



ANTARCTICA 2011-12 LEGACY CROSSING
FOOD CALORIE COUNT

Meal Calories Per Person Per Day

BREAKFAST

Omega 3	5
Breakfast granola	800
Hot Chocolate	150
TOTAL BREAKFAST	955

LUNCH

Dried Fruits	627
Nuts	1220
Herbalife powders	500
Organic Food Bar	300
Milky Way	250
Hot Chocolate	150
Herbalife Protein Bar	140
TOTAL LUNCH	3187

DINNER

Butter 10g	75
Harvest FoodWorks	2000
TOTAL DINNER	2075

TOTAL DAILY CALORIES 6217



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Meal Calories

HERBALIFE

H30 (Electrolytes)	60
Prolong Powder	250
Rebuild Powder	190

TOTAL CAL. PP. Per Day **500**

	Amount	Cal/ 28g	Protein	90 days/KG
Nuts				
Cashew	16-18	160	4	2.5
Almonds	20-24	160	6	2.5
Walnuts	14 hlvs.	190	4	2.5
Macadamia	10 to 12	200	2	2.5
Peanuts	26 to 28	170	7	2.5
Hazelnuts	20-24	180	2	1.25
Pistachios	23	160	6	1.25

TOTAL CAL. PP. Per Day **1220**

M&M's	40	136		2.5
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Fruits

	1/4 Cup / 30g		
Apple		70	2.5
Blueberries		120	2.5
Mango		160	2.5
Raisins		85	2.5
Cranberries		90	2.5
Apricot		102	2.5

TOTAL CAL. PP. Per Day **627**