

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Generic  
Breakfast

## Menu 1 FF101

	Psc
OAT PORRIDGE WITH MANGO & COCONUT	1
farmhouse paté	1
tortilla bread	1
nut crème	1
protein bar caramel	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>	366
<b>Kcal</b>	1357
<b>Carb g</b>	183
<b>Prot g</b>	47
<b>Fat g</b>	42

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Generic  
Breakfast

## Menu 2 FF102

INSTANT OATMEAL WITH BLUEBERRIES	Psc	1
digestive biscuits		1
nut crème		1
protein bar mint chocolate		1
isotonic powder 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>	329
<b>Kcal</b>	1311
<b>Carb g</b>	196
<b>Prot g</b>	43
<b>Fat g</b>	32

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group B  
Freeze Dry  
Generic  
Breakfast

### Menu 3 FF103

	Psc
FRUIT PORRIDGE WITH RYE FLAKES	1
farmhouse paté	1
tortilla bread	1
energy bar coconut	1
egg white powder raspberry	1
tomato soup	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>	377
<b>Kcal</b>	1310
<b>Carb g</b>	187
<b>Prot g</b>	51
<b>Fat g</b>	38

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

## Menu 4

### FF104

Group B  
Freeze Dry  
Generic  
Breakfast

STRAWBERRY PORRIDGE	Psc	1
tortilla bread		1
nut crème		1
protein bar caramel		1
isotonic powder 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>	341
<b>Kcal</b>	1322
<b>Carb g</b>	207
<b>Prot g</b>	43
<b>Fat g</b>	30

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 5 FF105

Group B  
Freeze Dry  
Generic  
Breakfast

	Psc
RICE PUDDING WITH STRAWBERRIES	1
tortilla bread	1
nut crème	1
energy bar cookies & cream	1
egg white powder salted caramel	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>	351
<b>Kcal</b>	1338
<b>Carb g</b>	185
<b>Prot g</b>	48
<b>Fat g</b>	44

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group B  
Freeze Dry  
Generic  
Breakfast

### Menu 6 FF106

	Psc
INSTANT OATMEAL WITH BLUEBERRIES	1
farmhouse paté	1
tortilla bread	1
nut crème	1
protein bar raspberry	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>	366
<b>Kcal</b>	1383
<b>Carb g</b>	204
<b>Prot g</b>	47
<b>Fat g</b>	35

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

### Menu 7

### FF107

Group B  
Freeze Dry  
Generic  
Breakfast

	Psc
OAT PORRIDGE WITH MANGO & COCONUT	1
farmhouse paté	1
digestive biscuits	1
protein bar mint chocolate	1
isotonic powder drink black currant	1
chocolate bar	1
freeze dried coffee	1
chewing gum 2-pck peppermint	1
wet wipe	1
spoon	1
plastic bag 24h meals	1
label	

<b>Weight g</b>	361
<b>Kcal</b>	1368
<b>Carb g</b>	181
<b>Prot g</b>	47
<b>Fat g</b>	47

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Vegetarian  
Breakfast

## Menu 1 FFV101

STRAWBERRY PORRIDGE	Psc	1
tortilla bread		1
nut crème		1
protein bar banana chocolate		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>	341
<b>Kcal</b>	1316
<b>Carb g</b>	204
<b>Prot g</b>	43
<b>Fat g</b>	31



# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Vegetarian  
Breakfast

## Menu 2 FFV102

OAT PORRIDGE WITH CHOCOLATE & BANANA	Psc	1
farmhouse paté		1
cheese biscuits		1
egg white powder salted caramel		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>		301
<b>Kcal</b>		1319
<b>Carb g</b>		152
<b>Prot g</b>		69
<b>Fat g</b>		46

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Lactose Free  
Breakfast

## Menu 1

### FFL101

CRUNCHY GRANOLA WITH MILK & COCONUT	Psc	1
farmhouse paté		1
biscuits brown		1
egg white powder pear		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>	335
<b>Kcal</b>	1364
<b>Carb g</b>	167
<b>Prot g</b>	63
<b>Fat g</b>	47

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Lactose Free  
Breakfast

## Menu 2

### FFL102

	Psc
OAT PORRIDGE WITH CHOCOLATE & BANANA	1
farmhouse paté	1
digestive biscuits	1
energy bar coconut	1
egg white powder raspberry	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>	356
<b>Kcal</b>	1314
<b>Carb g</b>	166
<b>Prot g</b>	65
<b>Fat g</b>	41

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group B  
Freeze Dry  
Gluten Free  
Breakfast

### Menu 1 FFG101

CRUNCHY GRANOLA WITH MILK & COCONUT	Psc	1
crispbread chickpeas		1
nut crème		1
dried cranberries		1
whey protein wild strawberry		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>	339
<b>Kcal</b>	1301
<b>Carb g</b>	181
<b>Prot g</b>	54
<b>Fat g</b>	36

