Psc	1
RICE PUDDING WITH VANILA		1
VEGETARIAN BEAN PASTA		1
SMOKY STEW WITH POTATOES & LENTILS		1
peanut butter		1
digestive biscuits		1
lemon cake		1
nut crème		1
Dried cranberries		1
gooseberry in dark chocolate		1
protein bar raspberry		1
protein bar caramel		1
protein bar banana chocolate		1
egg white powder pear		1
isotonic drink black currant		1
isotonic drink forest fruit		1
isotonic drink pineapple		1
chocolate bar		1
freeze dried coffee		4
chewing gum 2-pck peppermint		1
chewing gum 2-pck xtra mint		1
wet wipe		4
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	2046
<b>Kcal</b>	4662
<b>Carb g</b>	583
<b>Prot g</b>	153
<b>Fat g</b>	178

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch  
Vegetarian  
4 meal ration

### Menu 2 MV402

	Psc
CRUNCHY GRANOLA WITH MILK & COCONUT	1
WHEAT PORRIDGE WITH APPLE & MANGO	1
MEXICAN CASSEROLE WITH LENTILS & POTATOES	1
STROGANOFF WITH RICE & MUSHROOM	1
peanut butter	1
fruit biscuits	1
lemon cake	1
cashew sea salt	1
Dried cranberries	1
energy bar choco orange	1
energy bar chocolate crisp	1
protein bar raspberry	1
egg white powder chocolate cake	1
isotonic drink black currant	1
isotonic drink forest fruit	1
isotonic drink pineapple	1
freeze dried coffee	4
chewing gum 2-pck peppermint	1
chewing gum 2-pck spearmint	1
wet wipe	4
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	2076
<b>Kcal</b>	4684
<b>Carb g</b>	589
<b>Prot g</b>	157
<b>Fat g</b>	173

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch  
Vegetarian  
4 meal ration

### Menu 3 MV403

OAT PORRIDGE WITH CHOCOLATE & BANANA	Psc	1
RICE PUDDING WITH CINNAMON & CARDAMOM		1
CHILI SIN CARNE WITH KIDNEY BEANS		1
KEBAB STEW WITH CORN & BELL PEPPER		1
peanut butter		1
tortilla bread		1
roasted & salted peanuts 60g		1
Dried cranberries		1
cherry in dark chocolate		1
energy bar cookies & cream		1
energy bar coconut		1
protein bar mint chocolate		1
whey protein wild strawberry		1
isotonic drink black currant		1
isotonic drink forest fruit		1
isotonic drink pineapple		1
tomato soup		1
chocolate bar		1
freeze dried coffee		4
chewing gum 2-pck spearmint		1
chewing gum 2-pck xtra mint		1
wet wipe		4
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	2050
<b>Kcal</b>	4669
<b>Carb g</b>	552
<b>Prot g</b>	167
<b>Fat g</b>	178

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch  
Lactose Free  
4 meal ration

### Menu 1 ML401

	Psc
OAT PORRIDGE WITH CHOCOLATE & BANANA	1
THAI CHICKEN WITH COCONUT	1
STROGANOFF WITH RICE & MUSHROOM	1
PASTA CARBONARA WITH CHEESE	1
farmhouse paté	2
digestive biscuits	1
tortilla bread	1
nut crème	1
cashew sea salt	1
bananachips	1
cherry in dark chocolate	1
energy bar coconut	1
energy bar chocolate crisp	1
energy bar cranberry crisp	1
egg white powder raspberry	1
isotonic drink forest fruit	1
isotonic powder drink black currant	1
isotonic powder drink pineapple	1
tomato soup	1
freeze dried coffee	4
chewing gum 2-pck spearmint	1
chewing gum 2-pck xtra mint	1
wet wipe	4
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	2108
<b>Kcal</b>	4629
<b>Carb g</b>	581
<b>Prot g</b>	162
<b>Fat g</b>	171

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch  
Lactose Free  
4 meal ration

### Menu 2 ML402

WHEAT PORRIDGE WITH VANILLA	Psc	1
MEXICAN TUNA PASTA		1
CHILI SIN CARNE WITH KIDNEY BEANS		1
CHICKEN CURRY WITH RICE		1
peanut butter		1
farmhouse paté		1
tortilla bread		1
nut crème		1
bananachips		1
Dried cranberries		1
cherry in dark chocolate		1
energy bar apple		1
energy bar coconut		1
energy bar licorice		1
egg white powder chocolate cake		1
isotonic drink black currant		1
isotonic drink forest fruit		1
isotonic drink pineapple		1
beef soup		1
tomato soup		1
chocolate bar		1
freeze dried coffee		4
chewing gum 2-pck peppermint		1
chewing gum 2-pck xtra mint		1
wet wipe		4
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	2357
<b>Kcal</b>	4656
<b>Carb g</b>	551
<b>Prot g</b>	169
<b>Fat g</b>	180

