Searching for the Bugaboo



(35 Cornforth)

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Abstract

The Bugaboos provide an alpine rock experience nearly unparalleled to anywhere in North America, if not the world. The 2000 foot tall granite spires located in the Purcell Mountains of British Columbia have stood up to glaciers and severe weather for at least 60 million years. My partner Mike and I have devised a plan to travel to the Bugaboos next summer, in an effort to ascend all of the major spires, which consists of traveling over glaciated terrain, foot wide ridges, overnight bivys, and up to 32 pitches of rock. By following the protocol for the senior expedition planning process, I have come up with a plan that covers most bases. I have found that expedition plans take time initially; I can only hope that the more effort put in during the planning process equals greater success during the trip.

There are certain aspects of this planning process that are more important in my eyes. Developing a team with similar goals is the most important, with the goals in mind we create a flexible itinerary together, with the itinerary comes a risk management and an emergency action plan, as well as a sound meal plan, equipment list, and training schedule that will work with the budget we create. Reviewing the history of the area and the wildlife will help us further our commitment to the location. With the two months we plan on spending in the mountains, I trust that we will become more aware of the environment around us, we will hopefully have enough experiences that help us think about our decisions and grow from them. Our future depends on our preparation and experiences. A successful trip will land me with enough experience to find a job that I can exercise my skills in, as well as develop and practice new ones.

Introduction

My senior expedition to the Bugaboos is an expression of my life experiences thus far, which makes me wonder how this process will shape my life in the future. The opportunity to plan and execute an expedition is a crucial one for developing a successful career in the outdoor industry. It is also an effective exercise for developing my thoughts which will help me create positive experiences for the rest of my life. By taking care to remember that this work will be with me forever, I realize that this expedition and planning process is part of my identity. My dream is to have my identity be part of the world around me, but, for now it seems I still have experiences to tend to. This process opens new thoughts that push me farther along my journey towards self discovery.

The planning process for me has been exciting and livening, I was able to dream big in this phase, and push my imagination to what it thinks is possible. I then am able to bounce my wildest ideas off Larry who has a wiser and more attainable approach to planning. People did not create 4 foot tall steps for a reason; those big chunks are inefficient when the goal is to reach the top of the stairs. Using a 1 foot tall step approach, I work myself up to the top of North Howser Tower most efficiently, with efficiency comes safety and the greatest probability for success. I have learned that my imagination is not solely reliable for a safe and efficient trip, I must use logic, and past experience to create an expedition I can market in this society. I feel I must keep in mind the fact that this feedback is from one person with substantially more experience than I. I choose to use Larry’s advice because I trust that his points are valid.

Research is another crux point that I had to address. In the past, research was seen as monotonous and time consuming. I have gained the understanding that research and regurgitation is an art, it can be performed poetically, or monotonously. The more I look at research as a chance to learn about myself, the more I am able to see the liveliness in reading and understanding. It seems that there is a blockage put up to information when research is looked at in a negative way. With research comes regurgitation, writing the things just learned, or just tapped into, creates for me a chance to express my soul in words.

During this stage of my planning process, the trip seems surreal; I can only imagine the consequences of my planned endeavors. The experiences that are coming into my life now are shaping my view of the expedition in the future. I am beginning to realize my excitement must be used to think clearly and assess the team and myself; this will help me to decide whether our decisions are sound. I am beginning to understand why my professors and more seasoned mentors are not drawn specifically to pushing their physical and mental limits. In the sports that I partake in death is so near, and so possible. As an outdoor leader, assessing situations and paying attention to every detail and possible outcome is critical. A death under my watch will not only be detrimental to my mental stability, but it will also have an effect on my standing in this field. Every detail matters and the signs that are subtly upon me are as real as death. I take death seriously, so why have I not tuned in to the subtle lessons in every moment?

I feel honored to be alive, I feel honored to have this opportunity, and I feel as though I should use these chances to create the most beautiful play I can. I must start approaching situations reverently; my energetic enthusiasm for more must be used to understand why I want more. What am I filling when I go for more? The beauty of being is the chance to be, filling it with similar feelings will only prolong the access to my long term goals. My dream to go to the Bugaboos will create a chance to practice my mindfulness, practice my awareness, and focus my concentration on meaningful life sustaining activities.

Senior Expedition Guidelines

The senior expedition is a way to represent the knowledge and skills acquired throughout our life and time here in EXP. Certain guidelines are set so that the school, EXP faculty, and myself are all aware of what I was supposed to learn, and what I am supposed to achieve as an EXP major. Some of the guidelines set up for this expedition are there to help protect the environment, ourselves, and the school. Without this protection the schools goals could not possibly be met effectively. Graduating from this program, and being a responsible outdoor recreationist are extremely important to me, therefore I plan on following these guidelines to the utmost of my ability.

**Leave No Trace**

**1) Plan Ahead and Prepare**: In the Bugaboos, camping is restricted to certain areas and reservations are encouraged up to 6 months in advance. There is a cottage and a smaller campsite. To reduce the chance of this my team will be making reservations within the month. There is also a fee associated with camping-9 dollars per night, and the cottage 20 dollars per night. Mike and I decided that the camping is more cost and goal efficient.

The climbing season in the Bugs is short, July and August tend to be the driest most accessible of the months, so we plan to go then.

I believe the park focuses on high use by only allowing camping on designated locations and allowing a max number of people in at a given time.

**2) Travel and Camp on Durable Surfaces:** Luckily in the bugaboos the camping is pre determined to be low impact. We will be traveling on paths that are pre set as well as snow/ glacier which will melt away our trace.

**3) Dispose of waste properly:** Applebee dome campsite does not have a pre determined waste disposal area. That being said because of the traffic of climbers, contamination of local water can be an issue. To deter the park from becoming stricter on waste disposal, My partner and I are planning on excreting waste in responsible locations far away from water sources or drainage areas. We are also planning on carrying out all of our personal food garbage and planning ahead by pre-packing anything we can into smaller containers that create less waste.

**4) Leave what you find:** we do not have enough room in our packs, nor do we have room for extra weight so we will not collect rocks or natural materials.

**5) Minimize campfire impacts:** Fires are not permitted in Bugaboo Provincial park, Therefore Mike and I will not have fires. We will be doing all of our cooking on stoves.

**6) Respect wildlife:** we will be using bear canisters to protect our food supply and the animals that may become habituated to the area. We also will be only taking pictures from afar and avoiding the animals at all costs. The rodents on the walls will be avoided and our food supply will be protected as to not allow for animals to get at it while we are climbing. Our tires in the parking lot will be protected by wire fencing so the local porcupines do not eat at the rubber.

**7) Be considerate to others:** My team will be focused solely on climbing and adventuring and will not have much time to be noisy. We will have a small footprint being in only one tent and one car and I do not for see any other space issues.

**General Guidelines**

**Follow minimalist equipment ethics:** Because Mike and I are heading to an alpine environment, minimalist equipment is essential. Bringing more than we need will just add to our burden and make for a much harder trip. We also are focused on minimalist because of the fact that we need to move fast on climbs bringing just enough climbing gear on the routes will make for a much safer and efficient expedition.

Looking at route descriptions the day before will allow us to know roughly what gear we will need. When we find out what we need we will only pack that gear for the days activities.

Sharing a tent will also follow this guideline because two tents take up more space and weight than one.

Bringing laminated copies of routes to not bring the whole entire book.

**Be Unsupported:** the only support Mike and I will have are each other. We will have one vehicle with all of our supplies, we will acquire all equipment and supplies ourselves and once on the climbs we will be leading them ourselves.

**Advance your skills:** Personally for this expedition I will be advancing my skills in glacial travel and rock climbing, I have climbed up to a 7 pitch climb and have only shortly traveled on glaciers. During the next few months I will be acquiring glacial travel and rescue techniques as well as, rock climbing techniques in and out of class.

**Self Reliance:** Mike and I will be planning 14 days for the senior expedition where we will be camping and climbing out of a tent.

**Student planned**: My partner and I are planning the entire expedition together. We will be receiving guidance from EXP faculty and guidebooks which is an open resource to anyone.

**Danger and risk management:** The Bugaboos are in an area with a difficult risk management challenge because of the fact that it has low cell service and difficult access. Emergency rescue can take 24 hours at least. Mike and I will be training our medical skills and will be bringing a fully equipped med kit for emergency situations where immediate stabilization is required. We will also be focusing on multi pitch rescues with an unconscious or injured person. Glacial travel techniques and rescues will also be practiced thoroughly. Training on Glaciers, Big walls, and Rivers will all be enforced before heading out on the trip. There will be a shakedown trip where everything will be practiced to show competency before leaving.

**Weather:** weather for climbing in the Bugs is best in July and August we plan on an expedition during those dates from June 30th to August 30th.

**Location:** Mike and I are both unfamiliar with the Canadian Rockies and both live well over 100 miles from them.

**Difficulty:** Due to the length of stay (2 months) the length of the climbs (14 + pitches) and the location (high alpine B.C.)this expedition will far outweigh a 300 level EXP course.

**Credibility:** The Bugs is a world renowned big wall climbing location. It is known by many and is looked upon as a moderate to difficult location to climb in. due to the alpine nature and high exposed faces this location will expose our ability to climb and lead in difficult/ stressful settings, which is desirable for many adventure employers.

**Documentation:** Part of this expeditions goal is to acquire footage and pictures to present to EXP students as well as outside programs, promoting the Bugs, Ourselves, EXP, and Plattsburgh. Written journals will help us to remember many details and a final presentation for the EXP students will be practice for presentation to the general public.

**Climbing Specific Guidelines**

**Traveling on glaciated terrain:** Mike has some experience in this and has learned crevasse rescue techniques. I however do not have a great amount of experience in this area. To complete this expedition I must have training in glaciated travel, I plan on learning the basic skills from Mike but I am also aware of a mountaineering course being held by Casey Henley. I plan on taking this course so that I have a solid baseline of knowledge for the Bugs especially because it will just be Mike and I. I feel that rescue is solely reliant on each other, as a team member I feel I must have all the information my partner has so we are both completely comfortable with each other.

**Climbing at altitude:** although the Bugs only reaches at max 11,000 feet altitude may be an issue. I have some experience skiing at altitude and hiking at altitude, but never climbing at altitude. I feel with proper awareness of how I am feeling and how Mike is feeling we will be completely functional in any situation. In the event we do become affected by the altitude, we will rappel off the climb and try to acclimatize more effectively before attempting again.

**Climb 6+Pitches per day:** If weather allows Mike and I are planning on climbing upwards of 10-15 pitches per day. The climbs at the Bugs far exceed 6 pitches.

**Cannot be single pitch, top rope, or boulder focused:** Multi pitch focused.

**Even with failure we have success:** Even if obstacles are encountered on some of our climbs, there is a plethora of climbing in the area that will exceed the guidelines. If we do not succeed on a climb and bail before six pitches we will make sure to have a backup plan were we are able to climb more than 6 pitches the following day. We are not going on this expedition to sit back and relax.

**Route planning done:** route planning will be started on the 15 of Sept and finished on the 30th of Sept. The reason being so that we know what exactly to train for, as well as what to bring. We are focusing on completing all routes successfully and the route planning process is of utmost importance to the success of the expedition. We have acquired thorough guidebooks for the area that will help contribute to the success of the trip.

Team, Leadership, and Decision- making

I believe the team is the most important part of an expedition because they are the ones creating the experience. If the team does not synch up there is bound to be problems, I put the chapters in my order of importance, to express my beliefs in expedition planning.

Mike and I are both looking for an experience that will help us grow, or understand our lives more clearly. We both share the perspective that struggle and pain are a part of this learning process. When I am confronted with a challenge, the initial feelings may be overwhelming; by looking at these feelings and understanding why they are coming up, I may be able to grow and understand my life more clearly. My partner and I believe the Bugaboos will provide challenges that we may encounter, and hopefully grow from. Teamwork has the potential to create even more challenges, I plan to look deeper into what my team may need to communicate or understand to make the trip a more meaningful experience.

Communication is important because it expresses my thoughts into words. Using effective communication will allow Mike to understand me and me to understand Mike. Due to the fact that we live together, plan together, and adventure together, Mike and I are overcoming communication barriers all the time. Since it has taken a while for me to communicate effectively, I believe, it is a practice that takes time to truly hone. Comfort with myself and Mike is critical because it allows me to feel free to release my inner most thoughts without immediate fear of judgment or ridicule. This can then be processed by Mike and taken how he wants to take it. The most effective way for me to communicate at this moment is expressing my feelings into words. I believe that being patient with what I say and letting it come, rather than forcing it will allow for what is meant to say, to come out. If Mike and I can do this effectively half of the communication challenge will be overcome.

The next challenge in the communication process is listening. Listening is crucial because it is the part of communication that allows Mike or anyone’s thinking into my brain. If I can listen without making judgments, or thinking my own thoughts about what to say, I will be able to form a more relevant and meaningful response. I have noticed that when I am focused on the other person’s words and feelings I become compassionate and understanding of what they are experiencing, this allows me to give the proper advice, or make a decision using both members’ thoughts. If my team can communicate effectively, we will be able to function at a high level. We will be free of judgment of each other because each decision will be communicated and created through both of our thoughts.

I will give you an example of how communication will work when we have two differing viewpoints. Perhaps Mike and I are planning for a climb up Bugaboo Spire tomorrow, and the wake up is 4 o’clock. We wake up at four oclock and we look outside. It appears to be partly cloudy with a slight wind. The clouds look somewhat ominous but I really want to climb. I convey to Mike that I think we should go for it even though it looks iffy. Mike then can proceed to say no I am not going and risking my life for this climb. This response will bring frustration up within me if left at that. So I must dig further into why he feels this way. I may ask a question of “why do you feel it is that dangerous”. He will then explain why he feels it is dangerous as I listen and try and understand it from his perspective. Maybe he has had an experience like this, or maybe he is just not getting a good feeling, either way I should become in tune with how he feels, to allow me to understand and make an accurate decision. If I do not understand something I must ask for him to be clearer and he should strive for clarity. Until we are on the same page we must work to get our feelings across. If I understand him and realize why he is not feeling it this day, we can then move into a compromise.

Compromises help to create a happy medium for both parties. A compromise fulfills both persons desires part way, this makes both people partly happy and will make for a more beneficial trip. I do believe however if the team is always compromising with each other, they are probably not on the same page. This could be a problem because neither party fully gets what they came for. A good way to avoid constant compromising is to be on the same page and understand each other’s goals before the trip. If we both understand each other’s basic background and purpose we will be able to decide whether or not this trip will work for us.

Multiple days of wrong decisions by one team mate reduces confidence from the other. The team must communicate the worries and try to change the situation, give the teammate more chances to make the decision. Or make solely group decisions where the team is always talking through them thoroughly as to make it both members responsibility if the wrong choice is made.