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

## Menu 2 FFG102

Group B  
Freeze Dry  
Gluten Free  
Breakfast

	Psc
CRUNCHY GRANOLA WITH APPLE & CINNAMON	1
crispbread chickpeas	1
nut crème	1
energy bar chocolate crisp	1
egg white powder raspberry	1
isotonic powder 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>	369
<b>Kcal</b>	1356
<b>Carb g</b>	181
<b>Prot g</b>	61
<b>Fat g</b>	40

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
**Halal**  
**Breakfast**

## Menu 1 FFH101

	Psc
CRUNCHY GRANOLA WITH APPLE & CINNAMON	1
tortilla bread	1
cherry in dark chocolate	1
egg white powder salted caramel	1
isotonic drink apple	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>	358
<b>Kcal</b>	1316
<b>Carb g</b>	179
<b>Prot g</b>	56
<b>Fat g</b>	34

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry

Generic  
Lunch/Dinner

## Menu 1 F101

	Psc
PASTA WITH CHEESE & VEGETABLES	1
farmhouse paté	1
digestive biscuits	1
dried cranberries	1
isotonic drink black currant	1
beef soup	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>	370
<b>Kcal</b>	1324
<b>Carb g</b>	189
<b>Prot g</b>	44
<b>Fat g</b>	41

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry

Generic  
Lunch/Dinner

## Menu 2 F102

	Psc
THAI CHICKEN WITH RICE & VEGETABLES	1
digestive biscuits	1
nut crème	1
dried cranberries	1
whey protein wild strawberry	1
isotonic powder drink black currant	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>	348
<b>Kcal</b>	1362
<b>Carb g</b>	175
<b>Prot g</b>	57
<b>Fat g</b>	45



# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry

Generic  
Lunch/Dinner

## Menu 3 F103

	Psc
SKINNARMO'S PASTA CARBONARA	1
farmhouse paté	1
digestive biscuits	1
nut crème	1
protein bar raspberry	1
isotonic powder 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>	347
<b>Kcal</b>	1338
<b>Carb g</b>	159
<b>Prot g</b>	54
<b>Fat g</b>	52

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry

Generic  
Lunch/Dinner

## Menu 4 F104

	Psc
CREAMY PASTA WITH CHICKEN	1
dried cranberries	1
energy bar choco orange	1
protein bar raspberry	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>	360
<b>Kcal</b>	1323
<b>Carb g</b>	207
<b>Prot g</b>	45
<b>Fat g</b>	34

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry

Generic  
Lunch/Dinner

## Menu 5 F105

	Psc
MASHED POTAOES WITH BEEF	1
peanut butter	1
digestive biscuits	1
energy bar cranberry	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>	346
<b>Kcal</b>	1349
<b>Carb g</b>	173
<b>Prot g</b>	48
<b>Fat g</b>	49

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry

Generic  
Lunch/Dinner

## Menu 6 F106

	Psc
ORIENTAL CHICKEN WITH COUSCOUS	1
gooseberry in dark chocolate	1
protein bar banana chocolate	1
isotonic drink black currant	1
tomato soup	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>	347
<b>Kcal</b>	1322
<b>Carb g</b>	175
<b>Prot g</b>	45
<b>Fat g</b>	46

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry

Generic  
Lunch/Dinner

## Menu 7 F107

	Psc
WILDERNESS STEW WITH RICE	1
dried cranberries	1
energy bar choco orange	1
egg white powder pear	1
isotonic drink apple	1
chocolate bar	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>	365
<b>Kcal</b>	1374
<b>Carb g</b>	193
<b>Prot g</b>	54
<b>Fat g</b>	40

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Vegetarian  
Lunch/Dinner

## Menu 1 FV101

PASTA WITH CHEESE & VEGETABLES	Psc	1
peanut butter		1
digestive biscuits		1
energy bar chocolate crisp		1
isotonic powder 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>	351
<b>Kcal</b>	1369
<b>Carb g</b>	167
<b>Prot g</b>	54
<b>Fat g</b>	51

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Vegetarian  
Lunch/Dinner

## Menu 2 FV102

PASTA WITH CHEESE & BROCCOLI	Psc	1
digestive biscuits		1
nut crème		1
protein bar raspberry		1
isotonic drink apple		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>	332
<b>Kcal</b>	1321
<b>Carb g</b>	174
<b>Prot g</b>	43
<b>Fat g</b>	48

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Lactose Free  
Lunch/Dinner

## Menu 1 FL101

	Psc
MEDITERRANEAN PASTA WITH CHICKEN	1
nut crème	1
dried cranberries	1
energy bar chocolate crisp	1
egg white powder pear	1
chocolate bar	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>	375
<b>Kcal</b>	1394
<b>Carb g</b>	174
<b>Prot g</b>	64
<b>Fat g</b>	46



# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Lactose Free  
Lunch/Dinner

## Menu 1 FL102

	Psc
INDIAN CHICKEN STEW	1
nut crème	1
dried cranberries	1
energy bar chocolate crisp	1
egg white powder salted caramel	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>	365
<b>Kcal</b>	1351
<b>Carb g</b>	184
<b>Prot g</b>	64
<b>Fat g</b>	37

