

Food	calories	Serving size	protein	carbs	weight (g)	amount	Cals per person	Protein per person (g)	Carbs per person (g)	Weight per person (g)
Shot Bloks	180	package	0	23	60	3	540	0	69	180
Stinger bar	190	package	10	18	42	10	1900	100	180	420
Stinger gel	100	package	0	23	32	12	1200	0	276	384
TJs Dk Choc Almonds	230	1/4 cup or 40 g	4	19	40	4	920	16	76	160
Trail mix										
<i>roasted, unsalted sunflower seed kernels</i>	2640	16 oz	87		448					
<i>raw, unsalted pumpkin seeds</i>	2023	16 oz	84		448					
<i>roasted, unsalted almond slivers</i>	1349	8 oz	48		224					
<i>dried pineapple, cut up</i>	420	6 oz	4.68	108	168					
<i>dried flake coconut</i>	650	5 oz	10	33.5	140					
<i>Cocnut Oil</i>	620	1/3 cup	0	0	74.2					
<i>Honey</i>	120	2 Tbsp	0	34	42					
trail mix total	7822		1	233.68	1544.2	0.2	1,564	46.736	35.1	308.84
Steak strips	60	1 oz	9	5	28	6	360	54	30	168
Beef Jerky								0	0	0
Beef sausages (South African)								0	0	0
Sweet potatoe mash	1	1 g			1	1344	1344	0	0	1344
							7,828	217	666	2964.84
								carbs / protein	3.07	