A highly functioning team is able to confront a problem, make a decision using both viewpoints, and execute that decision efficiently. I believe a strong team has a deep rooted goal and is able to look past differences to see a positive outcome. A strong team has the same basic goal and is willing to put in as much or more than the other team member if need be to reach a goal. Both members must be able to feed off each other and support each other when the time is right.

Both Mike and I are ready to work as a team and functioning body to use our past experiences, and decision making in the present to show us a more vibrant state of being. I believe we will be able to notice our resistances in these harsh places and transcend them, consciously allowing our lives to flow in a more spiritual manor. Although this may take more than just climbing and paddling, I hope that it brings about thoughts inside of both of us that will give us momentum towards future endeavors.

Goals

Once the team is established, the team must decide what goals it wants to shoot for. Each member brings their personal goals to the table, it is then the objective of the team to meld these goals to make a goal for the team. I present my goals in this chapter to allow my team to view and understand what I am bringing.

I have an idea of what I want to do with my future, and I also have an idea of how my past has gotten me to where I am now. From this, I realize that working to make my dreams and desires a reality is the best possible way to fulfill my life’s potential. Personal goals are the catalyst behind me partaking in anything I do. I believe that academic and professional goals are created to allow me to reach my personal goal more effectively. Developing the expedition to the Bugaboos helps me to accomplish an academic, professional, and personal goal; hopefully bringing me to a greater step to enjoy myself on.

I want to help humanity in some way before I move on to another life; I would feel the most alive if this goal came true. However, I am aware that this is a farfetched idea, and I think that a short term goal is more appropriate at this time. I feel that my life goal has a lot to do with my goal in this expedition. The goal of this expedition is to further my awareness of my true potential, as a climber, friend, team mate, co-creator, and human. I hope to challenge myself in all of these areas because challenge is uncomfortable, and getting out of that comfort zone is what makes me realize that comfort zones are only made up by me. Mike and I have similar views in this field, which is why I am excited to have him as a teammate. We both understand that what we are doing is going to be uncomfortable; we also understand that we will feel very rewarded and powerful in many moments as well. My hope is to come out of this trip a stronger human, with more will power and concentration to tackle things I thought were unimaginable.

Climbing in the Bugaboos will present a challenge to me in more ways than one, the most apparent is the endurance climbing. I hope to climb the West face of the South Howser Spire, 20 pitches of 5.8- 5.9 with a glacial approach in a day, this makes me uncomfortable and excited when I think about it. That is why a secondary objective is to train hard enough and get uncomfortable enough before it, as to overcome the discomfort I may feel while on the wall. I look forward to the powerful training sessions I will be enduring with my teammate and I also look forward to the pain and sorrow I may have to overcome if a route is not climbable and my training did not pay off like I thought it would. I am looking for feelings I have not yet felt in this life time and I believe that pushing myself in the outdoors is an excellent catalyst to getting me to those feelings.

This expedition/ experience will greatly advance my marketability as an outdoor leader. By partaking in highly technical expeditions I prove that I can take care of myself as well as others in the outdoors. By having good references from respected outdoor professionals I prove that I am a capable functioning leader. By graduating from the high standards of Expeditionary Studies I am proving that I am focused on my goals and am willing to do the work to get there, it also proves that I am trained and capable to lead people in an outdoor setting.

I am looking to be an outdoor leader for two reasons. One, because bringing people into nature is a passion of mine, I find joy when I see others realize that there is obtainable, beautiful energy in the natural environment. The second reason is because I truly love being outdoors, I love experiencing the subtle intricacies of nature, and I realize the more time I spend in it, the more I feel connected to myself. I find that the outdoors is a perfect medium to really get to know people. I believe that my natural surroundings will supply me with the experiences I need to own and operate my own outdoor service. I hope to receive wisdom from my experiences in the woods and then pass this natural wisdom on to others. I hope that this wisdom can be channeled to help others realize the abundance of life. If everyone lived out of their true potential this earth would be a much more powerful place. This may create a different way of living on earth; I hope it does, because right now, I am disappointed with how we treat the earth that gives so much.

I understand that goals are one of the major forces that drive people to do anything on a daily basis. I also understand that without a good plan a goal can easily crumble. By sticking to my goals and my plans I feel that my senior expedition and life will be successful, at the very least in my own eyes.

Itinerary

Once the goals are laid out, it is the teams job to decide what objectives will allow for these goals to be met, thus the itinerary is formed.

The flexibility of this expedition, when relating it to the amount of time we have, seems luxurious. It is a luxury in the fact that we have a large amount of days (60) for a small amount of goals. Mike and I have a goal of doing at least 14 alpine rock routes. These routes range from 5.4 – 5.10 and can be up to 32 pitches. Some routes may include an overnight bivouac, a 3 am start, and multiple mile approaches. All routes will be within our scope as climbers by the time we set out for the expedition, if they are not already. One of the main challenges in the Bugaboos is the weather. It can rain every day for two weeks, or not rain at all. The length of this expedition has the potential to create an illusion that we have enough time to climb everything we set out to do, however on and off rain for multiple days can keep the rock wet for a longer period of time, making climbing difficult or impossible to accomplish. In this itinerary I hope to set out a game plan to fulfill all 14 routes we strive to climb. I also hope to plan for days or weeks of rain so we can entertain ourselves with some activity. This plan does not over rule Mother Nature but strives to work with her moods, so that we can gain something from anything she throws at us.

All of the route information is pulled from the guidebook *The Bugaboos: One of the World's Great Alpine Rockclimbing Centres* by Chris Atkinson and Marc Piché. This has all the information needed for climbing in the Bugs. Mike and I plan to laminate copies of all the pages we need, as well as purchase a guidebook to bring with us on the trip. We will bring the laminated copies on the climbs so we do not need to carry as much weight in the packs and we do not deteriorate the pages in the weather.

Deciding when to climb and when not to climb will encompass a couple factors. The most apparent to me, is the weather. If it is raining, or looks as though it will rain while we are climbing, we will not climb. High winds are another factor that may slow or end our climbing for the day, if the wind is predicted or is at 15 knots or more, it will be difficult to communicate and manage gear. We should not climb in wind 15 knots or more. There are also severe thunderstorms in the Bugs that do not normally show signs until they are there; knowing this, the best way to avoid such storms is to be off the peaks by 3 o’clock. This is important because the peaks are where the lightning strikes most, if we do not get off and a storm roles in, our little metal tools will attract the lightning to us. We can avoid this by having a mandatory turn around or bivy time once above a certain height. If we can’t climb a route, we can still have enough time to move to another one if we wake up with enough extra time to move around.

The range of climbs Mike and I have chosen to attempt provides enough opportunity to become acclimatized to the alpine style of climbing before attempting our more difficult options. This list of 14 climbs is here as a guideline for what we want to accomplish, it is not set in stone, we may find that 5.6 is all we can truly handle, and we will stick to that depending on our ability level while there. We plan to deal with the crux points by working up to them, once we feel our skill level has reached a new level we will push for one of our harder options, every time a harder option is completed successfully we will discuss if we are ready for the next step. Following criteria along the lines of, what went right, what can be improved, what must be thought about for longer, more difficult/ committing climbs. Hopefully this will help to keep pushing us forward in our reach for the goal of a 32 pitch climb up the North Howser Tower.

Timing is of utmost importance when creating an itinerary. Understanding and developing a reliable time table for the team will allow for a much more efficient plan. When calculating the amount of time a route should take, pondering these thoughts will make the process smoother.

Mike and I Travel at

-20 minutes per pitch for 5.0-5.5

-35 minutes per pitch for 5.6-5.8

-50 minutes per pitch for 5.9-5.10

-With full packs on flat ground we can hike at 3 MPH (as the slope increases our speed decreases)

-We need 5 minutes every hour for food and water

-We need 5 minutes every 3 hours for waste excretion

-It takes us 40 minutes to get ready in Am

**South Howser Tower**

Base Camp- East Creek Basin Boulder

**West face**

1. *Becky Chouinard*— Topo:276, Description:272 TD 5.10+ 20-22 pitches (14- 20hrs) Description of: Approach (265) Descent (241) \*\*\*

**Bugaboo spire**

Base camp: Apple bee campsite –Approach/descent:161-162

**Northeast Ridge**

1. *Northeast ridge-* Topo:175, Description:166-5.8,D-,12 pitches(8-16 hrs)\*\*\*

**South Ridge**

1)*Kain route*- Topo: 170, Description: 163 - 5.4-5.6 AD 450m 3 pitches (6-12 hrs)\*\*

**Snowpatch spire- Central Spires –**

Base camp: Applebee Campsite-***-***Approach/descent: 179- 180

**West face**

1. *Surfs up* – Topo: 213, Description: 207- 5.9, D, 9 pitches(7-12 Hrs)--🡪*Surfs up direct* \*\*
2. *The Beach-* Topo: 213, Description:207- 5.10+, C1, D, 9pitches (8-12 hrs)
3. *Wildflower*- Topo:212, Description: 204- 5.9, D-, 8 pitches (8-12 hrs) \*

**North Wall-**

1. *Sunshine Crack-* Topo: 194, Description: 198- 5.11-, D+, 9 pitches (8-10 hrs) \*\*\*

**South east Face-**

1. *Snowpatch route-* Topo: 189, Description: 182- 5.8, D, 19 pitches (10-16 hrs) \*\*\*

**Pigeon Spire-**

Base camp: Applebee camp- Approach/ descent -221-222

1. ***West ridge****-* Topo:229, Description:223- 5.4, PD, 500m (6-10 hrs)\*\*\*

**East face**

1. *Cooper-Kor-* Topo: 235, Description:226- 5.10, TD, 18 pitches (10-14 hrs)\*\*\*

**Crescent Spire**

1. *Paddle Flake direct-*Topo: 147, Description: 120- 5.10, D-, 6 pitches (6-8 hrs) \*\*
2. *Mctech Arete- Topo:147, Description:123-5.10-,D-,6 pitches (6-8 hrs)\*\*\**

**North Howser Tower-**

Base Camp: East creek Boulder

**West Side**

1. *Warrior-*Topo:261, Description:255- 5.9,ED2, A3, 30-34 pitches (2-3 bivys) \*\*

**Vowell Group**

Base Camp: East glacier camp, Bivy near Wallace peak.

**Archduke Trio- Approach Descent 323-325**

1. *Archduke Trio-* Topo:335, Description:334- 5.7, AD+, 200m(8-10 hrs)

**Snafflehound Spire-**

1. *East Ridge-*Topo: 332, Description: 339- 5.9, TD, 500m (10-14hrs)

While some of these climbs may seem out of our league right now, by the time we get to the bugs, Mike and I hope to be at their level. By training physically, mentally, and technically, I believe these goals are within our scope. We have 8 months to train and transform into a powerful climbing team.

Seasonal weather

After the location is determined, the weather for the area should be determined to decide when it is best to accomplish the goals.

Most, if not all, climbing expeditions are planned around weather patterns. The most obvious reason for this is that it is more difficult and dangerous to climb on wet rock. It is important to take into account temperature, equipment needed, time of year, and the type of weather systems that generally pass through. The more information I have regarding weather the more effectively I can plan what to pack and bring to be most comfortable. While planning my expedition to the Bugaboos, weather is of my utmost focus because the Bugaboos are notoriously wet. If, for example, I planned a trip but had no regard for the weather, I may choose the rainy season, or a season where the access road is un-navigable thus not achieving any of my goals. Since part of my goal is to push myself in the vertical plane, I will plan the trip for the driest of seasons.

In the northern hemisphere, most weather systems move from West to East. In the Bugaboos this weather pattern is no different. Due to the location and elevation of the Bugaboos in relation to the Pacific Ocean the impact of this pattern is direct and immediate. Weather is often precipitous because the mountains tend to trap the heavy moist air until they lose the weight of the water and can ascend over the mountains. In the past 30 years the Bugaboos average snow fall per year is around 500cm, and the average rain is about 40cm per year. (38, climate data/ daily data)

Although April is the driest month in the Bugaboos the access is problematic, due to the heavy winter snowfall, the 50 Km access roadway will not be plowed thus the approach would be inaccessible by car. The next best accessible months are July and August. During these months there is an average of about 15 days of wet weather per month. This makes for an opening of approximately 30 climbing days in the time period where access is guaranteed.

During July and August the temperature is commonly in the 10 -18 degree Celsius range. This is ideal climbing temperatures. On average, the temperature rarely gets below freezing but according to the guidebook *The Bugaboos: One of the World's Great Alpine Rockclimbing Centres*, it is not uncommon to have a snowy wake up or two in the morning.

Thunderstorms may come in violently during the afternoon because the heated air rising from the valley floor meets the cooler high elevation air creating friction, energy, and a release of light and water. It is encouraged to have early starts between 3-4 am for multi – pitch climbs due to that fact. 3cm hail and multiple cloud to ground lightning strikes are possible. It is recommended to be off of most climbs by 3 o’clock for this reason.

By narrowing down the weather patterns to the most ideal time period for climbing, I am planning to have the best chance for longer more meaningful climbing days. This will benefit my expedition because the more time spent on the rock, the more time I get to experience the alpine style Bugaboo rock which will hopefully relate to more skill and understanding in this area. I do not expect to always be out of the elements, but I do expect to have the highest potential for success by choosing July and August as the months to climb.

Training and conditioning plan

The team now knows what it will be physically partaking in, and thanks to the weather, they know how long they have to train, the next logical plan for the team to make is how to train for the objective so that they are ready to reach the goals they set.

The expedition to the Bugaboos will physically and mentally push Mike and I past our comfort zones, simultaneously creating new ones. Since this expedition is being used as a catalyst to broaden our comfort zones, the training and conditioning should align with the outcomes. The reason I say this is because, in my mind, the trip started when the first idea flashed inside my head. If I can go into this trip with a broader comfort zone than I have right now typing this paper, than I know my goal is obtainable. I plan on using Mark Twights book Extreme Alpinism as a resource into the field of training. I also plan on formulating my own goals by asking myself questions and critically thinking about them. Where am I at right now, regarding my physical and mental capabilities? Where do I want to be physically and mentally by the trip? Where do I want to be at the end of the trip? What are the steps to get there? How will I know when I am there? I will answer these questions in my training plan to help the reader and myself understand what it is I am truly trying to gain.

**Where am I at right now Physically?**

Climbing: 5.10 leading – max pitches 11, in one short day without being physically exhausted by the end.

Max number of miles I can hike with pack in a day: 25 with a 60 lb pack

Max number of paddling miles, about 20 on cl 4-5, about 40 on class 3, about 20 on class 1 -2

**Mentally?**

I am at a point in my life where I feel that thought holds me back from the present. The present is where I am able to work with the energy inside and all around me. Being able to stay in the now is what I am working on because I believe staying in the now will give me all the mental and physical energy I need to be joyous and free of pain. If I stay joyous and free of pain, I will then be able to make clear decisions effectively and will not be held back by the worry of the past or future. I am still dominated by some thoughts and emotions, but I can feel that in some moments I am clear. I hope to be dominated by clear moments of concentration by the time I am in the bugaboos. The easiest way to do this seems to be to stay in the moment and observe my thoughts and emotions as they arise. If I can do this, I can bring light to them, and rid my energetic field of darkness.