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Gluten Free  
Lunch/Dinner

## Menu 1 FG101

	Psc
INDIAN CHICKEN STEW	1
crispbread chickpeas	1
nut crème	1
dried cranberries	1
protein bar raspberry	1
isotonic drink apple	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>	375
<b>Kcal</b>	1410
<b>Carb g</b>	213
<b>Prot g</b>	49
<b>Fat g</b>	37

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Gluten Free  
Lunch/Dinner

## Menu 2 FG102

	Psc
TACO STEW	1
farmhouse paté	1
crispbread chickpeas	1
nut crème	1
protein bar raspberry	1
isotonic drink black currant	1
isotonic powder drink black currant	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>	375
<b>Kcal</b>	1410
<b>Carb g</b>	213
<b>Prot g</b>	49
<b>Fat g</b>	37

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Halal  
Lunch/Dinner

## Menu 1 FH101

	Psc
COUSCOUS WITH CHILI SPICED VEGETABLES	1
dried cranberries	1
energy bar cranberry crisp	1
whey protein wild strawberry	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>	364
<b>Kcal</b>	1303
<b>Carb g</b>	187
<b>Prot g</b>	53
<b>Fat g</b>	34

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry

Generic  
4 meal ration

## Menu 1 F401

	Psc
FRUIT PORRIDGE WITH RYE FLAKES	1
PASTA WITH CHEESE & VEGETABLES	1
INDIAN CHICKEN STEW	1
COUSCOUS WITH CHILI SPICED VEGETABLES	1
peanut butter	1
fruit biscuits	1
tortilla bread	1
bananachips	1
dried cranberries	1
energy bar cranberry crisp	1
protein bar caramel	1
egg white powder pear	1
whey protein mango orange	1
isotonic drink black currant	1
isotonic drink pineapple	1
isotonic powder drink black currant	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>	1207
<b>Kcal</b>	4857
<b>Carb g</b>	656
<b>Prot g</b>	185
<b>Fat g</b>	154

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry

Generic  
4 meal ration

## Menu 2 F402

	Psc
CRUNCHY GRANOLA WITH MILK & COCONUT	1
MASHED POTAOES WITH BEEF	1
SKINNARMO'S PASTA CARBONARA	1
RICE WITH ASPARAGUS & CHICKEN	1
peanut butter	1
farmhouse paté	1
tortilla bread	1
chocolate dipped peanuts	1
bananachips	1
dried cranberries	1
gooseberry in dark chocolate	1
protein bar raspberry	1
protein bar mint chocolate	1
whey protein wild strawberry	1
isotonic drink forest fruit	1
isotonic powder drink black currant	1
isotonic powder 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>	1169
<b>Kcal</b>	4808
<b>Carb g</b>	611
<b>Prot g</b>	188
<b>Fat g</b>	171

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry

Generic  
4 meal ration

## Menu 3 F403

	Psc
CRUNCHY GRANOLA WITH APPLE & CINNAMON	1
PASTA WITH HERB SAUCE	1
THAI CHICKEN WITH RICE & VEGETABLES	1
GOULASH STEW	1
farmhouse paté	1
tortilla bread	1
lemon cake	1
roasted & salted peanuts 60g	1
dried cranberries	1
protein bar raspberry	1
protein bar caramel	1
protein bar banana chocolate	1
whey protein mango orange	1
isotonic drink black currant	1
isotonic drink pineapple	1
isotonic powder drink black currant	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>	1179
<b>Kcal</b>	4820
<b>Carb g</b>	577
<b>Prot g</b>	188
<b>Fat g</b>	179

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry

Generic  
4 meal ration

## Menu 4 F404

	Psc
OAT PORRIDGE WITH MANGO & COCONUT	1
PASTA WITH CHEESE	1
TACO STEW	1
WILDERNESS STEW WITH RICE	1
farmhouse paté	1
biscuits brown	1
orange cake	1
nut crème	1
bananachips	1
dried cranberries	1
protein bar raspberry	1
protein bar caramel	1
protein bar mint chocolate	1
egg white powder pear	1
isotonic drink forest fruit	1
isotonic powder drink black currant	1
isotonic powder 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>	1215
<b>Kcal</b>	4977
<b>Carb g</b>	648
<b>Prot g</b>	186
<b>Fat g</b>	169



# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry

Generic  
4 meal ration

## Menu 5 F405

	Psc
OAT PORRIDGE WITH CHOCOLATE & BANANA	1
MASHED POTATOES WITH VEGETABLES	1
SEMOLINA STEW	1
CREAMY PASTA WITH CHICKEN	1
fruit biscuits	1
nut crème	1
roasted & salted peanuts 60g	1
bananachips	1
energy bar cookies & cream	1
energy bar chocolate crisp	1
egg white powder raspberry	1
whey protein salted caramel	1
whey protein chocolate fudge	1
isotonic drink black currant	1
isotonic drink pineapple	1
isotonic powder drink black currant	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>	1173
<b>Kcal</b>	4856
<b>Carb g</b>	601
<b>Prot g</b>	207
<b>Fat g</b>	173

