

18 Day White Mountain Challenge Food Plan							
Copyright 2014. SectionHiker.com							
	Serving (g)	Calories	Calories (oz)	Servings	Weight (g)	Weight (lbs)	Calories
Breakfast							
Bobs Red Mill Meusli (1 cup)	120	440	104	18	2160	4.76	7920
Nido Milk (8 oz liquid)	30	160	151	18	540	1.19	2880
Shredded Unsweetened Coconut	15	100	189	18	270	0.59	1800
Daytime Snacks							
Peanut M&Ms (2 oz)	56	288	146	18	1008	2.22	5184
Sesame Snaps	40	210	149	18	720	1.59	3780
<i>Choose 1</i>							
::Walnuts (3 oz)	90	600	189	9	810	1.78	5400
::Almonds Roasted/Salted (3 oz)	84	510	172	9	756	1.67	4590
<i>Choose 1</i>							
::Fritos (3 oz)	84	480	162	10	840	1.85	4800
::Wise Potato Chips (3 oz)	84	450	152	10	840	1.85	4500
Dinners (from Outdoor Herbivore)							
Bee Good Couscous	170	770	128	2	340	0.75	1540
Lemon Grass Curry	139	615	125	1	139	0.31	615
Basil Walnut Penne	181	840	131	4	724	1.59	3360
Chickpea Sesame Penne	170	700	117	3	510	1.12	2100
Licketly Split Lentils	164	620	107	2	328	0.72	1240
Morning PB and J (no cook)	147	665	128	3	441	0.97	1995
Blueberry Maple Crunch (no cook)	142	660	132	3	425	0.94	1980
Olive Oil (0.5 oz packets) as needed	14	120	240	8	112	0.25	960
6 Double-sized Bouillon Cubes as needed	6	10	153	12	72	0.16	120
Total Weight							
	24.31						
Total Calories							
	54,764						
Daily Calories							
	3,042						
Calories per oz							
	141						