**Where do I want my physical level at the start of trip?**

When I arrive at the bugaboos I want to be ready and able to climb at least 15 pitches of 5.8 in a day. I want to be able to climb 5.11d and maybe even 5.12 on a regular basis. Most importantly I want to have stamina to climb all day long. I would like to be able to climb straight for more than 12 hours while still maintaining a clear mind.

**Things I need to improve to improve my climbing**

Concentration

Strength/ Power

Endurance

Balance

Presence

**Practices to increase Concentration**

Meditation

Yoga

Presence

Exercise   
**Practices to increase Strength and Power**

SEE TRAINING SCHEDULE

**Practices for endurance**

SEE TRAINING SCHEDULE

For endurance, I hope to travel far distances quickly, whether it be swimming, biking, or climbing. I hope to use lower impact sports to train due to the fact that I partake in high impact sports when I am performing at peak. Yoga will also help me to hold positions on the wall for long time periods; I hope to use Yoga as a training tool where I can focus my concentration on breathing through the pain I may experience.

**Practices to improve Balance**

Concentration will help to improve my balance, when I am trying to balance I notice as soon as a thought comes into my head I begin to sway. If I can keep present in every situation I believe I will be able to balance easier. Yoga will help improve my balance and clear any subconscious blockages to balancing in certain positions.

**Mark Twights Training plan**

Mark Twight lays out a training regimen for alpine climbers. Since the Bugaboos is going to be generally alpine climbing, I felt this plan would work well for me. However, one thing I have noticed in this plan is the amount of damage to the body it can generate. What alpine climbing consists of is usually a longer more taxing approach to mid level vertical rock. The vertical rock is usually sustained for upwards of 500 feet. The thing about alpine climbing is the vulnerability to the elements, and the amount of endurance needed for the climb. Since it is usually a full day if not more, my body must be ready to consistently work productively for that amount of time. What Twight suggest is to give myself ample time to get fit, train for power, train for cardio, and then train for endurance, cardio, and power all at once. At the end of the training session it is important to give the body a week to two week rest period to rebuild muscle, prior to peak performance.

I have developed a training program that will follow Twights advice as well as Mike Bowyers advice. Since I am newer to training, I am hoping to keep my body safe from injury and am planning to train to my personal potential first.

**After talking to Mike further we have decided that although Twights workout is good for alpinists, we found that his workout methods may be detrimental to the long term well being of our bodies. We have decided to create a workout plan that will do less damage on our bodies while still giving them great all around fitness for climbing.**

I have brainstormed, used Mikes guidance, and looked up possible workouts, to make sure I have a positive experience with training. The workouts I chose are based around building my climbing potential, meaning that I hope to grow more powerful in my lats, forearms, abs, and calves. This will allow for my weight room training to transfer to outdoor training fairly easily.

**Because I put so much work into the Mark Twight plan, and am now changing it, I will provide both training plans to show the differences and similarities of both.**

There are some core aspects of training that I wish to cover as well, this information was shared with me by Mike, as well as my father who is a track coach of 25 years and athlete of 35 years.

Warming up is one of the most crucial aspects of training, this practice gets the body temperature warm. Warm cells are more relaxed than cold ones. When you jump into a cold pool your body tightens, when you jump into a hot tub you relax. If you think of cells as small versions of yourself, how do I function most efficiently? When you warm up your cells you are getting them ready for the workout you have in mind. This opens them up to larger movements and more flexibility which will minimize the risk of injury. The goal of the warm-up is to loosen the muscles which will decrease the chance of injury, and increase the efficiency of the workout.

Once the warm-up is complete the next phase is the actual workout, this can consist of whatever you want to focus on at the time. Aerobic training such as running, biking, swimming, or rowing, works the whole body and gets the cardiovascular system pumping. This will help open blood vessels and will increase the trainee’s endurance. I personally plan to focus a lot of my initial training in this area, allowing my body to get used to pumping nutrients, effectively to where it needs to. I don’t wish to injure my joints anymore than I have to so running, to me, seems less optimal than rowing, swimming, and cycling.

Functional Strength training is another type of training that is used to develop strength; this includes but is not limited to exercises like pushups, pull-ups, and sit ups. Basically in this form of training the body is used as weight, and by putting the body in different positions you increase resistance in those specific muscles, helping to develop strength. Doing pushups with different hand positions works different parts of the body and greatly builds core strength which is crucial for climbing.

Peripheral heart action training is something that is somewhat new to me. As of now I understand it as a series of workouts that allows for movement of blood from one set of muscles to another. I am assuming that blood build up in one muscle group causes more soreness, and less efficiency, by moving the blood from arms to calves to core to neck to legs with a low number of sets in each, you gain the efficiency of each workout. This is supposed to balance the 3 pillars of physical fitness: muscular strength, endurance, and flexibility. (Boy O Boy Fitness -Bowyer page 2)

Interval training is another form that is used to increase endurance and to me correlates very well with climbing. Why? Because you push yourself for a certain amount of time, then you take it down a notch for another short period, then another interval of high intensity, then low intensity. In climbing, you exert yourself on a pitch then sit and belay, then exertion again, then sit and belay. Although the intensity is much lower in climbing than in some training plans, I intend on using it in my training regimen.

Since I plan on using this expedition as a stepping stone into the future training cycles for myself, I want it to be a growing process. I plan on following my criteria loosely, in the fact that I may change some exercises and routines to what seems best for my body at that time. But, I do not want to waiver on is the amount of days I spend training, I believe that a fixed number of days is good to develop a healthy body. The more time I put in prior to the trip the more I believe I will gain. Although I have not trained much in my life, I am ready to challenge my mind and body so that I can form a strong tool to expose my soul to the universe.

Equipment list

Thanks to the weather and itinerary, the equipment list will be somewhat easy to create, compiling all the equipment needed for the specific weather and activities as well as group size are important things to acknowledge.

Due to the nature of the Bugaboos, alpine climbing, and extended camping in general, this equipment list is specialized to meet Mike and my needs. The layout of this list is most importantly designed for me to understand. In the left column I list the things I need, then as I work to the right of the chart I mark whether I need to borrow it, or I need to buy it. If I know where I will be borrowing or buying it from I will include that in the space provided. I also have a final checklist area that will be for me when I am packing for the trip.

I have also separated the lists into things that the group must bring as well as things the individuals must bring. This gives me an idea of what I need to be responsible for to make my end of the puzzle hold up, it also gives me an idea of what Mike needs so that I can double check him and he can double check me.

There are many items I plan on bringing, for these I will clarify my reasoning so that the reader can understand as well as use my work most efficiently. I will list the things I believe will have questions and explain my reasoning after each listed item.

**Bear Canister**: food is scarce in the alpine environment, although bears do not normally travel this high, rodent’s do. Bear canisters will protect from rodents chewing through our food bags. They also provide for great camp seats.

**Pocket rockets:** Mike and I both own a pocket rocket, they are somewhat simple in design, and they boil water quickly. The major reason for bringing them is their weight. They are very light and will be easy to carry on multi pitch climbs. Although Iso propane is a little pricey, we can buy fuel in bulk beforehand which will allow for a cheaper price.

**2- 70m Climbing ropes:** the pitches may be long, and 2 70m ropes tied together will provide enough distance for the longer rappels on the way back down. I am still considering a double rope system due to the fact that minimizing rope drag is a great idea on long multi-pitch climbs, every bit of resistance expends energy and if we double rope, that energy could be saved.

**10 double length runners, 10 single length runners:** we are deciding to bring runners because they are more versatile than quick draws. They reach to different lengths minimizing rope drag and are able to be used in many other settings, including anchor building and rescues.

**10 pitons and Hammer :** Mike and I both understand that in some circumstances we may come upon an unclimbed or barely climbed route. On our rappels back down or our climbs on the way up pitons are a good alternative to nuts, if placed correctly. Some cracks are too small to place a strong piece of passive protection, by pounding in a piton we can get have safer protection. Although they add extra weight, it is more comfortable to climb on a well placed piton, then a nut in some circumstances.

**Wire mesh fencing for car:** Porcupines and other rodents in the area are known to eat the rubber off parked cars in the bugaboo lot. Protecting our vehicle with fencing is important if we want to leave the park for any reason.

**Binoculars:** When looking for routes to follow, binoculars are good to get a closer look. We will be able to identify rap stations and get a closer look at moves that we may not be able to see from far away.

**Walki Talkis**: Communication between leader and belayer can be difficult at times. There have been deaths associated with communication breakdown on climbs that the climber went out of earshot. By bringing the radios communication can be simple and will allow for safer climbing practices.

**Laminated pages of guidebook:** instead of bringing the guidebook up for every climb, we will bring laminated pages of the climb, maps, and topos that will be of use to us. We hope to shave weight this way as well as, not lose the whole guidebook from a clumsy mistake.

The equipment list is ever expanding as Mike and I come across new challenges we hadn’t thought of yet. I am happy to be starting this planning process so early because it gives me a chance to truly prepare and think about our decisions before the team is in the Bugs.

**Group Equipment**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Need** | **Have** | | **Borrow** | | **Buy** | | Final Checklist | |
| **Cooking** |  | |  | |  | |  | |
| 1 cooking pots | 1 | |  | |  | |  | |
| Bear canisters | 1 | |  | | 1-2 | |  | |
| Fuel propane |  | |  | | 7 canisters bi weekly | |  | |
| Pot grips/ scrubby |  | |  | | 1 | |  | |
| 3 lighters |  | |  | | 3 | |  | |
| 2 Pocket rockets | yes | |  | |  | |  | |
| **Sleeping** |  | |  | |  | |  | |
| Tent | Yes | |  | |  | |  | |
| **Climbing** |  | |  | |  | |  | |
| 2- 70 M ropes | 1 | |  | | 1 | |  | |
| 2- racks Nuts #1-13 |  | |  | | 1 | |  | |
| 2- 000-6 cams |  | |  | | 1 | |  | |
| 10 double length runners |  | |  | | 1 | |  | |
| 10 single length runners |  | |  | | 1 | |  | |
| 4 locking beaners |  | |  | | 1 | |  | |
| 1- micro nuts |  | |  | | 1 | |  | |
| 1- Helmets with first aid |  | |  | | 1 | |  | |
| 10 Pitons |  | |  | | 1 | |  | |
| Piton hammer |  | |  | | 1 | |  | |
| 2- 30 ft cordelettes | 1 | |  | |  | |  | |
| Rappelling prusics | 1 | |  | |  | |  | |
| Daisy chain  **Paddling** | 1 | |  | |  | |  | |
| 4 dry bags sm | 1 | |  | |  | |  | |
| 2 creek boats |  | | 1 EXP | | 1 | |  | |
| 3 paddles |  | |  | | 1 | |  | |
| 1 play boat |  | | 1 EXP | |  | |  | |
| 2 rescue PFDs with tether | 1 | | 1 EXP | |  | |  | |
| Float bag for each boat |  | | 2 EXP | |  | |  | |
| 2 spray skirts | 1 | |  | | 1 | |  | |
| 2 helmets with face mask | 1 | |  | | 1 | |  | |
| Throw rope/ pin kit | yes | |  | |  | |  | |
| 2 Dry suits |  | | yes | |  | |  | |
| Elbow pads |  | |  | | 1 | |  | |
| **First aid/ 4 Es** |  | |  | |  | |  | |
| Sam splint | yes | |  | |  | |  | |
| 2 Ice pack |  | |  | | 2 | |  | |
| Tweezers |  | |  | | 1 | |  | |
| 2 large Gauze | yes | |  | |  | |  | |
| 2 ace bandages |  | |  | | 2 | |  | |
| 50 ft pea cord |  | |  | | 1 | |  | |
| Shock blanket |  | |  | | 1 | |  | |
| Advil |  | |  | | 1 | |  | |
| Benadryl |  | |  | | 1 | |  | |
| Toe nail clippers | 1 | |  | |  | |  | |
| 4 Steri wipes |  | |  | | 4 | |  | |
| 4 contractor bags |  | |  | | 4 | |  | |
| Spare screws for boats |  | |  | | 2 | |  | |
| Multi tool |  | |  | | 1 | |  | |
| Epoxy |  | |  | | 1 | |  | |
| Sunscreen |  | |  | | 1 | |  | |
| Lip balm | 1 | |  | |  | |  | |
| Adhesive tape |  | |  | | 1 | |  | |
| Sewing kit |  | |  | | 1 | |  | |
| Tent pole repair kit |  | |  | | 1 | |  |
| Vitamin C packets |  | |  | | 1 | |  |
| Duct tape |  | |  | | 1 | |  |
| 10 sandwich ziplock bag |  | |  | | 1 | |  |
| Sm bottle WD-40 |  | |  | | 1 | |  |
| Spare Gore-tex patches | |  | |  | | 10 |  |
| Latex gloves | |  | |  | | 3 |  |
| Oral rehydration salts | |  | |  | | 2 |  |
| diamox | |  | |  | | 125 mg |  |
| Codeine | |  | |  | | 5 |  |
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**PERSONAL GEAR**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| NEED | HAVE ` | BORROW | BUY | FINAL CHECK |
| **CLOTHING** |  |  |  |  |
| 5 Synthetic Socks | 4 |  | 1 |  |
| 3 Base Pants | 2 |  | 1 |  |
| 3 base Tops long | 2 |  | 1 |  |
| 1 base gloves | 1 |  |  |  |
| 1 base hat | 1 |  |  |  |
| 1 fleece pant | 1 |  |  |  |
| 2 fleece top | 2 |  |  |  |
| Balaclava | 1 |  |  |  |
|  |  |  |  |  |
| Pogies/ gloves |  |  | 1 pogies |  |
| Water proof top |  |  | 1 |  |
| Water proof pant |  |  | 1 |  |
| Puffy Jacket | 1 |  |  |  |
| XL Rain jacket |  | 1 EXP |  |  |
| Dry top | 1 |  |  |  |
| Booties | 1 |  |  |  |
| Climbing Shoes |  |  | 1 |  |
| Double boots |  | 1 EXP |  |  |
| Crampons |  | 1 EXP |  |  |
| Camp Sneaks |  |  | 1 |  |
| Flip Flops |  |  | 1 |  |
| Fleece hat | 1 |  |  |  |
| Mid layer glove | 1 |  |  |  |
| Shell mitten | 1 |  |  |  |
| NEED  **Sleep System** | HAVE | BORROW | BUY | FINAL CHECK |
| ¾ length pad |  |  | 1 |  |
| 15 degree bag | 1 |  |  |  |
| Clothes dry bag | 1 |  |  |  |
| Contact spare |  |  | 1 |  |
| glasses |  |  | 1 |  |
| Hand sanitizer | 1 |  |  |  |
| 2 Headlamps | 1 |  | 1 |  |
| 10 AAA bats |  |  | 1 |  |
| 1 OR red dry bag | 1 |  |  |  |
| **Misc.** |  |  |  |  |
| LG Backpack | 1 |  |  |  |
| Sherpa pack for yak |  |  | 1 |  |
| Straps for Kayaks | 2 |  |  |  |
| 2 water bottles | 2 |  |  |  |
| 1 dromedary bag |  |  | 1 |  |
| Fair share | 1 |  |  |  |
| Cash |  |  |  |  |
| Communication device TBD  Spot locator??? |  | EXP |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Need** | **Have** | **Borrow** | **Buy** | **Final Checklist** |
| Maps |  |  | 1 |  |
| guidebook |  | 1 |  |  |
| passport | 1 |  |  |  |
| Mountaineering axe |  | 1exp |  |  |
| Note books |  |  | 3 |  |
| Wire mesh fencing 4 car |  |  | 1 |  |
| Directions to bugs |  |  | 1 |  |
| Spot locator beacon |  | 1 exp |  |  |
| Pea and poop bottle |  |  | 1 |  |
| Cameras with spare batteries |  |  | 1 |  |
| Car charger |  |  | 1 |  |
| Binoculars |  |  | 1 |  |
| Laminated pages of climbs |  | 1 |  |  |
| Walki talki |  |  | 1 |  |
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Meal plan

Since the team now knows what it is going to experience, and the amount of energy it will need, it is easier to decide what it will need to consume to function properly. See the appendix for the developed meal plan and store list.

