

Food and Drink for Sam Lipscombe on the Atacama Crossing 2006

Product	Quantity (Portions)	Calories	Total Calories
<u>Breakfasts</u>			
Breakfast Mix with Fruits	2	599	1198
* Hot Breakfast Cereal with Sultanas	1		0
* Porridge with Sultanas	3		0
<u>Dinner</u>			
Pasta Bolognese	1	395	395
Beef Stew	2	420	840
Chili Casserole	1	389	389
* Vegetable Bolognese	1		0
* Vegetable Casserole	1		0
<u>Desert</u>			
* Apple and Custard	6		0
<u>Snacks and Reserve Food</u>			
Pot Noodle	1	492	492
Peperami	10	132	1320
Cashew Nuts	3	298	894
Fruity Seed Mix	4	196	784
<u>Drinks</u>			
Hot Chocolate (Options)	6	40	240
Hot Chocolate (Options, Toffee)	2	43	86
Ovaltine	2	72	144
<u>Energy Bars</u>			
* Go Energy Bar	12	300	3600
<u>Electrolytes</u>			
Go Electrolytes	20	288	5760
Total Calories			16142
Average Daily Calories			2306

* = Unsure of calorie content