

Printed: Tuesday, October 17, 2006 12:32:10 PM

RAINIER MEAL PLAN

Breakfast (5 days total)

oatmeal	160 calories / serving (5 servings)
hot choc.	120 calories / serving (5 servings)
total	280 calories / breakfast

Lunch (5 days total)

hammer gel	90 calories / serving (52 servings - 2 bottles)
granola bar	110 calories / serving (5 bars)
fruit leather	45 calories / serving (4 bars)
gu	100 calories / serving (10 packets)
mixed fruit	685 calories
pineapple	560 calories
candy	630 calories
trail mix	1,120 calories
total	1,881 calories / lunch

Dinner (6 days total)

tofu ramen	200 calories / serving (3 servings)
beans & rice	680 calories / serving (2 servings)
chili mac	700 calories / serving (2 servings)
santa fe pasta	580 calories / serving (1.5 servings)
total	705 calories / dinner

TOTAL	2,866 calories / day (5 days food average)
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I expect that on heavy work days I will eat more (around 4,000 calories).
On easier days I will eat a lot less (somewhere around 2,000 calories).

We plan to be on Rainier for a maximum of 5 days. My plan is to bring 3 breakfasts, 4 lunches, and 5 dinners on the mountain with me (because we'll eat breakfast before setting off). I figure a day without breakfast or lunch is manageable if it comes to that. This also means consuming closer to 2,500 calories per day on average on Rainier, or a 4 day eating average of 2,866 calories.

The extra day of food is for a Hood/Baker attempt.