

Day 1 - meet			
Breakfast	pork luncheon meat (canned pork)	100 g	273
	crispbread	50 g	165
	energy bar	50 g	206
Lunch	fresh pork stew	300 g	606
	special hardtack (military-style dry biscuits)	45 g	173
	sesame snaps (sesame brittle bars)	27	141
Dinner	spaghetti	300 g	288
	fruit hardtack (dry biscuits with fruit)	70 g	280
<b>2132 kcal</b>			

Day 2 - meet			
Breakfast	traditional pâté	100 g	253
	crispbread	50 g	165
	peanuts	50 g	312
Lunch	sausage in tomato and chickpea sauce	300 g	492
	special hardtack (dry biscuits)	45 g	173
	fruit and cereal bar	35 g	135
Dinner	turkey fillet in mustard sauce	300 g	267
	fruit hardtack (dry biscuits with fruit)	70 g	280
<b>2077 kcal</b>			

Day 3 - meet			
Breakfast	pork specialty	100 g	250
	crispbread	50 g	165
	energy bar	50 g	206
Lunch	pork shoulder goulash in gravy	300 g	492
	special hardtack (dry biscuits)	45 g	173
	raisins	50 g	165
Dinner	chicken with rice and vegetables	300 g	309
	fruit hardtack (dry biscuits with fruit)	70 g	280
<b>2040 kcal</b>			

Day 4 - meet			
Breakfast	pork pâté	100 g	228
	crispbread	50 g	165
	fruit and cereal bar	35 g	135
Lunch	beef Stroganoff	300 g	372
	special hardtack (dry biscuits)	45 g	173
	peanuts	50	312
Dinner	lasagne	300 g	327
	fruit hardtack (dry biscuits with fruit)	70 g	280
<b>1992 kcal</b>			

Day 5 - meet			
Breakfast	pork luncheon meat (canned pork)	100 g	273
	crispbread	50 g	165
	dark chocolate	100 g	516
Lunch	beef goulash in Hungarian-style sauce	300 g	318
	special hardtack (dry biscuits)	45 g	173
	freeze-dried bar	9 g	39
Dinner	pork shoulder with rice and vegetables	300 g	300
	fruit hardtack (dry biscuits with fruit)	70 g	280
<b>2064 kcal</b>			

Day 6 - meet			
Breakfast	traditional pâté	100 g	253
	crispbread	50 g	165
	energy bar	50 g	206
Lunch	cabbage stew with meat and sausage	300 g	330
	special hardtack (dry biscuits)	45 g	173
	peanuts	50 g	312
Dinner	spaghetti	300 g	288
	fruit hardtack (dry biscuits with fruit)	70 g	280
<b>2007 kcal</b>			

Day 7 - vege			
Breakfast	fruit jam	25 g	67
	crispbread	50 g	165
	sweetened condensed milk (in a tube)	150 g	492
Lunch	pasta with cabbage and mushrooms	300 g	192
	special hardtack (dry biscuits)	45 g	173
	peanuts	50 g	312
Dinner	tomato risotto	300 g	342
	fruit hardtack (dry biscuits with fruit)	70 g	280
<b>2023 kcal</b>			

Day 8 - vege			
Breakfast	wildflower honey	25 g	75
	crispbread	50 g	165
	dark chocolate	100 g	516
Lunch	tomato risotto	300 g	342
	special hardtack (dry biscuits)	45 g	173
	peanuts	50 g	312
Dinner	pasta with cabbage and mushrooms	300 g	192
	fruit hardtack (dry biscuits with fruit)	70 g	280
<b>2055 kcal</b>			