

	Carbohydrates	Calories	Protein
sustained energy	68	320	10
hammer gel	22	90	-
	33	135	-
1 bottle	101	455	10
2 1/2 bottles consumed	253	1,138	25
1 Slice of Bread	7	45	3
2 slices in sandwich	14	90	6
Ham		50	9
Cheese	-	90	5
1 sandwich	14	230	20
2 sandwiches consumed	28	460	40
SKRATCH	21	80	-
1 3 L bladder	53	200	-
4 bladders	210	800	-
3 BLOCKS	24	100	-
3.5 packs of blocks	144	600	-
Coconut Water	22	90	
Coke 2 small cans	39	140	
Kind Bars	17	200	7
approx 1.5	26	300	11
M&M's	30	250	5
had a handful	15	125	3
Total	736	3,653	78
PER HOUR	45	221	5