

MENU PLANNER

To help you plan out your meals and snacks each day, we've provided a simple menu planner. Below is a completed example to help guide you, and on page 2 an empty template for you to use. Make sure you read our advice and guidance document on food and nutrition before planning out your menu, which provides some useful hints and tips.

Meal	Day 1	Day 2	Day 3	Day 4
Breakfast	Bacon sandwich Nature valley cereal bars Cup of tea with 1 sugar Calories = 519	Porridge with raisins and sugar Nature valley cereal bars Cup of tea with 1 sugar Calories = 445	Porridge with choc chips and sugar Nature valley cereal bars Cup of tea with 1 sugar Calories = 445	Porridge with dried apricots Nature valley cereal bars Cup of tea with 1 sugar Calories = 445
Lunch	Pitta bread with jam and cheese pine nuts Snickers bar Calories = 812	Pitta bread with lemon/lime tuna salted peanuts double decker bar Calories = 923	Pitta bread with lemon/lime tuna cashew nuts Milky Way Calories = 740	digestive biscuits with jam and cheese salted peanuts, Galaxy Caramel Calories = 865
Dinner	Cup-a-soup Instant noodles, powdered sauce, tuna flapjack and sweet mix Hot chocolate Calories = 707	Cup-a-soup Chicken & vegetable curry and rice fruit & nut chocolate bar Hot chocolate Calories = 777	Cup-a-soup Pasta w spicy pepperoni & tomato sauce flapjack Hot chocolate Calories = 835	End of expedition, not needed
Snacks	Kendal mint cake high calorie cookie Snickers, Mars or Bounty dried fruit, nuts and chocolate chip mix Calories = 1396	Kendal mint cake high calorie cookie Snickers, Mars or Bounty dried fruit, nuts and chocolate chip mix Calories = 1396	Kendal mint cake high calorie cookie Snickers, Mars or Bounty dried fruit, nuts and chocolate chip mix Calories = 1396	Kendal mint cake high calorie cookie Snickers, Mars or Bounty dried fruit, nuts and chocolate chip mix Calories = 1396
Calorie intake	3434	3541	3416	2706
Emergency rations	Mars Bar, Kendal mint cake, cuppa soup, hot chocolate : Calories = 956			

Meal	Day 1	Day 2	Day 3	Day 4
Breakfast				
	Calories =	Calories =	Calories =	Calories =
Lunch				
	Calories =	Calories =	Calories =	Calories =
Evening Meal				
	Calories =	Calories =	Calories =	Calories =
Snacks				
	Calories =	Calories =	Calories =	Calories =
Total Daily Calories				
Emergency rations				Calories =