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group B  
Freeze Dry

Generic  
4 meal ration

### Menu 6 F406

	Psc
RICE PUDDING WITH STRAWBERRIES	1
MASHED POTATOES WITH SMOKED HAM	1
MEDITERRANEAN PASTA WITH CHICKEN	1
PASTA WITH CHEESE & BROCCOLI	1
farmhouse paté	1
cheese crackers	1
roasted & salted peanuts 60g	1
dried cranberries	1
cherry in dark chocolate	1
protein bar raspberry	1
protein bar caramel	1
protein bar banana chocolate	1
whey protein mango orange	1
isotonic drink forest fruit	1
isotonic powder drink black currant	1
isotonic powder 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
<input type="text"/>	

<b>Weight g</b>	1135
<b>Kcal</b>	4936
<b>Carb g</b>	613
<b>Prot g</b>	187
<b>Fat g</b>	179

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry

Generic  
4 meal ration

## Menu 7 F407

	Psc
INSTANT OATMEAL WITH BLUEBERRIES	1
RISOTTO WITH MUSHROOMS	1
ORIENTAL CHICKEN WITH COUSCOUS	1
PASTA WITH BEEF, TOMATO & GARLIC	1
farmhouse paté	1
cheese crackers	1
nut crème	1
cashew sea salt	1
bananachips	1
cherry in dark chocolate	1
protein bar raspberry	1
protein bar mint chocolate	1
protein bar banana chocolate	1
whey protein mango orange	1
isotonic drink black currant	1
isotonic drink pineapple	1
isotonic powder drink black currant	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>	1132
<b>Kcal</b>	4937
<b>Carb g</b>	633
<b>Prot g</b>	191
<b>Fat g</b>	163

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group B  
Freeze Dry  
Vegetarian  
4 meal ration

### Menu 1 FV401

	Psc
FRUIT PORRIDGE WITH RYE FLAKES	1
PROTEIN CHOCOLATE MUESLI	1
PASTA WITH HERB SAUCE	1
MASHED POTATOES WITH VEGETABLES	1
biscuits brown	1
nut crème	1
roasted & salted peanuts 60g	1
bananachips	1
cherry in dark chocolate	1
protein bar raspberry	1
protein bar mint chocolate	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
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>	1160
<b>Kcal</b>	4913
<b>Carb g</b>	625
<b>Prot g</b>	184
<b>Fat g</b>	170

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Vegetarian  
4 meal ration

## Menu 2 FV402

	Psc
CRUNCHY GRANOLA WITH APPLE & CINNAMON	1
INSTANT OATMEAL WITH BLUEBERRIES	1
PASTA WITH CHEESE	1
COUSCOUS WITH CHILI SPICED VEGETABLES	1
cheese crackers	1
nut crème	1
cashew sea salt	1
bananachips	1
cherry in dark chocolate	1
protein bar raspberry	1
protein bar mint chocolate	1
protein bar banana chocolate	1
egg white powder salted caramel	1
isotonic drink black currant	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>	1100
<b>Kcal</b>	4811
<b>Carb g</b>	618
<b>Prot g</b>	191
<b>Fat g</b>	154

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Vegetarian  
4 meal ration

## Menu 3 FV403

	Psc
CRUNCHY GRANOLA WITH MILK & COCONUT	1
OAT PORRIDGE WITH CHOCOLATE & BANANA	1
SEMOLINA STEW	1
PASTA WITH CHEESE & BROCCOLI	1
cheese crackers	1
nut crème	1
cashew sea salt	1
bananachips	1
dried cranberries	1
protein bar raspberry	1
protein bar caramel	1
protein bar banana chocolate	1
whey protein chocolate fudge	1
isotonic drink forest fruit	1
isotonic drink pineapple	1
tomato 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>	1119
<b>Kcal</b>	4814
<b>Carb g</b>	628
<b>Prot g</b>	184
<b>Fat g</b>	163

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group B  
Freeze Dry  
Vegetarian  
4 meal ration

### Menu 4 FV404

	Psc
OAT PORRIDGE WITH MANGO & COCONUT	1
STRAWBERRY PORRIDGE	1
PASTA WITH CHEESE & VEGETABLES	1
RISOTTO WITH MUSHROOMS	1
peanut butter	1
fruit biscuits	1
bananachips	1
dried cranberries	1
energy bar coconut	1
energy bar chocolate crisp	1
protein bar caramel	1
whey protein wild strawberry	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>	1181
<b>Kcal</b>	4829
<b>Carb g</b>	669
<b>Prot g</b>	196
<b>Fat g</b>	138

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Lactos Free  
4 meal ration

## Menu 1 FL401

	Psc
CRUNCHY GRANOLA WITH APPLE & CINNAMON	1
OAT PORRIDGE WITH MANGO & COCONUT	1
SEMOLINA STEW	1
PASTA BOLOGNESE	1
farmhouse paté	1
biscuits brown	1
roasted & salted peanuts 60g	1
bananachips	1
gooseberry in dark chocolate	1
energy bar cranberry	1
energy bar coconut	1
energy bar chocolate crisp	1
egg white powder pear	1
egg white powder salted caramel	1
isotonic drink forest fruit	1
isotonic powder drink black currant	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>	1202
<b>Kcal</b>	4911
<b>Carb g</b>	632
<b>Prot g</b>	189
<b>Fat g</b>	171



# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Lactos Free  
4 meal ration

## Menu 2 FL402

	Psc
PROTEIN CHOCOLATE MUESLI	1
STRAWBERRY PORRIDGE	1
PASTA WITH TOMATO & GARLIC	1
GOULASH STEW	1
peanut butter	1
digestive biscuits	1
tortilla bread	1
roasted & salted peanuts 60g	1
energy bar apple	1
energy bar coconut	1
energy bar cranberry crisp	1
egg white powder pear	1
egg white powder raspberry	1
isotonic drink black currant	1
isotonic powder drink black currant	1
isotonic powder 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>	1191
<b>Kcal</b>	4968
<b>Carb g</b>	628
<b>Prot g</b>	195
<b>Fat g</b>	171

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group B  
Freeze Dry  
Lactos Free  
4 meal ration

### Menu 3 FL403

	Psc
CRUNCHY GRANOLA WITH MILK & COCONUT	1
OAT PORRIDGE WITH CHOCOLATE & BANANA	1
INDIAN CHICKEN STEW	1
PASTA WITH BEEF, TOMATO & GARLIC	1
farmhouse paté	1
biscuits brown	1
tortilla bread	1
nut crème	1
roasted & salted peanuts 60g	1
energy bar licorice	1
energy bar cranberry crisp	1
egg white powder pear	1
egg white powder raspberry	1
isotonic drink black currant	1
isotonic powder drink black currant	1
isotonic powder 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>	1184
<b>Kcal</b>	4960
<b>Carb g</b>	630
<b>Prot g</b>	191
<b>Fat g</b>	176

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Lactos Free  
4 meal ration

## Menu 4 FL404

	Psc
FRUIT PORRIDGE WITH RYE FLAKES	1
INSTANT OATMEAL WITH BLUEBERRIES	1
MEDITERRANEAN PASTA WITH CHICKEN	1
COUSCOUS WITH CHILI SPICED VEGETABLES	1
farmhouse paté	2
digestive biscuits	1
nut crème	1
roasted & salted peanuts 60g	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
egg white powder raspberry	1
isotonic drink black currant	1
isotonic powder 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>	1183
<b>Kcal</b>	4825
<b>Carb g</b>	613
<b>Prot g</b>	181
<b>Fat g</b>	162

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group B  
Freeze Dry  
Gluten Free  
4 meal ration

### Menu 1 FG401

	Psc
CRUNCHY GRANOLA WITH MILK & COCONUT	1
OAT PORRIDGE WITH MANGO & COCONUT	1
MASHED POTAOES WITH BEEF	1
WILDERNESS STEW WITH RICE	1
peanut butter	1
crispbread chickpeas	1
roasted & salted peanuts 60g	1
cashew sea salt	1
dried cranberries	1
energy bar chocolate crisp	1
protein bar raspberry	1
protein bar caramel	1
whey protein salted caramel	1
isotonic drink black currant	1
isotonic drink pineapple	1
isotonic powder drink black currant	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
<input type="text"/>	

<b>Weight g</b>	1140
<b>Kcal</b>	4804
<b>Carb g</b>	588
<b>Prot g</b>	194
<b>Fat g</b>	174

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Gluten Free  
4 meal ration

## Menu 2 FG402

	Psc
OAT PORRIDGE WITH CHOCOLATE & BANANA	1
PROTEIN CHOCOLATE MUESLI	1
MASHED POTATOES WITH SMOKED HAM	1
THAI CHICKEN WITH RICE & VEGETABLES	1
peanut butter	2
farmhouse paté	1
crispbread chickpeas	1
nut crème	1
cashew sea salt	1
bananachips	1
energy bar cranberry crisp	1
protein bar raspberry	1
protein bar mint chocolate	1
egg white powder pear	1
isotonic drink forest fruit	1
isotonic powder drink black currant	1
isotonic powder 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>	1143
<b>Kcal</b>	4836
<b>Carb g</b>	568
<b>Prot g</b>	202
<b>Fat g</b>	185

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group B  
Freeze Dry  
Gluten Free  
4 meal ration

### Menu 3 FG403

	Psc
RICE PUDDING WITH STRAWBERRIES	1
MASHED POTATOES WITH VEGETABLES	1
TACO STEW	1
RICE WITH ASPARAGUS & CHICKEN	1
farmhouse paté	2
crispbread chickpeas	1
nut crème	1
roasted & salted peanuts 60g	1
bananachips	2
energy bar cranberry crisp	1
protein bar raspberry	1
protein bar raspberry	1
protein bar banana chocolate	1
egg white powder chocolate cake	1
isotonic drink black currant	1
isotonic powder drink black currant	1
isotonic powder 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>	1175
<b>Kcal</b>	4838
<b>Carb g</b>	590
<b>Prot g</b>	184
<b>Fat g</b>	185

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group B  
Freeze Dry  
Gluten Free  
4 meal ration

