

Libyan Challenge - Nutrition Plan

Cummulative miles	40	80	120
Miles	40	40	40

Nutrition	What	Day - Quantities			Count	Estimated Calories per amount serving	Total Calories
		1	2	3			
					0	0	0
					0	0	0
Protein Drink	Hammer Perpetuem	2	2	2	6	260	1560
Recovery	Hammer Recoverite	0	0	1	1	180	180
					0	0	0
Breakfast	Hammer Bars - Almond Raisin	1	1	2	4	220	880
					0	0	0
					0	0	0
Carbo Drink	Hammer Heed	3	4	3	10	100	1000
Lunch	Hammer Gels	4	4	6	14	100	1400
					0	0	0
Snack	Hammer Bars - Chocolate Chip	1	1	1	3	230	690
	Granola Bar	1	1	1	3	180	540
Dinner	Freeze Dried Terriaki Chicken		1	1	2	460	920
					0	0	0
					0	0	0
					0	0	0
Other					0	0	0
Electrolyte	Endurolytes (1 per 4 miles)	10	10	10	30	0	0
	Rehydration Salts			1	1	0	0
Pain	Advil (as needed)	6	6	6	18	0	0
							7170
	Calories Per Day	1850	2410	2910		7170	0 Balancing

Calories Per day Details

Protein Drink	Perpetuem	520	520	520
Recovery	Hammer Recoverite	0	0	180
		0	0	0
Breakfast	Hammer Bars - Almond Raisin	220	220	440
		0	0	0
		0	0	0
Carbo Drink	Hammer Heed	300	400	300
Lunch	Gels	400	400	600
		0	0	0
Snack	Hammer Bars - Chocolate Chip	230	230	230
	Granola Bar	180	180	180
Dinner	Freeze Dried Terriaki Chicken	0	460	460
		0	0	0
		0	0	0
		0	0	0
Other		0	0	0
Electrolyte	Endurolytes (1 per 4 miles)	0	0	0
	Rehydration Salts	0	0	0
Pain	Advil (as needed)	0	0	0