What I put in my body determines what my body puts out for me. Food is potential energy, when eaten it turns into kinetic energy which means it is converted into energy my body can use to function. Having the appropriate food and the right amount of water will help me survive the most challenging of situations. Since there is a surplus of water in the Bugaboos I am not worried about collecting water to drink and rehydrate my food. I am worried about carrying in excessive weight for food required for a lengthy stay; my solution to this is to pack mainly dehydrated food that I can rehydrate in the location I am in. I also am considering my access to food, since the proximity of the closest town is at least a 2 hours drive, bringing in food that will keep for a while is crucial. The price of food is another challenge; I plan on spending seven dollars per day on food, which will bring me to about 420 dollars for 2 months.

My partner, Mike and I plan to physically exert ourselves every day. On some days this will undoubtedly be more than others, but on average I plan to be burning at least 3000 calories per day. In my meal plan I have made sure to have at least 3200 calories per day with most days exceeding 3500 calories. This should leave excess energy to help keep me warm and content through the night, as well as maintain my energy levels in the case of an extended stay on a climb.

The best way to save money is to buy in bulk*. Harmony house* and *Mary Jane Organics* both sell large bulk items of many dehydrated goods that will be perfect for our trip. I plan on purchasing a lot of my supplies from them, as well as from BJs wholesale club. The more I can buy in bulk the better off I we will be money wise on this expedition.

In the meal plan I have included meals for breakfast, lunch, snack, and dinner. I plan on eating four meals so that my energy level does not fluctuate as much. I also plan on eating food that is high in carbs, hopefully at least double that of fats. Because my goal is not to build muscle tissue as much as repair old tissue I plan on taking in enough protein to repair muscle but not enough to make it hard to process. Most of my protein and fat will be taken in during the afternoon hours to be used throughout the night when the body does most of its repairing.

Dried fruit is another large aspect of my nutritional agenda. These simple carbs will not only serve as carbs but will provide the fiber that I need to keep me regular. Having smooth and easy bowel movements is extremely important far away from medical care and I do not wish to have trouble with this on the trip. Fruits are also excellent because they are unprocessed, making it a bit of a challenge for the body to break down. This challenge is good because it forces the body to release the nutrients on a more consistent level, minimizing peaks and valleys of energy.

Hydration is one of the key factors to being able to process food. Each day, I hope to use a gallon of water, most of it for drinking and some for cooking. This will keep my body functioning at the most efficient rate. Allowing me to digest and use my food most effectively. Having enough water in the body is the most important aspect of nutrition. Without water, the body is unable to process food, if there is not food to process the water is necessary for breaking down fat in the body. Making sure to drink every thirty minutes will keep Mike and I hydrated enough to function well on any climb we are doing.

My goal is to stay in the best physical shape possible so that I can climb and think as fluidly as possible. Keeping myself in the best physical shape requires me to eat healthy and drink lots of water. I plan on making sure my body is getting what it needs to function properly. Since food is something I can control I wish to control it to the best of my ability and allow for uncontrollable things like the weather deter me from a climb.

Risk management

After considering what the team will be doing and how they will be doing it, risk assessment is important. They may know what they need but delving into the unknown and potential risks will allow the team to be more aware of what to expect.

I enjoy being in risky situations, I feel that it is part of the reason I chose this major and part of the reason I live my life the way that I do. But, I do believe there is a fine line between risk and stupidity, risk can be enjoyed only when I know that I am being risky, I am aware of what can go wrong, and I am aware of how to avoid disaster at all costs. The challenge of risk is that people are not aware of all the penalties, nor are they always aware of how to mitigate the risk. Writing a risk management plan is an exercise that I think will help me understand the risks involved, the outcomes of such risk, how to mitigate the risk, and what to do in a worst case scenario. Since risk cannot ever be completely mitigated, the outdoor enthusiast must be prepared for anything to happen.

In my risk management plan, I will focus on the risks associated with climbing, camping, and traveling in and out of the alpine environment in British Columbia. The main focus of this plan is for me to become aware of the risks I am partaking in. It is also there to prepare me mentally for actions I may have to take when the worst case scenario occurs. Although some risks have grander outcomes than others, all will be thought about and mitigated to the best of my ability. By knowing what lies ahead of me I will be more mentally and physically prepared to work through the uncomfortable.

I will highlight the hazard and worst case scenario as well as the likelihood of this hazard occurring. I will then identify if it has a high, medium, or low chance of ending the trip if the worst case scenario occurs. I will then describe ways to control the risk so that it has less of an opportunity to have impact on my expedition. Once I describe the controls I will reflect on how much of a chance the trip could end with the controls in place.

I will be including all risks that may result in the incompletion of the trip. Starting

from loading the car in Plattsburgh, and ending with unpacking the car in Plattsburgh.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Hazard and worst case scenario** | **Likelihood**  **1 low-10 high** | **Risk of ending trip prior to control**  **(H,M,L)** | **Controls** | **Risk with controls**  **(H,M,L)** |
| 1)Personal injury while packing/ unpacking vehicle.  Broken bones, Pulled muscles, Head injury. | 3 | M | 1a)Pack lightweight unobtrusive bags that are easy to carry.  1b) Carry heavy bags with two people.  1c) Be mindful of foot placement/ avoid loose or wabbly ground.  1d) keep back straight when lifting heavy objects  1e) Plan enough packing time as to not rush in packing process  1f) ) wear close toed footwear with ankle support | L |
| 2)Transport Troubles  Car breaks down, engine dies, popped tire,  Run out of fluids,  Car accident,  Stuck at border,  Equipment falls off roof.  Access road not accessible | 5 | H | 2a)Get full car inspection prior to leaving  2b)Fill all fluids  2c) bring spare tire and equipment to fix it  2d)Switch drivers every 6 hours to mitigate drowsiness  2e) leave with spare day for travel time so not to rush/ speed  2f) follow speed limit and all traffic signs  2g) review all border crossing laws and regulations  2h)Check lights prior to leaving  2i) bring spare travel money for repairs on the road  2j) Avoid the use of cellular devices while driving  2k) Follow all laws of the road  2l) Double check everything is strapped securely to roof  2m)Check <http://www.env.gov.bc.ca/bcparks/explore/parkpgs/bugaboo/trail_report.pdf> for trail and road conditions | L |
| 3)  Becoming lost during travel to location  Arrive late at the Bugaboos | 2 | L | 3a) Plan route to Bugs pre trip  3b) Highlight important areas where misdirection is likely  3c) Have copilot on hand for directions  3d) Bring GPS for additional assistance  3e) Bring Cellular device to contact help if needed  3f) acquire road maps for every location we will be driving through | L |
| 4) Personal injury while bringing gear to camp  Broken bones, Pulled muscles, Head injury | 4 | H | 4a)Pack lightweight unobtrusive bags that are easy to carry.  4b) Carry heavy bags (60+lbs) with two people.  4c) Be mindful of foot placement/ avoid loose rocks, sticks, logs.  4d) keep back straight when lifting heavy objects  4e) Plan enough time as to not rush  4f) take multiple trips if needed  4g) wear close toed footwear with ankle support when hiking in rugged terrain | L |
| 5) Forget crucial gear  Have equipment shipped, miss weather window, lost climbing time and money | 4 | M | 5a) Triple check equipment list and packed bags  5b) go over equipment list with outside source | L |
| 6) Broken /lost/ stolen equipment  Snapped tent pole,  Ripped sleeping bag, Broken cam  Hail makes hole in tent | 6 | L | 6a) pack fragile equipment in safe location  6b)Bring 4 E kit that can fix most equipment  6c) bring spare climbing equipment  6d)keep spare equipment locked in car  6e) maintain organization in camp  6f) Maintain mindfulness when using or around any equipment | L |
| 7)Forgotten gear on daily climb  Lose weather window, miss day of climbing , forfeit climb altogether | 4 | L | 7a) In route plan, prepare daily list of things needed for climb  7b) prepare bags night before climb  7c) wake up early to double check list and bags before departure | L |
| 8) Falling in Glacial Crevasse  Broken limbs, Concussion,  Death | 6 | H | 8a) Choose route avoiding danger area.  8b) wear crampons and carry ice tools and harness/ gear for rescue  8c) practice crevasse rescue prior to and upon arrival  8d) practice self arrest technique upon arrival and during trip  8e) Wear helmets while travelling on glaciated terrain  8f) carry medical supplies to stabilize injury while help is acquired | M |
| 9) Rock Fall on team/ partner  Broken limbs, Concussion,  Death | 5 | H | 9a) Wear helmets when in vicinity of cliff  9b) be mindful of what is above and be ready to move if need be  9c) as climber be mindful of loose rock and be ready to scream rock in certain situations  9d) always be alert for rock call  9e) have med kit accessible and ready at all times  9f) Belayer uses auto locking belay device | M |
| 10) Large fall on lead resulting in injury  Broken bones,  Concussion,  Death | 6 | H | 10a) Avoid runout protection (more than 10 ft)  10b) Practice placements to ensure proper placemens  10c) make sure all placements are located in secure location  10d) Always wear helmet while climbing  10e) practice taking long falls to ensure mindfulness when fall is taken  10f) practice proper belaying for lead belay as to minimize extreme whipping.  10g) climb on only G-pg protection climbs. | M |
| 11) Getting lost on way to climb  Postponed climb,  Missed day of climbing ,  Lost weather window | 4 | L | 11a) go over route plan night before climb  11b) make sure to bring a compass and map, practice navigation skills before departure  11c) bring guide book and understand how to use it effectively  11d) avoid bending the map  11e) take the first day or two to relate the big world to the map world | L |
| 12) Illness  Postponed climbing,  Sickness ending trip,  Sickness resulting in death | 5 | H | 12a) make sure to maintain proper hygiene  12b) clean any open cuts conscientiously  12c) when feeling symptoms drink lots of water and rest  12d) make sure to have clean water boiling, purifying.  12e) always wash after excreting waste.  12f) always wash before putting in contacts.  12g) always bring enough clothing to keep warm. | L |
| 13) Cuts/ Scrapes/ blisters  Infection,  evacuation | 4 | M | 13a) always wear proper footwear  13b) when hotspots occur: prevent blisters immediately  13c) clean and cover any open wound immediately  13d) re-clean wounds every night and morning | L |
| 14) Cams jam or stop functioning  Unable to safely climb | 2 | M | 14a) Carry WD-40 on trip to lube any cams that jam  14b) make sure to take great care to leave gear out of sand and dirt  14c) inspect and maintain all climbing gear weekly  14d) bring doubles and some triples of cams | L |
| 15) Falling off cliff  Death or serious injury | 3 | H | 15a) Always stay clipped into an anchor when closer than 6ft to edge.  15b) double check partner every time before climbing | L |
| 16) lightning strike  Death or serious injury | 3 | H | 16a)avoid high altitudes after 2pm  16b) understand and practice lightning position in case of being stuck in storm | M |
| 17) Hypothermia  Death, or sickness | 4 | M | 17a)know the signs of hypothermia and preventative measures  17b)bring spare clothing  17c) bring hot liquids  17d) avoid longterm exposure to elements without proper barrier | L |
| 18) snaffle hounds getting our supplies or rope | 5 | M | 18a) avoid leaving gear unattended for extended period of time  18b)do not keep rope motionless for extended periods of time. | M |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Emergency action plan

Once the risks are evaluated it is now time to make a plan if a risk does occur; the emergency actions plans are created to ensure an efficient rescue when the time comes that an accident takes place. Since accidents are not common, but are always likely, a good plan for an effective rescue is essential. By having a plan that is practiced and understood by the entire team, we are minimizing the risk for further injury or death.

The Bugaboo Provincial Park is extremely remote. There is no cell phone service; and the only communication Mike and I will have with the outside world is with the caretaker at the Conrad Kain Hut. In the event that something happens, where either of us get injured enough to need an assisted evacuation, the un-injured person will try to contact the caretaker who can contact a ranger who can contact emergency evacuation help. Each of us will also be carrying a S.P.O.T. locating beacon, in the event that neither of us can move from our location we will call for help in that way.

For situations that are not immediately life threatening, Mike and I will do the medical care ourselves. I am a Wilderness first responder; and Mike is taking wilderness first responder this coming winter. This winter I plan on recertifying myself in WFR so that it is fresh in my mind for the expedition. Mike and I plan on taking a full medical kit with all supplies that a mountaineering trip requires. (See the equipment list chapter)

Since Mike and I will be travelling across glaciers, considerable amount of time will be spent honing our skills prior to the trip. Mike has taken a course on glacial safety and travel this past summer. I am planning on taking a similar mountaineering course with Casey Henley in June of 2013. The course will cover all aspects of glacial travel and rescue that are necessary for this trip.

On the wall rescues is another concern for our team. Since we are going to be in an alpine setting, leading on rock, escape and rescue are difficult. Mike and I plan on practicing big wall escapes and rescues between now and our departure. We plan on bringing enough equipment to escape any situation, as we climb we will assess where we are, if an obvious escape (due to an accident, fluke weather, or an emergency) is not possible, then lowering off the climbs will be our decision. It is our responsibility to do all of our own rescues in this park; in that spirit we will ensure that proper training and practice is initiated.

Spot locator beacons work well in most locations around the world because they are connected to satellites which circle around the entire earth. Although these devices do not provide verbal communication, they do provide communication via email. The person with the device can press “ok” which sends a message to all the people on an emergency contact list (which I determine) and lets them know if the team is safe. The other button the team can press is 911, this sends out a message calling for immediate evacuation. This sets in motion our emergency action plan. Since the 911 button informs the recipients of the satellite location of the adventurers, the rescuers will be able to find us effectively without verbal communication needed.