### Menu 4 FG404

	Psc
CRUNCHY GRANOLA WITH APPLE & CINNAMON	1
RISOTTO WITH MUSHROOMS	1
INDIAN CHICKEN STEW	1
GOULASH STEW	1
peanut butter	1
crispbread chickpeas	1
nut crème	1
roasted & salted peanuts 60g	1
bananachips	1
dried cranberries	1
energy bar chocolate crisp	1
protein bar raspberry	1
protein bar caramel	1
egg white powder salted caramel	1
isotonic drink black currant	1
isotonic powder 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
<input type="text"/>	

<b>Weight g</b>	1152
<b>Kcal</b>	4819
<b>Carb g</b>	573
<b>Prot g</b>	188
<b>Fat g</b>	183

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group B  
Freeze Dry  
Halal  
4 meal ration

### Menu 1 FH401

	Psc
CRUNCHY GRANOLA WITH APPLE & CINNAMON	1
RICE PUDDING WITH STRAWBERRIES	1
COUSCOUS WITH CHILI SPICED VEGETABLES	1
PASTA WITH CHEESE & BROCCOLI	1
peanut butter	1
tortilla bread	1
roasted & salted peanuts 60g	1
bananachips	1
energy bar cranberry crisp	1
protein bar caramel	1
protein bar banana chocolate	1
egg white powder pear	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
<input type="text"/>	

<b>Weight g</b>	1162
<b>Kcal</b>	4827
<b>Carb g</b>	581
<b>Prot g</b>	191
<b>Fat g</b>	182



# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry

Generic  
3 meal ration

## Menu 1 F301

	Psc
INSTANT OATMEAL WITH BLUEBERRIES	1
PASTA WITH CHEESE & VEGETABLES	1
INDIAN CHICKEN STEW	1
peanut butter	1
digestive biscuits	1
orange cake	1
cashew sea salt	1
bananachips	1
energy bar cookies & cream	1
protein bar raspberry	1
whey protein mango orange	1
isotonic drink black currant	1
isotonic drink forest fruit	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>	953
<b>Kcal</b>	3978
<b>Carb g</b>	521
<b>Prot g</b>	153
<b>Fat g</b>	131

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry

Generic  
3 meal ration

## Menu 2 F302

	Psc
CRUNCHY GRANOLA WITH APPLE & CINNAMON	1
RISOTTO WITH MUSHROOMS	1
ORIENTAL CHICKEN WITH COUSCOUS	1
tortilla bread	1
nut crème	1
roasted & salted peanuts 60g	1
bananachips	1
dried cranberries	1
energy bar chocolate crisp	1
protein bar caramel	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	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>	966
<b>Kcal</b>	3937
<b>Carb g</b>	493
<b>Prot g</b>	138
<b>Fat g</b>	145

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry

Generic  
3 meal ration

## Menu 3 F303

	Psc
CRUNCHY GRANOLA WITH MILK & COCONUT	1
PASTA WITH HERB SAUCE	1
THAI CHICKEN WITH RICE & VEGETABLES	1
peanut butter	1
digestive biscuits	1
lemon cake	1
chocolate dipped peanuts	1
energy bar cranberry	1
protein bar caramel	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	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>	930
<b>Kcal</b>	3977
<b>Carb g</b>	492
<b>Prot g</b>	140
<b>Fat g</b>	148

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry

Generic  
3 meal ration

## Menu 4 F304

	Psc
OAT PORRIDGE WITH MANGO & COCONUT	1
PASTA WITH CHEESE	1
TACO STEW	1
farmhouse paté	1
tortilla bread	1
roasted & salted peanuts 60g	1
bananachips	1
dried cranberries	1
energy bar apple	1
protein bar caramel	1
egg white powder raspberry	1
isotonic drink black currant	1
isotonic drink forest fruit	1
isotonic drink pineapple	1
chocolate bar	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>	972
<b>Kcal</b>	3904
<b>Carb g</b>	485
<b>Prot g</b>	147
<b>Fat g</b>	141

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry

Generic  
3 meal ration

## Menu 5 F305

	Psc
OAT PORRIDGE WITH CHOCOLATE & BANANA	1
MASHED POTATOES WITH VEGETABLES	1
CREAMY PASTA WITH CHICKEN	1
peanut butter	1
digestive biscuits	1
orange cake	1
cashew sea salt	1
dried cranberries	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
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>	973
<b>Kcal</b>	3942
<b>Carb g</b>	525
<b>Prot g</b>	137
<b>Fat g</b>	137

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry

Generic  
3 meal ration

## Menu 6 F306

	Psc
RICE PUDDING WITH STRAWBERRIES	1
MASHED POTATOES WITH SMOKED HAM	1
MEDITERRANEAN PASTA WITH CHICKEN	1
farmhouse paté	1
digestive biscuits	1
lemon cake	1
chocolate dipped peanuts	1
dried cranberries	1
energy bar chocolate crisp	1
protein bar mint chocolate	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	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>	967
<b>Kcal</b>	3920
<b>Carb g</b>	512
<b>Prot g</b>	129
<b>Fat g</b>	138

