

24 HOUR MEALS

ENERGIZES YOUR CHALLENGE

Group D

**Emergency food
Extra-long shelf life**

Menu 1 D1

Chicken Tikka with Rice, serves 8

Psc
1

Weight g	800 (100/p)
Kcal	4'224 (528/p)
Carb g	328 (41/p)
Prot g	160 (20/p)
Fat g	240 (30/p)

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Menu 2 D2

Beef Stew with Potatoes, serves 8

Psc
1

Weight g	800 (100/p)
Kcal	4'736 (592/p)
Carb g	204 (38/p)
Prot g	160 (20/p)
Fat g	256 (32/p)

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Menu 3 D3

Salmon & Brocoli Pasta, serves 8

Psc
1

Weight g	800 (100/p)
Kcal	4'160 (520/p)
Carb g	320 (40/p)
Prot g	136 (17/p)
Fat g	256 (32/p)