I believe the safest way to travel in the backcountry is to always be alert, by always being alert I am aware of what is going on around me, as well as what could happen. When I know that something could go wrong, I do everything in my power to minimize the risk. During this expedition I plan on being completely engaged in the environment around me, I plan on avoiding challenges (however enticing) that have too great a chance of resulting in injury or death. I do not plan on dying or getting severely injured while climbing because climbing does not define my existence. Climbing serves as a catalyst to advance my existence and if I abuse this catalyst it could end up doing something I don’t wish for. I hope to avoid all emergencies on this trip, but in the event an accident happens, I trust that Mike and I are prepared to handle it in an effective manner.

EMERGENCY CONTACT INFORMATION

***NOTE: This sheet must stay on dash of all vehicles we operate***

**Local Hospital Address**

Golden & District General Hospital

835 9th Ave S, Golden, BC V0A 1H0

**Directions from Bugaboo creek parking lot to Golden Hospital.**

1**.** Turn right onto road

2. Turn right onto Bobbie Burns Forest Service Rd

3. Turn left onto Spillimacheen Forest Service Rd

4 .Turn right onto Crestbrook Mainline

5. Road name changes to Parson River Crossing

6. Turn left onto Hwy-95

7. Turn left onto 13th St

8. Turn right onto 9th Ave S

**Emergency Contact information**

Names on spot locator beacon

Suzan Sussmann (Mom):Cell -845 325 0304

Home: 845 783 8137

[Suzsuss@frontiernet.net](mailto:Suzsuss@frontiernet.net)

Raymond Sussmann (Dad): Cell -845 325 0305

Home: 845 783 8137

[Suzsuss@frontiernet.net](mailto:Suzsuss@frontiernet.net)

Larry Soroka Professor: Cell :518 570 9159

[lsoroka48@gmail.com](mailto:lsoroka48@gmail.com)

Casey Henley professor: 206 851 2689

[henleycg@gmail.com](mailto:henleycg@gmail.com)

**In the event our spot locator beacon sends out a 911 call.**

Contact:

1. Radium- Invermere RCMP (Royal Canadian Mountain Police): **250-342-9292**

2. Golden RCMP: **250 344 2221**

Inform them of the satellite location marked, Mike and I will stay put until help arrives. The RCMP will organize a rescue with local volunteers from the area. Mike and I will always carry enough supplies for 2 nights out.

**In the event that our spot beacon does not check in, DO NOT PANIC. We will be alright if one of us gets injured and we feel we cannot conduct the rescue we will hit 911. If both of us get injured and we cannot get out, or get to our 911 button we will have to survive until someone finds us. Do not send out a search party until requested. We will have the spot beacon within arm reach at all times, if we are unable to press the button we will probably be dead anyway. I personally would prefer to rot away in the place I die than be carried to some funeral home.**

Contingency plan

When I plan an expedition, I consider my life goals; with those ideas I determine what expedition will fulfill the goals I am trying to achieve. I also hope to plan well enough to become aware of all the risks that may get between me and the goal, and then use that awareness to minimize the controllable risks. Due to the unpredictable nature of weather, and the fact that the Bugaboos tends to get a lot of wet weather, two weeks of time seems to be one of the major components holding my team back from reaching the goal of 14 days of climbing. Mike and I have decided that increasing the amount of time we have in the Bugaboos will translate into a greater chance for 14 days of climbing.

Mike and I devised a backup plan that is in the same location as our senior expedition. It was decided to not include the 2 month expedition in the academic planning process due to the fact that we only need to have a 2 week long expedition for the senior expedition guidelines. Since we are doing all the academic planning for rock climbing, we figured our best bet will be to include the 14 best days of climbing we encountered on our 2 month trip (if we encounter that many days). Therefore we will have a greater chance to fulfill all requirements set by the class; as well as fulfill our long term goals which consist of extended expeditions in the backcountry.

The weather history for the Bugaboos during July and August of 2012 had 43 dry days.(38, climate data/daily data) Since dry weather is what you want for a good climbing day, it does not appear that weather will interfere with a goal of at least 14 multi pitch climbing days. This does not mean that Mike and I will experience dry weather the whole time, it may end up raining the whole time, but I believe that is part of an expedition, there is a bit of unknowns that must be accepted in order to get where I want to be. (You can also see more information backing up our decision in the weather chapter.)

Another challenge that faces the team is the 50 km gravel access road that may have obstructions in it. Although this may postpone the trip, based on the history and activity of this road, the blockage will not deter Mike and I from being able to climb 14 days. Since so many local logging companies and climbers use this access road, the local forest rangers and logging companies maintain the road regularly and if a storm knocks trees across the path they typically will be cleared out within the next few days. There is an up to date banner online at (http://www.env.gov.bc.ca/bcparks/explore/parkpgs/bugaboo/trail\_report.pdf) that can be checked prior to arriving. The site informs you of the conditions of the road, including washouts, blockages, and potholes.

Injury and illness is possible in any setting, the backcountry creates an obvious chance for these things to happen because life is not as easily sustainable in the woods. I am acknowledging this fact because it is possible for injury or illness to stop the team from reaching the goal. Since this paper is based on my ability to set a functioning back up plan I wanted to inform the reader that if trip ending injury or illness occurs, there is no backup plan. The reason I say this is because I cannot alpine climb alone safely, nor do I want to, without a partner the trip must end. Some expeditions do not reach their goals, if injury or illness occurs I am willing to accept this.

I am not interested, at this point, in participating in an expedition of this scale with anyone but Mike. Therefore my contingency plan in case of injury or illness is to go home, assess what could have been done differently, or the same, rehabilitate the injured, and go out for another expedition of the same or grander scale. I feel that this expedition is more of a life changing experience than of an academic achievement. I hope to look at whatever experience occurs as a success towards my progression.

History of British Columbia and The Bugaboos

Eighty million years ago two tectonic plates started colliding. This geological event created the mountains, cliffs, and waterways of British Columbia; for the past 20000 years people have traveled from around the world to be a part of B.C.’ natural beauty.

The Rocky Mountains which stretch 3000 miles from New Mexico to the northern edge of British Columbia where created by tectonic plates colliding into one another forcing uplift of rock, creating mountains. The Laramide Orogeny was the force behind the Rockies being formed. There seems to be some dispute over what to call the Canadian portion of the Rockies, but for the purpose of understanding I will describe geology without the governmental borders and consider the Rockies the Rockies. What the Laramide Orogeny was, was a tectonic occurrence where the Kula plate (located under the Pacific Ocean) was forced under the North American plate. This action built mountains just like the piling of dirt under a rug builds a mound.

The Bugaboo spires are a powerful grouping of rocks created about 80 million years ago, they were formed from a slow cooling magma intrusion. This intrusion melted and moved in on softer rock; since slow cooling magma intrusions tend to create sturdy igneous rock like feldspar, quartz and mica, this intrusion was to withstand the beating of the next ice ages glaciers, while the weak surrounding layer of rock was dragged away. When rivers run down a valley they pull lose materials out along with them etching away at the landmass they travel over. Glaciers are like giant rivers, the only difference being that they are frozen and they cause more movement of materials. The Spires are so tall because the glaciers were able to move a lot more soft rock away from the igneous bands than a river ever could have done. In turn the Bugaboo Spires were formed. The rock is made up of granodiorite which is a rock made up of 65% feldspar and 20% percent quarts with 15 % mica contained in it as well. The natural environment uses all of the processes that occur within it; this rock has a direct effect on the plants that grow here, the animals that live here, and the people that visit. (39, geology of british Columbia)

At the end of the last ice age (10000-20000years) Native Americans started inhabiting North America, working their way over from present day Russia, across the land bridge to Alaska and South to Canada. In the Bugaboos, inhabitants came about 10000 years ago. The Secwepemec people, or the Shuswap as foreigners called them, were the local inhabitants of the Bugaboos. The Shuswap lived a very fertile but challenging existence in the lush lands of the Frasier and Columbia River valleys. Since the land produces sufficient Game, fish, and plants, food came relatively easy, much of their time was focused on art and war. Salmon, meat, roots, and berries are among the common things eaten by the Shuswap. During the cold winter months they built homes partly underground and heated with fire. In the summer they dwelled in reed huts. The biggest distinction with many of the Native Americans in these lands was a separation of language, this among other minor cultural differences seemed to be major reason for the 50 separate native nations in British Columbia. (36, B.C. encyclopedia, 44, secwepemec nation)

In the late 1700s, after white settlers were informed of the availability of otter and beaver pelts in the Shuswaps area the Native Americans lives began to degrade. With the white man came disease, loss of resources, and loss of culture which did great damage to the already relatively small population of 8000 Shuswap. 1811 marked the first forts being erected in the Fraser river basin; from then on the life of the Shuswap as well as other natives became increasingly difficult. The European and Spanish traders began finding ways to take over the native land and exploiting its fur resources. Most Natives were sent to reserves where life was not any easier and their culture was suppressed by the catholic religion.(44, Secwepemc Nation)

In the 1800-1850s Fur trading posts developed into small but expanding European colonies. As these colonies expanded gold was found on the banks of the Fraser River and in the caribou mountains which the Bugaboos are located. This information resulted in a short gold rush which brought more infrastructures and money to the local area. The Hudson Bay Company was a major player in the extraction of resources in this area and time period. They employed people to extract the resources from the Hudson Bay all the way to the Pacific Ocean. Most of these materials where then exported to Europe.

After the gold rush subsided British Columbia was in debt due to the building of the expensive roadways without any accumulation of money throughout the colony. By the late 1800s British Columbia was forced, due to money issues, to become part of Canada. This did not change much other than the fact that British Columbia was free of European, and Spanish interference.

In present time British Columbia is a hub for Tourism. Due to the availability of many different forms of outdoor recreation and beauty, people travel from across the globe to be a part of it. Skiing, hiking, climbing, paddling, mountain biking, and horseback riding are amongst the many outdoor sports that can be enjoyed in this region. B.C. does not solely partake in “outdoor sports” and has produced quality athletes in sports such as [golf](http://en.wikipedia.org/wiki/Golf), [tennis](http://en.wikipedia.org/wiki/Tennis), [soccer](http://en.wikipedia.org/wiki/Association_football), [hockey](http://en.wikipedia.org/wiki/Ice_hockey), [Canadian football](http://en.wikipedia.org/wiki/Canadian_football), rugby union, [lacrosse](http://en.wikipedia.org/wiki/Lacrosse), [baseball](http://en.wikipedia.org/wiki/Baseball), [softball](http://en.wikipedia.org/wiki/Softball), basketball, [curling](http://en.wikipedia.org/wiki/Curling) and figure skating.

As the times change for British Columbia new and fascinating things tend to happen. The lifestyle that was once there is now thriving in a different more modern style. All the knowledge and hard work of the people of this area has helped to create a sanctuary for a natural existence to flourish.

Disciplinary Tradition

The Rocky Mountains, in particular, the Bugaboos are an extraordinary site for any person who comes across them, but when a famous high alpine guide steps into a panorama of epic first ascents, jaws drop and dreams are created. This was the experience for mountain guide and adventurer Conrad Kain. Climbing in the Bugaboos started its development in the early 1900s closely associated with big wall climbing in Yosemite Valley in California, the first climbers in the Bugs were at the forefront of big wall climbing innovation.

The reason Conrad Kain is so influential in the Bugs is because he was one of the first climbers in the region. He had been recruited to come along on a survey expedition to find a way through the Purcell Mountains to Kootenay Lake. Before him and that expedition, only gold miners and trappers had been to these woods. Kain received this opportunity after years of experience; growing up in the small Austrian village of Nosswald created a great opportunity for Conrad Kain to start guiding and being comfortable in the high elevations of the Alps quickly. In fact he became so accustomed to the Alps that by the time he was about 25 he was ready to move to a place with more exploration waiting for him. Like many other explorers and guides of his time he settled on Canada and eventually what he dreamt of came true. Kain climbed many first ascents in British Columbia, with his most notable ascent being Mt Robson with Albert Mccarthy and Bill Foster. (11 Garden , Glen)(Kain 16)

Although Kain was highly respected in the field, many Swiss guides seemed to get the jobs he was looking for, for a few years he was stuck with trapping jobs until one day his luck changed, he was asked to accompany Arthur Wheeler on an exploratory mission into the “Nunataks”. Kain was hired as a guide for Arthur Wheeler who was a surveyor for the alpine club of Canada, as well as for the Dominion Government. Kain and Wheeler became close friends and travelled on many adventures together. Since this is about the Bugaboos I will summarize a story from a trip across the Purcell Mountains, where Kain got his first glimpse of what he will later climb. On August 30 1910 Kain and a team of five explorers including Arthur Wheeler started on an expedition to find triangulation points and explore a route to Kootenay Lake through the mountains. On the trek, Dr Thomas George Longstaff ended up having to shoot a mother grizzly and two cubs after they all charged at him. At this time the woods were extremely rugged and diverse with life. After cutting their way through the dense forests and old wildfire remains the team came to Bugaboo Glacier and received their first peak at the spires. Although it was too difficult, with the team, to climb them then, Kain had the beautiful and powerful Bugaboos on his mind. 6 years later Kain received the opportunity to guide in the Bugaboos. A trip was put together by one of his clients and climbing partners Albert Mccarthy, whom he climbed Mount Robson with years earlier. Once they arrived in the spires land, the team of 6 including Albert and Bess MacCarthy, Henry Frind and the Vincents set out to climb the North Howser Tower and successfully summated. A team set out prior to this expedition but was turned back due to extreme snow conditions.(11 Garden, Glen)

Next on Kains mind was the Bugaboo Spire, although not named that yet, it was very intriguing to Kain and the team. Two days after the Howser climb the team set out to climb Bugaboo Spire, they climbed easily up the class 4 and low 5 ramps and chimneys until they came to the crux of the climb, a giant Gendarme or an obstruction to the ridge route. The only way to pass it was to climb its extremely exposed and difficult face to the top. All and all it took Kain 1 and ½ hours to climb this pitch. It was worth it for him because “the Kain route” is now considered one of North Americas 50 classic climbs!

