	Food	Weight Gr	Weight 10 Days	Energy kJ	Protein	Fat	Carbohydrate
▼ **Breakfast**		**122**	**1220**				
	Green Tea Bag	2	20				
	Toasted Muesli	100	1000	1666	11.8	16.8	50.8
	Honey	20	200	1420	0.3	0	82.9
▼ **Snacks**		**240**	**2400**				
Dried Fruits							
	Cramberries	15	150	1412	1	1	82.8
	Figs	15	150	1130	3.6	0.7	54.5
	Dates	15	150	1178	2.45	0.39	75.03
	Raisins	15	150	1252	3	0.5	59
	Banana	15	150	2173	2	34	58
	Apricot	15	150	1009	3.4	0.5	63
	Coconut	15	150	2763	7	65	24
Nuts							
	Brazil Nuts	15	150	2830	12	68.2	3.8
	Macadamia Nuts	15	150	3080	7.9	75.8	13.8
	Almonds	15	150	2530	20	55.2	4.4
	Walnuts	15	150	2907	14.4	69.2	3
	Hazel Nuts	15	150	2620	17	59.8	5.2
	Pumpkin Seeds	15	150	2370	24.5	45.9	13.9
	Sunflower Seed	15	150	2530	22.8	49.6	17
	Pecans	15	150	2977	9.8	71.9	4.9
	Sesame	15	150	2531	22.2	55.6	0.9
▼ **Lunch**		**220**	**2200**				
	Cheese	50	500	1810	24.8	37.3	1
	Salami	50	500	973	18	16.2	2.2
	Peanuts Butter	20	200	2520	27.3	49.8	9.2
	German Bread	100	1000	960	11	2.6	37.6
▼ **Dinner**		**102**	**1020**				
	Quinoa	100	1000	1651	12	7.1	64
	Herb Tea	2	20				
▼ **Gaz/Water**		**3900**	**0**				
Gaz	2 Cans of 450 gr	900					
Water per Day	3 Liters	3000					
▼ **Total**		**0**	**0**				
Total Food Per Day	684		Total Energy kJ=	14392.6	86.5	243.5	227.3
Total For 10 Days	10740						