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch  
Lactose Free  
4 meal ration

### Menu 3 ML403

	Psc
OAT PORRIDGE WITH MANGO & COCONUT	1
CHICKEN SWEET & SOUR PASTA	1
CHICKEN PANANG WITH POTATO	1
KEBAB STEW WITH CORN & BELL PEPPER	1
peanut butter	1
tortilla bread	1
chocolate dipped peanuts	1
Dried cranberries	1
cherry in dark chocolate	1
energy bar apple	1
energy bar coconut	1
energy bar licorice	1
egg white powder salted caramel	1
isotonic drink black currant	1
isotonic drink forest fruit	1
isotonic drink pineapple	1
chocolate bar	1
freeze dried coffee	4
chewing gum 2-pck peppermint	1
chewing gum 2-pck spearmint	1
wet wipe	4
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	1973
<b>Kcal</b>	4626
<b>Carb g</b>	562
<b>Prot g</b>	166
<b>Fat g</b>	177

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch  
Lactose Free  
4 meal ration

### Menu 4 ML404

WHEAT PORRIDGE WITH APPLE & MANGO	Psc	1
SWEDISH MEATBALLS WITH CREAMY POTATOES		1
MEXICAN CASSEROLE WITH LENTILS & POTATOES		1
CHICKEN AND SEAFOOD PAELLA		1
farmhouse paté		1
digestive biscuits		1
tortilla bread		1
nut crème		1
bananachips		1
cherry in dark chocolate		1
gooseberry in dark chocolate		1
energy bar apple		1
energy bar coconut		1
energy bar licorice		1
egg white powder raspberry		1
egg white powder chocolate cake		1
isotonic drink black currant		1
isotonic drink forest fruit		1
isotonic drink pineapple		1
beef soup		1
tomato soup		1
freeze dried coffee		4
chewing gum 2-pck spearmint		1
chewing gum 2-pck xtra mint		1
wet wipe		4
spoon		1
plastic bag 24h meals		1
label		1

**Weight g** 2412  
**Kcal** 4625  
**Carb g** 569  
**Prot g** 166  
**Fat g** 173



# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch  
Lactose Free  
4 meal ration

### Menu 5 ML405

	Psc
OAT PORRIDGE WITH CHOCOLATE & BANANA	1
CHICKEN MASSAMAN WITH POTATO	1
CHILI CON CARNE WITH RICE	1
CHICKEN MEATBALLS WITH SPICY TOMATO	1
peanut butter	1
fruit biscuits	1
chocolate dipped peanuts	1
Dried cranberries	1
energy bar apple	1
energy bar coconut	1
energy bar licorice	1
egg white powder pear	1
egg white powder salted caramel	1
isotonic drink black currant	1
isotonic drink forest fruit	1
isotonic drink pineapple	1
freeze dried coffee	4
chewing gum 2-pck peppermint	1
chewing gum 2-pck xtra mint	1
wet wipe	4
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	1971
<b>Kcal</b>	4616
<b>Carb g</b>	548
<b>Prot g</b>	197
<b>Fat g</b>	175

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch  
Gluten Free  
4 meal ration

### Menu 1 MG401

RICE PUDDING WITH STRAWBERRIES	Psc	1
CHICKEN KORMA WITH POTATO		1
THAI CHICKEN WITH COCONUT		1
STROGANOFF WITH RICE & MUSHROOM		1
farmhouse paté		2
crispbread chickpeas		1
nut crème		2
cashew sea salt		1
bananachips		1
Dried cranberries		1
protein bar raspberry		1
protein bar caramel		1
protein bar banana chocolate		1
egg white powder raspberry		1
whey protein mango orange		1
isotonic drink black currant		1
isotonic drink forest fruit		1
isotonic drink pineapple		1
freeze dried coffee		4
chewing gum 2-pck peppermint		1
chewing gum 2-pck spearmint		1
wet wipe		4
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	2047
<b>Kcal</b>	4602
<b>Carb g</b>	518
<b>Prot g</b>	214
<b>Fat g</b>	178