I find it amazing that Kain was able to acknowledge and move past his fear, the equipment that he was climbing on was so underdeveloped compared to what we climb now. I question how aware the climbers of this time were of the strength of their rope. (29,Roper)

Although Conrad helped in the discovery and development of the first routes in the Bugaboos, Fred Beckey is another notable climber of the region, Although coming in later than Kain, Beckey made up for it in the dedication to the Bugs, spending over 15 years in the location putting up several new routes on Snowpatch, Pigeon, and the famous Becky Chouinard route on South Howser Tower were Beckeys most notable achievements. The Beckey Chouinard route is another climb considered to be in the top 50 of North America, the beauty of this climb is the 22 pitches of sustained cracks ranging from finger to off width. In the summer of 1961 Yvon Chouinard and Fred Beckey scaled the West Buttress of the South Howser Tower. One of the biggest attributes to this climb was Yvons newly created protection called bong bongs for the off width cracks. On this climb the pair left fixed rope on the first two pitches over night while they bivied, in the morning when Yvon got to the top of the rope he noticed that the rope had been chewed ¾ of the way through by the snaffle hounds. Luckily the team was able to continue and finish the wall in that same day. This was a great accomplishment for the team and the Bugaboos for this was the first major, vertical climb, done within the spires. The difficulty surpasses the age of climbing in this time period. To climb on the equipment they did amazes me, and shows me that doing unthinkable things will help push the sport and the person forward. I cannot wait to be there climbing on this piece of history.(2, Atkinson)(11, Garden And Glenn) (29,Roper)

Well into the 1960s climbing began to advance even further, what used to be taboo, like using pitons for protection, now became more accepted. The climbs that used to be climbed without protection could be developed more safely allowing larger numbers to access these climbs. The popularity of the Bugs began to grow, and more harder climbing individuals started flocking there with their pieces of information and technology. This allowed for ideas to spread and harder climbs to become unlocked.

In 1981 climbing was progressed further in the Bugaboos with a winter ascent of the Beckey Chouinard route by Scott Flavelle and Phil Hein. The undertaking of such a climb is extremely respected by me because not only is the climbing difficult, but the logistics are as well. The access road is not plowed in the winter and is completely inaccessible, so the only efficient way to get in is to fly by helicopter. This is a grand entrance but takes permits and a lot of money. Once at the wall, the helicopter leaves and the men are alone 50 km from the nearest accessible road. The men brought 6 days worth of provisions, skis and had a chopper come in and check on them during their 3rd day. I am jealous of their chance to get footage from a chopper because I feel it makes outsiders think of the climb as more notable, because the viewer is able to see the grand scale of the climb with people on it. I believe it helps to make a name for a climber when footage like that is taken of them, and according to the climbers, the climb on the South Howser was a perfect stepping stone for larger and harder alpine climbs. Once they reached the top of the tower, they had to rappel down. They assumed this would be easy but, the snow and cornices blocked the normal rappel route. They had to build their own decent, after five rappels the team reached the bottom and their skis. They skied out to bugaboo lodge where they were able to relax and tell of their tales. (11Garden and Glen)

There are still climbs unclimbed in the Bugaboos and around the world, I hope to someday be part of this disciplinary tradition for someone else. In the Vowell group there are still a plethora of first ascents due to the difficult approach, if time allows Mike and I hope to get the chance to set a new climb in this region, becoming part of the history.

Glaciers will continue to erode away these beautiful spires and land around them, they slowly change from a human perspective, but from a universal perspective it is merely a blip, as history keeps progressing new climbs and objectives will be unlocked and a new standard will be set. As I view the progression of climbing and the earth, I am excited for what lay ahead of me. This is one of the reasons I believe history is so important, It gives you a springboard to grow and progress from, pushing humanity and self farther than ever before, creating springboards for the next generation.

Flora and Fauna

The Bugaboos and British Columbia alike have a very unique and rich biosphere. Factors including the vertical change and distinct weather patterns make it notoriously different from most of the world. The variety of animals and plants in this area help to make British Columbia a draw for many people, both money and recreation are created from the plethora of natural resources and used to create numerous experiences.

In the Bugaboos Mike and I will be traveling in elevations from 800 meters to 3200 meters, mostly camping at around 2000 meters. The elevation is important because it determines immediately, what types of flora and fauna the team will be encountering. Whether we are in the high alpine tundra or the interior Douglas fir zone of the park, we must know what will be there and what to expect when traveling in those areas.

Starting from the top of the mountains, the rock of the bugaboos is the first thing that impacts the flora and fauna below it; the biggest reason for this is when the course granite spires erode away and become pulverized by the glaciers, they turn into the silt, sand, and clay that form the soil. The soil forms the blueprint for what comes next, since the soil is one of the basic things needed to grow plants, the soil determines what plants can grow.

The soil makeup consists of bugaboo silt loam; basically loam is a mixture of sand, silt, and clay. This soil was created by the glacier activity in this area. The sandy soil makeup directly helps to create a strong base for coniferous trees to grow. But not many organic nutrients were a part of this soil until fungus, lichen, and smaller organic organisms grew and spread the nitrates the forest was lacking. This resulted in trees growing in the nutrient rich soil, quickly creating a cycle for the forest to grow efficiently. (5, Braumandl)

The Division or Phylum of trees generally remain conifer throughout the Bugaboos. This portion of the province of British Columbia is filled with Ponderosa Pine, Interior Douglas fir, Montane Spruce, Interior Cedar Hemlock, Engelmen Spruce-Subalpine Fir, and Alpine Tundra. This list is from lowest elevation climate to highest. (7, Curran,M.P.) But due to the alpine location I choose to be camping, the most common trees that I will be encountering are spruce-subalpine fir and alpine tundra. The Bugaboos are in a comparatively drier location of the Canadian Rockies. The most apparent reason is because most of the precipitation is dropped on the coastal mountains of British Columbia. The more common of occurrences is thunderstorms in the afternoon hours because of the large temperature shift from the steep rising mountains. Some of these thunderstorms, among other reasons, could be the causes behind many of the forest fires the region encounters.

The forest fires in the region create separate subzones with trees that may be present in different bio spherical zones. Forest fires are common in this area and are actually necessary for the growth and re-growth of certain endemic and non endemic species. By opening up vast spaces of light, the trees and shrubs have much more room to grow.

The most common biosphere is the Engelmen Spruce-Subalpine Fir Zone, this zone is host to Sub Alpine Firs, Lodgepole Pine, Engleman Spruce, Ponderosa Pines, Aspen, Birch, Black Huckleberry, White-Flowered Rhododendron, Black Gooseberry, False Azalea, Pine Grass, Grouse Berry, Ferns, Willows, Fire Weed, Mountain and Heart Shaped Arnica, Buttercup, Low Bilberry, One Leaved Foam Flower, Knifes Plume, and Red-Stemmed Feather Moss. I listed these names in size order from trees to shrubs to fungus and mosses. (5, Braumandl - 1 Atkinson)

Like plants, certain animals are also found at different elevations. In the forested zones of the park animals are everywhere, it is not uncommon to see: black bear, whitetail and mule deer, moose, hare, ground squirrels, grouse, and porcupines. Less common animals are cougars, grizzly, lynx, martin, elk, and wolves. The beauty of the alpine is most of these predators find it too costly to travel up when there is a plethora of food in the valleys. It is important to note that some animals may have an effect on my planning. The porcupines for example have a known link to rubber being eaten off tires and brake lines of cars at the parking lot. So I must plan to bring wire fencing to protect my car.

Animals also venture to the alpine zone: mountain goats, marmots, pikas, and snafflehounds are notoriously located on or amongst the rocks. Here an animal of worry is the snafflehound aka wood rat, these rats are known to eat cord from ropes or climbers food on climbs, it is crucial to keep the rope moving and gear attached to a person or away from the wall as much as possible.

Birds are also commonly seen in the Bugaboos; many use the bugaboos as a migration path, like the bald and golden eagle while others make the bugaboos their permanent residence. Ravens, ptarmigans, jays, grosbeaks, larks, and falcons can also be spotted amongst the forest and walls of the Bugs.

Animals that may have detriment on this expedition are the porcupines because of the rubber eating problem, snaffle hounds because of the rope eating problem, and bears because of the food eating problem. All of these are very avoidable by keeping our food and gear out of reach of these animals. By placing chicken wire over our car we protect from the porcupines. From carrying bear canisters we protect our food, and by leaving our rope in close proximity to us we will protect from the wood rats. Being able to experience nature in its glory is one of the reasons I enjoy the outdoor environment so much. By understanding what is going on around me at all times, I feel more connected to the earth, becoming part of my surroundings, allowing me to flow freely with the natural environment. I think that studying the wildlife in the area is an extremely important aspect to look at, because it will help me to enjoy a deeper connection with the place I am occupying.

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Budget

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Equipment needed for team** | **Cost for 1** | **Quantity** | **total price for team** | **total price per member** | **Where to buy** |  |
| Isopro fuel | 5.6 | 24- 8 oz cans | 136 | 68 | http://www.mountaingear.com/webstore/Gear/Camping--hiking/IsoPro-Fuel:-24-pack/\_/R-114996.htm?voucherCode=97950&kw={keyword}&voucherCode=979100&gclid=CKSu3M3e9rICFUKd4Aod0jkAFg | |
| lighters | 1.5 | 3 | 5 | 2 | walmart |  |
| flint and steel | 5 | 2 | 10 | 5 | walmart |  |
| 70 meter rope | 180 | 2 | 360 | 180 | liberty? |  |
| Cams 000-5 minus 2 +3 | 820 | 2 needed for team | 1640 | 820 | Black diamond |  |
| Nuts rack 1-13 | 140 | 2 needed for team | 280 | 140 | liberty? |  |
| Double length runners | 12 | 10 team 3 personal | 120 | 36 | <http://www.backcountry.com/sterling-dyneema-sewn-runners-12mm> | |
| Single length runners | 7 | 10 team 3 personal | 70 | 21 | http://www.backcountry.com/sterling-dyneema-sewn-runners-12mm | |
| Locking carabiners | 9 | 8 | 72 | 36 | http://www.amazon.com/Black-Diamond-Positron-Screwgate-Carabiner/dp/B0000AMKZS/ref=zg\_tr\_3402551\_1 | |
| micro nuts 00-.75 | 36 | 2 sets | 72 | 36 | http://www.backcountry.com/dmm-micro-wallnut-set?CMP\_SKU=DMM0005&MER=0406&COUP=TAKE20&CMP\_ID=GAN\_GPLA&003=8219600&010=DMM0005&mr:trackingCode=753E50DB-F061-DF11-9DA0-002219319097&mr:referralID=NA&origin=pla&mr:adType=pla&mr:ad=28359851025&mr:filter=20762933025&mr:keyword={keyword}&mr:match={matchtype} | |
| Bugaboo pitons #3-#6 Double #5 | 13.95 | 10 team | 140 | 70 | http://www.backcountry.com/black-diamond-knifeblades-bugaboos?CMP\_SKU=BLD0152&MER=0406&COUP=TAKE20&mr:trackingCode=5A15A315-8763-DF11-9DA0-002219319097&mr:referralID=NA&avad=386\_d3406e13 | |
| piton hammer | 59 | 1 | 59 | 29.5 | http://gearx.com/camp-brenta-piton-hammer-aid-climbing.html?googlebase&utm\_source=google&utm\_medium=cse&utm\_campaign=GoogleShopping&gclid=CLqoht\_t9rICFcid4Aodfm0A5A | |
| La sportiva Muira | 150 | 1 |  | 150 | http://www.campmor.com/lasportiva-miura-vs.shtml?source=CI&ci\_sku=18106375&ci\_gpa=pla&ci\_kw={keyword} | |
| Pyrhanna burn and mulan | 1000 |  |  | 1000 | Steve |  |
| spare paddle 4 piece | 140 | 1 |  | 140 | nrs pro deal or http://www.coloradokayak.com/Aquabound-Shred-4-piece-breakdown\_2.html?sc=26&category=18211 | |
| float bag | 35 | 2 for team | 70 | 35 | nrs pro deal or http://www.coloradokayak.com/CKS-Split-Stern-Large.html?sc=26&category=18242 | |
| elbow pads | 30 | 2 for team | 60 | 30 | nrs pro deal wwc |  |
| full face helmet | 100 on cks | 2 for team | 200 | 100 | nrs pro deal |  |
| ice packs | 3 | 2 | 6 | 3 | walmart |  |
| epoxy boat repair | 30 | 1 | 30 | 15 | http://www.coloradokayak.com/G-Flex-Epoxy-Repair-Kit.html | |
| advil | 5 | 1 | 5 | 2.5 | walmart |  |
| benadril | 5 | 1 | 5 | 2.5 | walmart |  |
| steri wipes | 4 | package of baby wipes | 4 | 2 | walmart |  |
| spare screws for boats | 4 | 1 | 4 | 2 | lowes |  |
| rip repair kit | 27 | 1 | 27 | 13 | NRS pro deal http://www.amazon.com/Aqua-NRS-Tear-Aid-Patch/dp/B00241OSK6/ref=pd\_sbs\_sg\_3 | |
| Synthetic socks | 15 | 2 |  | 30 |  |  |
| base pants | 30 | 1 |  | 30 |  |  |
| pogies | 26 | 1 |  | 26 | nrs or http://www.austinkayak.com/products/5393/Seals-Neoprene-Pogies.html | |
| kayak large rain jacket skirt | ? |  |  | 40 | steve |  |
| 3/4 length sleeping pad | 40 | 1 |  | 40 | http://www.campmor.com/outdoor/gear/Product\_\_\_43030 | |
| headlamps | 50 | 2 |  | 100 | [http://www.backcountry.com/black-diamond-storm-headlamp / http://www.backcountry.com/petzl-tikka-xp-2-headlamp /](http://www.backcountry.com/petzl-tikka-xp-2-headlamp/) | |
| 16 AAA | 20 | 1 |  | 20 | walmart |  |
| drometary bag | 40 | 1 |  | 40 | http://www.campmor.com/msr-10-liter-deluxe-dromedary-bag.shtml?source=CI&ci\_sku=87710WC&ci\_gpa=pla&ci\_kw={keyword} | |
|  |  |  |  |  |  |  |
| **Total Equipment Price** |  |  | **3375** | **3264.5** |  |  |
|  |  |  |  |  |  |  |
| **Food** |  |  |  |  |  |  |
| Bi Weekly |  |  | 324 | 162 |  |  |
| **Monthly** |  |  | 648 | 324 |  |  |
| Trip Total |  |  | **1296** | **648** |  |  |
|  |  |  |  |  |  |  |
| **Travel** |  |  |  |  | http://www.roadtrippers.com/trips/50770ef71d45e05d04000b9b?mode=plan | |
| Gas |  |  | 1061 | 530 |  |  |
| Tolls |  |  | 50 | 25 |  |  |
| Trip total |  |  | **1111** | **555** |  |  |
|  |  |  |  |  |  |  |
| **Trip Cost Total** |  |  | **5782** | **4467.5** |  |  |

