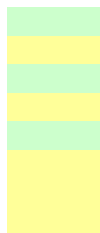
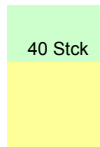
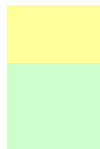


# Food Plan - Arctic Summits Expedition 2008

(Stand: 26.03.2008)

TrekMahlz	Einkaufen
448Euro	bisher noch

Qty	ITEM	kcal /100g	ENERGY 1pers/day	WEIGHT 1pers/day	TOTAL	
					pers / days	
					2	30
<b>BREAKFAST</b>			<b>749 kcal</b>	<b>176 g</b>	<b>10560 g</b>	
4	tea bags	0	0 kcal	10 g	240	600 g
	muesli/cereal	400	268 kcal	67 g		4020 g
0.13 pkt	muesli w. milk	370	148 kcal	40 g	8	2400 g
0.07 pkt	milk powder	500	85 kcal	17 g (=0,13l)	4	1020 g
0.17 Dpkt	scrambled eggs powder	590	248 kcal	42 g (=1,5eggs)	10	2520 g
<b>SWEETS</b>			<b>983 kcal</b>	<b>255 g</b>	<b>15300 g</b>	
2	fruit bars	300	180 kcal	60 g	120	3600 g
1	energy bars	370	241 kcal	65 g	60	3900 g
	cookies	450	158 kcal	35 g		2100 g
	chocolate/candy bars	450	225 kcal	50 g		3000 g
	nuts/dried fruit	400	180 kcal	45 g		2700 g
<b>LUNCHSNACKS</b>			<b>890 kcal</b>	<b>210 g</b>	<b>12600 g</b>	
0.1	bread	250	125 kcal	50 g	6	3000 g
0.4 pkt	trekking biscuits	450	180 kcal	40 g	24	2400 g
	cheese	410	144 kcal	35 g		2100 g
	salami/bacon	550	275 kcal	50 g		3000 g
0.17 pkt	beef jerky	290	49 kcal	17 g	10	1020 g
	peanut butter	650	117 kcal	18 g		1080 g
<b>EVENING MEAL</b>			<b>1098 kcal</b>	<b>271 g</b>	<b>16260 g</b>	
1.5 port	dried meal	380	646 kcal	170 g	90	10200 g
0.25 pkt	msh potatoe	400	52 kcal	13 g	15	780 g
	couscous	400	48 kcal	12 g		720 g
0.07 pkt	ground meat dried	450	32 kcal	7 g	4	420 g
	lard/butter	650	130 kcal	20 g		1200 g
1	instant soup	300	75 kcal	25 g	60	1500 g
0.2	desert	480	115 kcal	24 g	12	1440 g
<b>EXTRAS</b>			<b>316 kcal</b>	<b>106 g</b>	<b>6360 g</b>	
0.4 pkt	Peronin	435	174 kcal	40 g	24	2400 g
	powder drink	350	70 kcal	20 g		1200 g
0.25 pkt	powder red	480	72 kcal	15 g (=0,05l)	15	900 g
1	vitamin pills	0	0 kcal	5 g	60	300 g
2	mineral pills	0	0 kcal	10 g	120	600 g
25	sweetener	0	0 kcal	2 g	1500	120 g
	toilet paper	-	-	10 g	5 R	600 g
0.1 pkt	tempos	-	-	4 g	6	240 g



Change: add 15% for 5 more days!

<b>FUEL</b>		% usage	ambient factor			
	white gas	120	2	229 g	13740 g	immer*2(not 1.6pers)
	butane/propane	10	2	90 ml	12960 ml*	ambient factor 2 for melting
				65 g	780 g	usage: 120/10=30% Reserve

35 days: 15 liters (39 days: 17 liters)

<b>TOTAL</b>	<b>4035 kcal</b>	<b>1247 g</b>	<b>74820 g</b>
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