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 2 MG402

Group A  
Wet pouch  
Gluten Free  
4 meal ration

	Psc
CRUNCHY GRANOLA WITH MILK & COCONUT	1
CHICKEN MASSAMAN WITH POTATO	1
CHICKEN CURRY WITH RICE	1
SMOKY STEW WITH POTATOES & LENTILS	1
farmhouse paté	2
crispbread chickpeas	1
cashew sea salt	1
bananachips	1
Dried cranberries	1
energy bar cranberry crisp	1
protein bar raspberry	1
protein bar caramel	1
protein bar banana chocolate	1
egg white powder pear	1
whey protein salted caramel	1
isotonic drink black currant	1
isotonic drink forest fruit	1
isotonic drink pineapple	1
freeze dried coffee	4
chewing gum 2-pck spearmint	1
chewing gum 2-pck xtra mint	1
wet wipe	4
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	2061
<b>Kcal</b>	4603
<b>Carb g</b>	514
<b>Prot g</b>	228
<b>Fat g</b>	170

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 3 MG403

Group A  
Wet pouch  
Gluten Free  
4 meal ration

	Psc
OAT PORRIDGE WITH CHOCOLATE & BANANA	1
CHICKEN ROGAN JOSH WITH RICE	1
CHICKEN PANANG WITH POTATO	1
CURRY WURST WITH POTATOES	1
crispbread chickpeas	1
nut crème	1
cashew sea salt	1
bananachips	1
Dried cranberries	1
energy bar cranberry crisp	1
protein bar raspberry	2
protein bar caramel	1
egg white powder chocolate cake	1
whey protein mango orange	1
isotonic drink black currant	1
isotonic drink forest fruit	1
isotonic drink pineapple	1
freeze dried coffee	4
chewing gum 2-pck peppermint	1
chewing gum 2-pck xtra mint	1
wet wipe	4
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	1959
<b>Kcal</b>	4624
<b>Carb g</b>	523
<b>Prot g</b>	229
<b>Fat g</b>	172

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch  
Gluten Free  
4 meal ration

### Menu 4 MG404

	Psc
CRUNCHY GRANOLA WITH APPLE & CINNAMON	1
OAT PORRIDGE WITH MANGO & COCONUT	1
CHICKEN MASALA WITH RICE	1
KEBAB STEW WITH CORN & BELL PEPPER	1
peanut butter	1
crispbread chickpeas	1
nut crème	1
cashew sea salt	1
bananachips	1
Dried cranberries	1
energy bar chocolate crisp	1
energy bar cranberry crisp	1
protein bar raspberry	1
protein bar caramel	1
egg white powder pear	1
isotonic drink black currant	1
isotonic drink forest fruit	1
isotonic drink pineapple	1
freeze dried coffee	4
chewing gum 2-pck peppermint	1
chewing gum 2-pck spearmint	1
wet wipe	4
spoon	1
plastic bag 24h meals	1
label	1

<b>Weight g</b>	1959
<b>Kcal</b>	4624
<b>Carb g</b>	523
<b>Prot g</b>	229
<b>Fat g</b>	172

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch  
Halal  
4 meal ration

### Menu 1 MH401

RICE PUDDING WITH VANILA	Psc	1
CHICKEN ROGAN JOSH WITH RICE		1
CHILI SIN CARNE WITH KIDNEY BEANS		1
MEXICAN CASSEROLE WITH LENTILS & POTATOES		1
fruit biscuits		1
tortilla bread		1
nut crème		1
bananachips		1
Dried cranberries		1
cherry in dark chocolate		1
energy bar apple		1
energy bar licorice		1
protein bar raspberry		1
protein bar banana chocolate		1
whey protein salted caramel		1
chocolate bar		1
freeze dried coffee		4
chewing gum 2-pck peppermint		1
chewing gum 2-pck xtra mint		1
wet wipe		4
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	2346
<b>Kcal</b>	4651
<b>Carb g</b>	558
<b>Prot g</b>	185
<b>Fat g</b>	172

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group A  
Wet pouch  
Halal  
4 meal ration

### Menu 2 MH402

WHEAT PORRIDGE WITH APPLE & MANGO	Psc	1
CHICKEN SWEET & SOUR PASTA		1
VEGETARIAN BEAN PASTA		1
CHICKEN MASALA WITH RICE		1
biscuits brown		1
tortilla bread		1
orange cake		1
nut crème		1
bananachips		1
Dried cranberries		1
cherry in dark chocolate		1
energy bar coconut		1
protein bar caramel		1
protein bar mint chocolate		1
egg white powder pear		1
freeze dried coffee		4
chewing gum 2-pck peppermint		1
chewing gum 2-pck spearmint		1
wet wipe		4
spoon		1
plastic bag 24h meals		1
label		1

<b>Weight g</b>	2285
<b>Kcal</b>	4637
<b>Carb g</b>	560
<b>Prot g</b>	169
<b>Fat g</b>	178