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group B  
Freeze Dry

Generic  
3 meal ration

### Menu 7 F307

	Psc
FRUIT PORRIDGE WITH RYE FLAKES	1
RISOTTO WITH MUSHROOMS	1
ORIENTAL CHICKEN WITH COUSCOUS	1
peanut butter	1
digestive biscuits	1
roasted & salted peanuts 60g	1
gooseberry in dark chocolate	1
energy bar licorice	1
protein bar banana chocolate	1
egg white powder chocolate cake	1
isotonic drink black currant	1
isotonic drink forest fruit	1
isotonic drink pineapple	1
tomato soup	1
chocolate bar	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>	935
<b>Kcal</b>	3918
<b>Carb g</b>	482
<b>Prot g</b>	139
<b>Fat g</b>	151

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry

Generic  
3 meal ration

## Menu 8 F308

	Psc
CRUNCHY GRANOLA WITH MILK & COCONUT	1
SEMOLINA STEW	1
PASTA BOLOGNESE	1
farmhouse paté	1
tortilla bread	1
orange cake	1
cashew sea salt	1
dried cranberries	1
energy bar cranberry	1
protein bar banana chocolate	1
whey protein chocolate fudge	1
isotonic drink black currant	1
isotonic drink forest fruit	1
isotonic drink pineapple	1
beef 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>	995
<b>Kcal</b>	3903
<b>Carb g</b>	535
<b>Prot g</b>	134
<b>Fat g</b>	129



# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Vegetarian  
3 meal ration

## Menu 1 FV301

	Psc
CRUNCHY GRANOLA WITH APPLE & CINNAMON	1
PASTA WITH CHEESE & VEGETABLES	1
COUSCOUS WITH CHILI SPICED VEGETABLES	1
peanut butter	1
tortilla bread	1
chocolate dipped peanuts	1
bananachips	1
dried cranberries	1
energy bar cranberry	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
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>	975
<b>Kcal</b>	3971
<b>Carb g</b>	510
<b>Prot g</b>	135
<b>Fat g</b>	142

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group B  
Freeze Dry  
Vegetarian  
3 meal ration

### Menu 2 FV302

	Psc
OAT PORRIDGE WITH MANGO & COCONUT	1
MASHED POTATOES WITH VEGETABLES	1
PASTA WITH CHEESE & BROCCOLI	1
cheese biscuits	1
nut crème	1
bananachips	1
cherry in dark chocolate	1
energy bar choco orange	1
protein bar raspberry	1
egg white powder raspberry	1
isotonic drink black currant	1
isotonic drink forest fruit	1
isotonic drink pineapple	1
tomato soup	1
chocolate bar	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>	910
<b>Kcal</b>	3948
<b>Carb g</b>	535
<b>Prot g</b>	130
<b>Fat g</b>	130

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Vegetarian  
3 meal ration

## Menu 3 FV303

	Psc
RICE PUDDING WITH STRAWBERRIES	1
PASTA WITH CHEESE	1
RISOTTO WITH MUSHROOMS	1
biscuits brown	1
orange cake	1
energy bar coconut	1
protein bar raspberry	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	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>	948
<b>Kcal</b>	3931
<b>Carb g</b>	547
<b>Prot g</b>	144
<b>Fat g</b>	124

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group B  
Freeze Dry  
Vegetarian  
3 meal ration

### Menu 4 FV304

	Psc
INSTANT OATMEAL WITH BLUEBERRIES	1
SEMOLINA STEW	1
PASTA WITH CHEESE & BROCCOLI	1
peanut butter	1
digestive biscuits	1
cashew sea salt	1
dried cranberries	1
energy bar cookies & cream	1
protein bar caramel	1
protein bar mint chocolate	1
egg white powder raspberry	1
isotonic drink black currant	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>	962
<b>Kcal</b>	3911
<b>Carb g</b>	518
<b>Prot g</b>	155
<b>Fat g</b>	123

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Vegetarian  
3 meal ration

## Menu 5 FV305

	Psc
STRAWBERRY PORRIDGE	1
PASTA WITH HERB SAUCE	1
COUSCOUS WITH CHILI SPICED VEGETABLES	1
peanut butter	1
tortilla bread	1
lemon cake	1
cashew sea salt	1
dried cranberries	1
energy bar apple	1
protein bar raspberry	1
protein bar mint chocolate	1
egg white powder pear	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>	985
<b>Kcal</b>	3912
<b>Carb g</b>	513
<b>Prot g</b>	156
<b>Fat g</b>	121

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Lactos Free  
3 meal ration

## Menu 1 FL301

	Psc
CRUNCHY GRANOLA WITH MILK & COCONUT	1
SEMOLINA STEW	1
INDIAN CHICKEN STEW	1
biscuits brown	1
nut crème	1
roasted & salted peanuts 60g	1
dried cranberries	1
energy bar chocolate crisp	1
energy bar cranberry crisp	1
egg white powder pear	1
isotonic drink black currant	1
isotonic drink forest fruit	1
isotonic drink pineapple	1
tomato soup	1
freeze dried coffee	1
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>	937
<b>Kcal</b>	3902
<b>Carb g</b>	519
<b>Prot g</b>	136
<b>Fat g</b>	133

