

Explorer's Menu

Breakfast

- 16 oz cocoa with milk
- 1 cup (C) of oatmeal (dry) cooked with 1 teaspoon (tsp) salt, 4 tablespoons (T) brown sugar, 6 tablespoons butter and about 3 cups water.

Food	Calories
16 oz cocoa with milk	426
1 C oatmeal (dry)	291
1 tsp salt	0
4 T brown sugar	68
6 T butter	612
3 C water	0

TOTAL CALORIES FROM BREAKFAST: 1397

Lunch

- 1 Broccoli Cup O Soup and 2 T butter and 2 oz mashed potatoes
- _ C gorp: almonds, peanut M&M's, raisins
- 1 chocolate chip cookie
- 1 oz string cheese
- 36 oz hot water

Food	Calories
1 Broccoli Cup O Soup	67
2 T butter	204
2 oz mashed potatoes	179
_ cup gorp: 2 oz almonds (332 calories) 2 oz peanut M&M's (290 calories) 2 oz raisins (171 calories)	793
1 chocolate chip cookie	48
1 oz string cheese	46
36 oz of hot water	0

TOTAL CALORIES FROM LUNCH: 1337

Dinner

- 20 oz beans and rice with 1 _ T butter, 1.2 C cheddar cheese, garlic
- 16 oz mint tea with 1 T sugar
- .75 oz dark chocolate
- 1 C ramen soup with 5 slices tomato

Food	Calories
20 oz beans and rice	625
1 _ T butter	153
1.2 C cheddar cheese	546
garlic	2
16 oz mint tea	5
1 T sugar	49
.75 oz dark chocolate	102
1 C ramen soup	296
5 slices tomato	16

TOTAL CALORIES FROM DINNER: 1794

TOTAL CALORIES FOR THE DAY: 4528