Gant Chart

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Activities to be done in Bugaboos** | **Muscle groups being used** | **workouts** | **Aerobic training for activity** | **Anaerobic training for activity** |  |
| Climbing | Fingers | Forearm exersices | fingertip static hang until peeloff | |  |
|  | Latissimus Dorsi(lats) | Bent arm barbell pull over | 20-25 reps | 15-20 reps |  |
|  | Biceps | curl ups | 20-25 reps | 15-20 reps |  |
|  | Forearm Flexors | Static Hang, Forearm curls | until peeloff,15-20 reps | 8-10 reps added weight |  |
|  | Calves | ankle circles | alphabet |  |  |
|  | legs | Squats, lunges, biking | 15-20 reps with weight 3 sets. 40 miles flat terrain | 15-20 reps |  |
|  | Arms | pullups, push ups, | 8-10 reps | 8-10 reps added weight |  |
|  | Core | hanging side crunch, hanging twist | 8-10 reps | 8-10 reps added weight |  |
|  |  | Rowing machine | start 16-18 Strokes per minute, 20-22 after first 3 mins, 22-24 after next 3 mins, 24-26 after next 3 mins- 2 min stretch- work up to 26-28 reps per minute, cool down for two minutes. | | |
|  | Shoulders | shoulder press | 20-25 reps | 15-20 reps |  |
|  |  |  |  |  |  |
| Hiking with weight | Quads | Squats/ hiking/ day touring | 60- 80 lbs reps until exhaustion |  |  |
|  | core | sittups, hanging crunch |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Cardio vascular training |  | Stationary bikes |  |  |  |
|  |  | Rowing machine |  |  |  |
|  |  | Swimming |  |  |  |
|  |  | Jogging |  |  |  |
|  |  | Stair master |  |  |  |
|  |  |  |  |  |  |
| Mike bowyer #1 Circuits |  | 2 min jog | My Variation | 2 min rowing | 3 sets |
|  |  | 1 min jump rope |  | 2 min jumping jack |  |
|  |  | stair sprints I min |  | stair sprints 1 min |  |
|  |  | cliff hangers? 1 min |  | static hang until tire |  |
|  |  | jumping jack 2 min |  | 2 min rowing |  |
|  |  | med ball taps 1 min |  | med ball taps |  |
|  |  |  |  |  |  |
| Mike bowyer #2 Circuits |  | Lung walks 50 | Variation #2 | Lung walks 50 |  |
| j |  | jump squats 25 |  | jump squats 25 |  |
|  |  | high pace jog 2 mins |  | Cycle 2 mins High Pace |  |
|  |  | jumping jacks 100 |  | jumping jacks 100 |  |
|  |  | Cliff hangers 100 |  | Cliff hangers 100 |  |
|  |  | high pace jog 2 mins |  | row 2 mins |  |
|  |  | jump squats 35 |  | jump squats 35 |  |
|  |  | high pace jog 2 mins |  | Cycle 2 mins High Pace |  |
|  |  | 70 sit ups |  | leg raises 25 |  |
|  |  | high pace jog 2 mins |  | row 2 mins |  |
|  |  |  |  |  |  |
| Mike bowyer #3 brutal circuits |  | run 400 m 2 min pace | Variation # 3 | Row 4 mins |  |
|  |  | hand walking 20 sec |  | Stairs sprints 1 min |  |
|  |  | 40 crunches |  | hanging crunches 40 |  |
|  |  | 15 russian hip thrusts |  | 15 russian hip thrusts |  |
|  |  | 15 pressups |  | 15 pressups |  |
|  |  | body weight squats 30 fast |  | body weight squats 30 fast |  |
|  |  | run 400 m 2 min pace |  | Cycle 2 mins lower resistance high rotations | |
|  |  | squat dumpbell press 10 lbs |  | shoulder press 15 |  |
|  |  | 10 pushups |  | 10 pull ups |  |
|  |  | planks 1 minute |  | planks 1 minute |  |
|  |  | body raise with legs in front 15 sec |  | body raise with legs in front 15 seconds | |
|  |  | 15 lunges each leg |  | 15 lunges each leg |  |
|  |  | run 400 meters |  | row 2 mins |  |
|  |  |  |  |  |  |
| Bowyer warmups #1 |  | Dynamic Skips | Regular skip, arms crossing chest skip, windmill skip, side slide,carioca | | |
|  |  | Joint circles | Heel Raises, Knee Circles, Hip circles, Trunk rotations, Shoulder circles, neck circles | | |
|  | http://www.yogajournal.com/basics/1382 | Passive Streches | Butterflys, Ankle over the knee, knee to chest, side stretch (standing), reclining twist (back),Triceps stretch, eagle stretch, deltoid stretch, calf stretch, quad stretch | | |
|  |  | Active Stretches | Russian Hip thrusts, leg swings, hurdlers stretch, roll back, Cat stretch | | |
| Cardio and muscular endurance |  | train at 80% of your AT |  |  |  |
|  |  | Spinning or rowing from 40 mins to 2 hours |  |  |  |
|  |  | Hiking at high speed with pack for upwards of 3 hours | |  |  |
|  |  | Swimming for 1 -2 hours |  |  |  |
| Depletion days | Entire days of exersice | 1)Hike with loaded pack half day, Cycle half day |  |  |  |
|  |  | 2)Climb half day with loaded pack, Row half day |  |  |  |
|  |  | 3)Cycle half day, Swim to exhaustion |  | Goal is to get used to having nothing left while climbing, learning to make clear decisions in physically stressful environments. | |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Date | Exersise | Warmup | Meditation | Duration | Goal |  | info | Date |
| 23-Oct | Stairmaster 1 hr- 6-8 sets- 15 reps- Bicep curls, Hanging crunches, lats | Bench press, Dips | AM 10 min | 2-3 hrs | Foundation Building | |  | 23-Oct |
| 24-Oct | Spinning 1 hr- 6-8 sets- 10 pull ups, Static hangs, Forearm curls | tricep press | AM 10 min | 2-3 hrs | Foundation Building | |  | 24-Oct |
| 25-Oct | Rowing 1 hr- 6-8 sets- 15 reps- hanging crunches, Shoulder press, Bent arm barbell pullover | Dumbell press, and seated raises | AM 10 min | 2-3 hrs | Foundation Building | |  | 25-Oct |
| 26-Oct | Stairmaster 1 hr- 6-8 sets- 15 reps- Bicep curls, Hanging crunches, lats | Bench press, Dips | AM 10 min | 2-3 hrs | Foundation Building | |  | 26-Oct |
| 27-Oct | Spinning 1 hr- 6-8 sets- 10 pull ups, Static hangs, Forearm curls | tricep press | AM 10 min | 2-3 hrs | Foundation Building | |  | 27-Oct |
| 28-Oct | Rowing 1 hr- 6-8 sets- 15 reps- hanging crunches, Shoulder press, Bent arm barbell pullover | Dumbell press, and seated raises | AM 10 min | 2-3 hrs | Foundation Building | |  | 28-Oct |
| 29-Oct | Stairmaster 1 hr- 6-8 sets- 15 reps- Bicep curls, Hanging crunches, lats | Bench press, Dips | AM 10 min | 2-3 hrs | Foundation Building | |  | 29-Oct |
| 30-Oct | Spinning 1 hr- 6-8 sets- 10 pull ups, Static hangs, Forearm curls | tricep press | AM 10 min | 2-3 hrs | Foundation Building | |  | 30-Oct |
| 31-Oct | Rowing 1 hr- 6-8 sets- 15 reps- hanging crunches, Shoulder press, Bent arm barbell pullover | Dumbell press, and seated raises | AM 10 min | 2-3 hrs | Foundation Building | |  | 31-Oct |
| 1-Nov | Stairmaster 1 hr- 6-8 sets- 15 reps- Bicep curls, Hanging crunches, lats | Bench press, Dips | AM 10 min | 2-3 hrs | Foundation Building | |  | 1-Nov |
| 2-Nov | Spinning 1 hr- 6-8 sets- 10 pull ups, Static hangs, Forearm curls | tricep press | AM 10 min | 2-3 hrs | Foundation Building | |  | 2-Nov |
| 3-Nov | Rowing 1 hr- 6-8 sets- 15 reps- hanging crunches, Shoulder press, Bent arm barbell pullover | Dumbell press, and seated raises | AM 10 min | 2-3 hrs | Foundation Building | |  | 3-Nov |
| 4-Nov | Stairmaster 1 hr- 6-8 sets- 15 reps- Bicep curls, Hanging crunches, lats | Bench press, Dips | AM 10 min | 2-3 hrs | Foundation Building | |  | 4-Nov |
| 5-Nov | Spinning 1 hr- 6-8 sets- 10 pull ups, Static hangs, Forearm curls | tricep press | AM 10 min | 2-3 hrs | Foundation Building | |  | 5-Nov |
| 6-Nov | Rowing 1 hr- 6-8 sets- 15 reps- hanging crunches, Shoulder press, Bent arm barbell pullover | Dumbell press, and seated raises | AM 10 min | 2-3 hrs | Foundation Building | |  | 6-Nov |
| 7-Nov | Stairmaster 1 hr- 6-8 sets- 15 reps- Bicep curls, Hanging crunches, lats | Bench press, Dips | AM 10 min | 2-3 hrs | Foundation Building | |  | 7-Nov |
| 8-Nov | Spinning 1 hr- 6-8 sets- 10 pull ups, Static hangs, Forearm curls | tricep press | AM 10 min | 2-3 hrs | Foundation Building | |  | 8-Nov |
| 9-Nov | Rowing 1 hr- 6-8 sets- 15 reps- hanging crunches, Shoulder press, Bent arm barbell pullover | Dumbell press, and seated raises | AM 10 min | 2-3 hrs | Foundation Building | |  | 9-Nov |
| 10-Nov | Stairmaster 1 hr- 6-8 sets- 15 reps- Bicep curls, Hanging crunches, lats | Bench press, Dips | AM 10 min | 2-3 hrs | Foundation Building | |  | 10-Nov |
| 11-Nov | Spinning 1 hr- 6-8 sets- 10 pull ups, Static hangs, Forearm curls | tricep press | AM 10 min | 2-3 hrs | Foundation Building | |  | 11-Nov |
| 12-Nov | Rowing 1 hr- 6-8 sets- 15 reps- hanging crunches, Shoulder press, Bent arm barbell pullover | Dumbell press, and seated raises | AM 10 min | 2-3 hrs | Foundation Building | |  | 12-Nov |
| 13-Nov | Stairmaster 1 hr- 6-8 sets- 15 reps- Bicep curls, Hanging crunches, lats | Bench press, Dips | AM 10 min | 2-3 hrs | Foundation Building | |  | 13-Nov |
| 14-Nov | Spinning 1 hr- 6-8 sets- 10 pull ups, Static hangs, Forearm curls | tricep press | AM 10 min | 2-3 hrs | Foundation Building | |  | 14-Nov |
| 15-Nov | Stairmaster 1 hr- 6-8 sets- 15 reps- Bicep curls, Hanging crunches, lats | Bench press, Dips | AM 10 min | 2-3 hrs | Foundation Building | |  | 15-Nov |
| 16-Nov | Spinning 1 hr- 6-8 sets- 10 pull ups, Static hangs, Forearm curls | tricep press | AM 10 min | 2-3 hrs | Foundation Building | |  | 16-Nov |
| 17-Nov | Rowing 1 hr- 6-8 sets- 15 reps- hanging crunches, Shoulder press, Bent arm barbell pullover | Dumbell press, and seated raises | AM 10 min | 2-3 hrs | Foundation Building | |  | 17-Nov |
| 18-Nov | Stairmaster 1 hr- 6-8 sets- 15 reps- Bicep curls, Hanging crunches, lats | Bench press, Dips | AM 10 min | 2-3 hrs | Foundation Building | |  | 18-Nov |
| 19-Nov | Spinning 1 hr- 6-8 sets- 10 pull ups, Static hangs, Forearm curls | tricep press | AM 10 min | 2-3 hrs | Foundation Building | |  | 19-Nov |
| 20-Nov | Rowing 1 hr- 6-8 sets- 15 reps- hanging crunches, Shoulder press, Bent arm barbell pullover | Dumbell press, and seated raises | AM 10 min | 2-3 hrs | Foundation Building | |  | 20-Nov |
| 21-Nov | Stairmaster 1 hr- 6-8 sets- 15 reps- Bicep curls, Hanging crunches, lats | Bench press, Dips | AM 10 min | 2-3 hrs | Foundation Building | |  | 21-Nov |
| 22-Nov | Spinning 1 hr- 6-8 sets- 10 pull ups, Static hangs, Forearm curls | tricep press | AM 10 min | 2-3 hrs | Foundation Building | |  | 22-Nov |
| 23-Nov | Rowing 1 hr- 6-8 sets- 15 reps- hanging crunches, Shoulder press, Bent arm barbell pullover | Dumbell press, and seated raises | AM 10 min | 2-3 hrs | Foundation Building | |  | 23-Nov |
| 24-Nov | Stairmaster 1 hr- 6-8 sets- 15 reps- Bicep curls, Hanging crunches, lats | Bench press, Dips | AM 10 min | 2-3 hrs | Foundation Building | |  | 24-Nov |
| 25-Nov | Spinning 1 hr- 6-8 sets- 10 pull ups, Static hangs, Forearm curls | tricep press | AM 10 min | 2-3 hrs | Foundation Building | |  | 25-Nov |
| 26-Nov | Rowing 1 hr- 6-8 sets- 15 reps- hanging crunches, Shoulder press, Bent arm barbell pullover | Dumbell press, and seated raises | AM 10 min | 2-3 hrs | Foundation Building | |  | 26-Nov |
| 27-Nov | Stairmaster 1 hr- 6-8 sets- 15 reps- Bicep curls, Hanging crunches, lats | Bench press, Dips | AM 10 min | 2-3 hrs | Foundation Building | |  | 27-Nov |
| 28-Nov | Spinning 1 hr- 6-8 sets- 10 pull ups, Static hangs, Forearm curls | tricep press | AM 10 min | 2-3 hrs | Foundation Building | |  | 28-Nov |
| 29-Nov | Rowing 1 hr- 6-8 sets- 15 reps- hanging crunches, Shoulder press, Bent arm barbell pullover | Dumbell press, and seated raises | AM 10 min | 2-3 hrs | Foundation Building | |  | 29-Nov |
| 30-Nov | Stairmaster 1 hr- 6-8 sets- 15 reps- Bicep curls, Hanging crunches, lats | Bench press, Dips | AM 10 min | 2-3 hrs | Foundation Building | |  | 30-Nov |
| 1-Dec | Spinning 1 hr- 6-8 sets- 10 pull ups, Static hangs, Forearm curls | tricep press | AM 10 min | 2-3 hrs | Foundation Building | |  | 1-Dec |
| 2-Dec | Rowing 1 hr- 6-8 sets- 15 reps- hanging crunches, Shoulder press, Bent arm barbell pullover | Dumbell press, and seated raises | AM 10 min | 2-3 hrs | Foundation Building | |  | 2-Dec |
| 3-Dec | Stairmaster 1 hr- 6-8 sets- 15 reps- Bicep curls, Hanging crunches, lats | Bench press, Dips | AM 10 min | 2-3 hrs | Foundation Building | |  | 3-Dec |
| 4-Dec | Spinning 1 hr- 6-8 sets- 10 pull ups, Static hangs, Forearm curls | tricep press | AM 10 min | 2-3 hrs | Foundation Building | |  | 4-Dec |
| 5-Dec | Rowing 1 hr- 6-8 sets- 15 reps- hanging crunches, Shoulder press, Bent arm barbell pullover | Dumbell press, and seated raises | AM 10 min | 2-3 hrs | Foundation Building | |  | 5-Dec |