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Lactos Free  
3 meal ration

## Menu 2 FL302

	Psc
INSTANT OATMEAL WITH BLUEBERRIES	1
PASTA BOLOGNESE	1
GOULASH STEW	1
peanut butter	1
digestive biscuits	1
nut crème	1
chocolate dipped peanuts	1
bananachips	1
dried cranberries	1
energy bar apple	1
energy bar licorice	1
egg white powder raspberry	1
isotonic drink black currant	1
isotonic drink forest fruit	1
isotonic 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>	954
<b>Kcal</b>	3970
<b>Carb g</b>	528
<b>Prot g</b>	129
<b>Fat g</b>	135

# 24 HOUR MEALS

**ENERGIZES YOUR CHALLENGE**

Group B  
Freeze Dry  
Lactos Free  
3 meal ration

## Menu 3 FL303

	Psc
STRAWBERRY PORRIDGE	1
MEDITERRANEAN PASTA WITH CHICKEN	1
PASTA WITH BEEF, TOMATO & GARLIC	1
farmhouse paté	1
fruit biscuits	1
tortilla bread	1
nut crème	1
cashew sea salt	1
energy bar cranberry	1
energy bar apple	1
energy bar chocolate crisp	1
egg white powder pear	1
isotonic drink black currant	1
isotonic drink forest fruit	1
isotonic drink pineapple	1
tomato 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>	917
<b>Kcal</b>	3911
<b>Carb g</b>	544
<b>Prot g</b>	127
<b>Fat g</b>	120



# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group B  
Freeze Dry  
Gluten Free  
3 meal ration

### Menu 1 FG301

	Psc
CRUNCHY GRANOLA WITH MILK & COCONUT	1
RISOTTO WITH MUSHROOMS	1
TACO STEW	1
crispbread chickpeas	1
roasted & salted peanuts 60g	1
bananachips	1
dried cranberries	1
energy bar chocolate crisp	1
energy bar cranberry crisp	1
protein bar raspberry	1
egg white powder pear	1
isotonic drink black currant	1
isotonic drink forest fruit	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>	956
<b>Kcal</b>	3972
<b>Carb g</b>	508
<b>Prot g</b>	144
<b>Fat g</b>	139

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group B  
Freeze Dry  
Gluten Free  
3 meal ration

### Menu 2 FG302

	Psc
CRUNCHY GRANOLA WITH MILK & COCONUT	1
RISOTTO WITH MUSHROOMS	1
TACO STEW	1
crispbread chickpeas	1
roasted & salted peanuts 60g	1
bananachips	1
dried cranberries	1
energy bar chocolate crisp	1
energy bar cranberry crisp	1
protein bar raspberry	1
egg white powder pear	1
isotonic drink black currant	1
isotonic drink forest fruit	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>	956
<b>Kcal</b>	3972
<b>Carb g</b>	508
<b>Prot g</b>	144
<b>Fat g</b>	139

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group B  
Freeze Dry  
Gluten Free  
3 meal ration

### Menu 3 FG303

	Psc
RICE PUDDING WITH STRAWBERRIES	1
THAI CHICKEN WITH RICE & VEGETABLES	1
GOULASH STEW	1
crispbread chickpeas	1
nut crème	1
roasted & salted peanuts 60g	1
cashew sea salt	1
bananachips	1
dried cranberries	1
protein bar raspberry	1
protein bar banana chocolate	1
egg white powder salted caramel	1
isotonic drink forest fruit	1
isotonic powder drink black currant	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>	946
<b>Kcal</b>	4014
<b>Carb g</b>	488
<b>Prot g</b>	147
<b>Fat g</b>	155

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group B  
Freeze Dry  
Gluten Free  
3 meal ration

### Menu 4 FG304

	Psc
OAT PORRIDGE WITH CHOCOLATE & BANANA	1
INDIAN CHICKEN STEW	1
RICE WITH ASPARAGUS & CHICKEN	1
farmhouse paté	1
crispbread chickpeas	1
nut crème	1
roasted & salted peanuts 60g	1
cashew sea salt	1
bananachips	1
dried cranberries	1
protein bar caramel	1
protein bar mint chocolate	1
isotonic drink black currant	1
isotonic drink forest fruit	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>	944
<b>Kcal</b>	3922
<b>Carb g</b>	495
<b>Prot g</b>	138
<b>Fat g</b>	147

# 24 HOUR MEALS

## ENERGIZES YOUR CHALLENGE

Group B  
Freeze Dry  
Gluten Free  
3 meal ration

### Menu 5 FG305

	Psc
OAT PORRIDGE WITH MANGO & COCONUT	1
MASHED POTATOES WITH SMOKED HAM	1
TACO STEW	1
crispbread chickpeas	1
nut crème	1
roasted & salted peanuts 60g	1
cashew sea salt	1
bananachips	1
dried cranberries	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	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>	953
<b>Kcal</b>	3989
<b>Carb g</b>	469
<b>Prot g</b>	159
<b>Fat g</b>	152