

24 HOUR MEALS

ENERGIZES YOUR CHALLENGE

Group C

**Generic groupration
4 meals**

Menu 1 M1

	Psc
Chocolate Granola	1
Milkpowder	4
Coffee sticks	50
Energybar Coconut	50
Chili con carne	7
Chopped onion	1
Pasta	2
Salt	1
Coffee sticks	50
Energydrink black currant	1
Curry with rice	1
Butterpowder	4
Freeze dried chicken	1
Salt	1
Coffee sticks	50
Energydrink Pineapple	1
Appelcinnamoncrème	1
Milkpowder	3
Coffee sticks	50
Cartoon	4
Label	4

Weight g 5'555 (111/p)
Kcal 164'800 (3'296/p)
Carb g 25'600 (512/p)
Prot g 5'500 (110/p)
Fat g 4'600 (92/p)

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**Generic groupration
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Menu 2 M2

	Psc
Granola	1
Milkpowder	2
Energybar Citrus Lime	50
Coffee sticks	50
Lentils with sausages	7
Chopped onion	1
Pasta	1
Salt	1
Coffee sticks	50
Energydrink Pineapple	1
Bolognese with beef	7
Pasta	1
Salt	1
Energydrink black currant	1
Coffee sticks	50
Oatbread	3
Gouda cheese	3
Apricote jam	1
Salted peanuts	50
Coffee sticks	50
Cartoon	4
Label	4

Weight g 7'496 (150/p)
Kcal 170'200 (3'404/p)
Carb g 24'400 (488/p)
Prot g 5'750 (115/p)
Fat g 5'250 (105/p)

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Veg LacF groupation
4 meals

Menu 3

M3

	Psc
Muesli with tropical fruit	1
Milkpowder, Lactose free	4
Energybar Salted Caramel	50
Coffee sticks	50
Casserole with rice, lentils, fruit and vegetables	1
Green peas	3
Salt	1
Coffee sticks	50
Energydrink black currant	1
Sunflower seeds	50
Pasta Bolognese with lentils	1
Pasta	1
Salt	1
Coffee sticks	50
Energydrink Pineapple	1
Peanuts	50
Pearcrème	1
Milkpowder, Lactose free	1
Coffee sticks	50
Cartoon	4
Label	4

Weight g 4'645 (93/p)
Kcal 179'900 (3'598/p)
Carb g 29'150 (583/p)
Prot g 5'950 (119/p)
Fat g 5'300 (106/p)

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Group C

Generic groupration
4 meals

Menu 4

M4

	Psc
Granola with berries	1
Milkpowder	4
Energybar Coconut	50
Coffee sticks	50
Porkcheek in vinesauce	7
Red vine sauce	1
Mashed potatoes	1
Butterpowder	2
Salt	1
Coffee sticks	50
Energydrink Pineapple	1
Hot dogs	5
Mashed potatoes	3
Butterpowder	2
Rostad lök	5
Green peas	2
Salt	1
Coffee sticks	50
Energydrink black currant	1
Blueberrycrème	1
Milkpowder	3
Coffee sticks	50
Cartoon	4
Label	4

Weight g 6'467 (129/p)
Kcal 174'800 (3'496/p)
Carb g 25'000 (500/p)
Prot g 7'000 (140/p)
Fat g 4'900 (98/p)

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4 meals**

Menu 5

M5

	Psc
Oatporridge with vanilla and banana	1
Milkpowder	5
Energybar Citrus Lime	50
Coffee sticks	50
Meatballs i sauce	6
Mashed potatoes	1
Butterpowder	4
Salt	1
Coffee sticks	50
Energydrink black currant	1
Beefcasserole with vegetables	6
Pasta	1
Salt	1
Coffee sticks	50
Energydrink Pineapple	1
Stawberrycrème	1
Milkpowder	2
Sunflower seeds	50
Coffee sticks	50
Cartoon	4
Label	4

Weight g	6'467 (129/p)
Kcal	174'800 (3'496/p)
Carb g	25'000 (500/p)
Prot g	7'000 (140/p)
Fat g	4'900 (98/p)