

Denith's Canoe adventurous journey

MEAL PLAN



26th Day 1

Morning snack

Participants required to bring their own snack

Lunch

Participants required to bring their own lunch

Afternoon snack

Muesli bar or oatmeal and Drink packet (Freezed)

Dinner

Sausage sandwich (bun, caramelised onions, tomato and lettuce)



27th Day 2

Breakfast

Bacon & eggs with fried bread

Morning snack

Salami stick, biscuits and cheese

Lunch

Wraps with salami and carrot

Afternoon snack

Salami stick, biscuits and cheese

Dinner

Radix Ultra – Freeze dried Meal (800cal)



28th Day 3

Breakfast

2 minute noodles with boiled egg

Afternoon snack

Beef Jerky, dried mango, chips

Lunch

wraps with tuna tin