| 6-Dec | Stairmaster 1 hr- 6-8 sets- 15 reps- Bicep curls, Hanging crunches, lats | Bench press, Dips | AM 10 min | 2-3 hrs | Foundation Building | |  | 6-Dec |
| 7-Dec | Spinning 1 hr- 6-8 sets- 10 pull ups, Static hangs, Forearm curls | tricep press | AM 10 min | 2-3 hrs | Foundation Building | |  | 7-Dec |
| 8-Dec | Lat pulls, leg presses-- increase 15 lbs every set for 9 then 2 rep max for next 6 \* 3 set switch exercise | 10 minutes spin, pushups wide grip, angled grip 3 sets of 8 | AM/PM 10 min | | Power |  | http://www.bodybuilding.com/exercises/detail/view/name/wide-grip-lat-pulldown | 8-Dec |
| 9-Dec | Bent over row, standing finger curls- increase 15 lbs every set for 9 then 2 rep max for next 6 | 10 minutes row- 3 sets of 8 reps shoulder press | AM/PM 10 min | | Power |  | http://www.bodybuilding.com/exercises/detail/view/name/bent-over-barbell-row , http://www.myfit.ca/exercisedatabase/viewanexercise.asp?exercise=Standing+Wrist+Curls&table=exercises&ID=62 | 9-Dec |
| 10-Dec | Lat pulls, leg presses-- increase 15 lbs every set for 9 then 2 rep max for next 6 \* 3 set switch exercise | 10 minutes spin, pushups wide grip, angled grip 3 sets of 8 | AM/PM 10 min | | POwer |  |  | 10-Dec |
| 11-Dec | REST | REST | 3 sessions of 30 mins | | Power |  |  | 11-Dec |
| 12-Dec | Lat pulls, leg presses-- increase 15 lbs every set for 9 then 2 rep max for next 6 \* 3 set switch exercise | 10 minutes spin, pushups wide grip, angled grip 3 sets of 8 | AM/PM 10 min | | Power |  |  | 12-Dec |
| 13-Dec | Bent over row, standing finger curls - increase 15 lbs every set for 9 then 2 rep max for next 6 | 10 minutes row- 3 sets of 8 reps shoulder press | AM/PM 10 min | | POwer |  |  | 13-Dec |
| 14-Dec | Lat pulls, leg presses-- increase 15 lbs every set for 9 then 2 rep max for next 6 \* 3 set switch exercise | 10 minutes spin, pushups wide grip, angled grip 3 sets of 8 | AM/PM 10 min | | Power |  |  | 14-Dec |
| 15-Dec | REST | REST | 3sessions of 30 mins | | Power |  |  | 15-Dec |
| 16-Dec | Lat pulls, leg presses-- increase 15 lbs every set for 9 then 2 rep max for next 6 \* 3 set switch exercise | 10 minutes spin, pushups wide grip, angled grip 3 sets of 8 | AM/PM 10 min | | POwer |  |  | 16-Dec |
| 17-Dec | Bent over row, standing finger curls - increase 15 lbs every set for 9 then 2 rep max for next 6 | 10 minutes row- 3 sets of 8 reps shoulder press | AM/PM 10 min | | Power |  |  | 17-Dec |
| 18-Dec | Lat pulls, leg presses-- increase 15 lbs every set for 9 then 2 rep max for next 6 \* 3 set switch exercise | 10 minutes spin, pushups wide grip, angled grip 3 sets of 8 | AM/PM 10 min | | Power |  |  | 18-Dec |
| 19-Dec | REST | REST | 3 sessions of 30 mins | | POwer |  |  | 19-Dec |
| 20-Dec | Lat pulls, leg presses-- increase 15 lbs every set for 9 then 2 rep max for next 6 \* 3 set switch exercise | 10 minutes spin, pushups wide grip, angled grip 3 sets of 8 | AM/PM 10 min | | Power |  |  | 20-Dec |
| 21-Dec | Bent over row, standing finger curls - increase 15 lbs every set for 9 then 2 rep max for next 6 | 10 minutes row- 3 sets of 8 reps shoulder press | AM/PM 10 min | | Power |  |  | 21-Dec |
| 22-Dec | Lat pulls, leg presses-- increase 15 lbs every set for 9 then 2 rep max for next 6 \* 3 set switch exercise | 10 minutes spin, pushups wide grip, angled grip 3 sets of 8 | AM/PM 10 min | | POwer |  |  | 22-Dec |
| 23-Dec | REST | REST | 3sessions of 30 mins | | Power |  |  | 23-Dec |
| 24-Dec | Lat pulls, leg presses-- increase 15 lbs every set for 9 then 2 rep max for next 6 \* 3 set switch exercise | 10 minutes spin, pushups wide grip, angled grip 3 sets of 8 | AM/PM 10 min | | Power |  |  | 24-Dec |
| 25-Dec | Bent over row, standing finger curls - increase 15 lbs every set for 9 then 2 rep max for next 6 | 10 minutes row- 3 sets of 8 reps shoulder press | AM/PM 10 min | | POwer |  |  | 25-Dec |
| 26-Dec | Lat pulls, leg presses-- increase 15 lbs every set for 9 then 2 rep max for next 6 \* 3 set switch exercise | 10 minutes spin, pushups wide grip, angled grip 3 sets of 8 | AM/PM 10 min | | Power |  |  | 26-Dec |
| 27-Dec | REST | REST | 3 sessions of 30 mins | | Power |  |  | 27-Dec |
| 28-Dec | Lat pulls, leg presses-- increase 15 lbs every set for 9 then 2 rep max for next 6 \* 3 set switch exercise | 10 minutes spin, pushups wide grip, angled grip 3 sets of 8 | AM/PM 10 min | | POwer |  |  | 28-Dec |
| 29-Dec | Bent over row, standing finger curls - increase 15 lbs every set for 9 then 2 rep max for next 6 | 10 minutes row- 3 sets of 8 reps shoulder press | AM/PM 10 min | | Power |  |  | 29-Dec |
| 30-Dec | Lat pulls, leg presses-- increase 15 lbs every set for 9 then 2 rep max for next 6 \* 3 set switch exercise | 10 minutes spin, pushups wide grip, angled grip 3 sets of 8 | AM/PM 10 min | | Power |  |  | 30-Dec |
| 31-Dec | REST | REST | 3 sessions of 30 mins | | POwer |  |  | 31-Dec |
| 1-Jan | Lat pulls, leg presses-- increase 15 lbs every set for 9 then 2 rep max for next 6 \* 3 set switch exercise | 10 minutes spin, pushups wide grip, angled grip 3 sets of 8 | AM/PM 10 min | | Power |  |  | 1-Jan |
| 2-Jan | Lat pulls, leg presses-- increase 15 lbs every set for 9 then 2 rep max for next 6 \* 3 set switch exercise | 10 minutes spin, pushups wide grip, angled grip 3 sets of 8 | AM/PM 10 min | | Power |  |  | 2-Jan |
| 3-Jan | Bent over row, standing finger curls- increase 15 lbs every set for 9 then 2 rep max for next 6 | 10 minutes row- 3 sets of 8 reps shoulder press | AM/PM 10 min | | Power |  |  | 3-Jan |
| 4-Jan | REST | REST | 3 sessions of 30 mins | | POwer |  |  | 4-Jan |
| 5-Jan | Bent over row, standing finger curls - increase 15 lbs every set for 9 then 2 rep max for next 6 | 10 minutes row- 3 sets of 8 reps shoulder press | AM/PM 10 min | | Power |  |  | 5-Jan |
| 6-Jan | Lat pulls, leg presses-- increase 15 lbs every set for 9 then 2 rep max for next 6 \* 3 set switch exercise | 10 minutes spin, pushups wide grip, angled grip 3 sets of 8 | AM/PM 10 min | | Power |  |  | 6-Jan |
| 7-Jan | Bent over row, standing finger curls - increase 15 lbs every set for 9 then 2 rep max for next 6 | 10 minutes row- 3 sets of 8 reps shoulder press | AM/PM 10 min | | POwer |  |  | 7-Jan |
| 8-Jan | REST | REST | 3 sessions of 30 mins | | Power |  |  | 8-Jan |
| 9-Jan | Bent over row, standing finger curls - increase 15 lbs every set for 9 then 2 rep max for next 6 | 10 minutes row- 3 sets of 8 reps shoulder press | AM/PM 10 min | | Power |  |  | 9-Jan |
| 10-Jan | Lat pulls, leg presses-- increase 15 lbs every set for 9 then 2 rep max for next 6 \* 3 set switch exercise | 10 minutes spin, pushups wide grip, angled grip 3 sets of 8 | AM/PM 10 min | | POwer |  |  | 10-Jan |
| 11-Jan | Bent over row, standing finger curls - increase 15 lbs every set for 9 then 2 rep max for next 6 | 10 minutes row- 3 sets of 8 reps shoulder press | AM/PM 10 min | | Power |  |  | 11-Jan |
| 12-Jan | REST | REST | 3 sessions of 30 mins | | Power |  |  | 12-Jan |
| 13-Jan | Bent over row, standing finger curls - increase 15 lbs every set for 9 then 2 rep max for next 6 | 10 minutes row- 3 sets of 8 reps shoulder press | AM/PM 10 min | | POwer |  |  | 13-Jan |
| 14-Jan | Lat pulls, leg presses-- increase 15 lbs every set for 9 then 2 rep max for next 6 \* 3 set switch exercise | 10 minutes spin, pushups wide grip, angled grip 3 sets of 8 | AM/PM 10 min | | Power |  |  | 14-Jan |
| 15-Jan | Bent over row, standing finger curls - increase 15 lbs every set for 9 then 2 rep max for next 6 | 10 minutes row- 3 sets of 8 reps shoulder press | AM/PM 10 min | | Power |  |  | 15-Jan |
| 16-Jan | REST | REST | 3 sessions of 30 mins | | POwer |  |  | 16-Jan |
| 17-Jan | Bent over row, standing finger curls - increase 15 lbs every set for 9 then 2 rep max for next 6 | 10 minutes row- 3 sets of 8 reps shoulder press | AM/PM 10 min | | Power |  |  | 17-Jan |
| 18-Jan | Lat pulls, leg presses-- increase 15 lbs every set for 9 then 2 rep max for next 6 \* 3 set switch exercise | 10 minutes spin, pushups wide grip, angled grip 3 sets of 8 | AM/PM 10 min | | Power |  |  | 18-Jan |
| 19-Jan | Bent over row, standing finger curls - increase 15 lbs every set for 9 then 2 rep max for next 6 | 10 minutes row- 3 sets of 8 reps shoulder press | AM/PM 10 min | | POwer |  |  | 19-Jan |
| 20-Jan | REST | REST | 3 sessions of 30 mins | | Power |  |  | 20-Jan |
| 21-Jan | Bent over row, standing finger curls - increase 15 lbs every set for 9 then 2 rep max for next 6 | 10 minutes row- 3 sets of 8 reps shoulder press | AM/PM 10 min | | Power |  |  | 21-Jan |
| 22-Jan | Lat pulls, leg presses-- increase 15 lbs every set for 9 then 2 rep max for next 6 \* 3 set switch exercise | 10 minutes spin, pushups wide grip, angled grip 3 sets of 8 | AM/PM 10 min | | POwer |  |  | 22-Jan |
| 23-Jan | Bent over row, standing finger curls - increase 15 lbs every set for 9 then 2 rep max for next 6 | 10 minutes row- 3 sets of 8 reps shoulder press | AM/PM 10 min | | Power |  |  | 23-Jan |
| 24-Jan | REST | REST | 3 sessions of 30 mins | | Power |  |  | 24-Jan |
| 25-Jan | Bent over row, standing finger curls - increase 15 lbs every set for 9 then 2 rep max for next 6 | 10 minutes row- 3 sets of 8 reps shoulder press | AM/PM 10 min | | POwer |  |  | 25-Jan |
| 26-Jan | Lat pulls, leg presses-- increase 15 lbs every set for 9 then 2 rep max for next 6 \* 3 set switch exercise | 10 minutes spin, pushups wide grip, angled grip 3 sets of 8 | AM/PM 10 min | | Power |  |  | 26-Jan |
| 27-Jan | my variaton from bowyer #1 circuit | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 27-Jan |
| 28-Jan | REST | Bowyer warmups #1 | 3 sessions of 30 mins | | Cardio- power endurance | | | 28-Jan |
| 29-Jan | my variaton from bowyer #1 circuit | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 29-Jan |
| 30-Jan | Variation #2 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 30-Jan |
| 31-Jan | my variaton from bowyer #1 circuit | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 31-Jan |
| 1-Feb | REST | Bowyer warmups #1 | 3 sessions of 30 mins | | Cardio- power endurance | | | 1-Feb |
| 2-Feb | my variaton from bowyer #1 circuit | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 2-Feb |
| 3-Feb | Variation #2 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 3-Feb |
| 4-Feb | my variaton from bowyer #1 circuit | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 4-Feb |
| 5-Feb | REST | Bowyer warmups #1 | 3 sessions of 30 mins | | Cardio- power endurance | | | 5-Feb |
| 6-Feb | my variaton from bowyer #1 circuit | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 6-Feb |
| 7-Feb | Variation #2 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 7-Feb |
| 8-Feb | REST | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 8-Feb |
| 9-Feb | Variation #2 | Bowyer warmups #1 | 3 sessions of 30 mins | | Cardio- power endurance | | | 9-Feb |
| 10-Feb | Variation #3 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 10-Feb |
| 11-Feb | Variation #2 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 11-Feb |
| 12-Feb | REST | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 12-Feb |
| 13-Feb | Variation #2 | Bowyer warmups #1 | 3 sessions of 30 mins | | Cardio- power endurance | | | 13-Feb |
| 14-Feb | Variation #3 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 14-Feb |
| 15-Feb | Variation #2 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 15-Feb |
| 16-Feb | REST | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 16-Feb |
| 17-Feb | Variation #2 | Bowyer warmups #1 | 3 sessions of 30 mins | | Cardio- power endurance | | | 17-Feb |
| 18-Feb | Variation #3 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 18-Feb |
| 19-Feb | Variation #2 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 19-Feb |
| 20-Feb | REST | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 20-Feb |
| 21-Feb | Variation #2 | Bowyer warmups #1 | 3 sessions of 30 mins | | Cardio- power endurance | | | 21-Feb |
| 22-Feb | Variation #3 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 22-Feb |
| 23-Feb | Variation #2 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 23-Feb |
| 24-Feb | REST | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 24-Feb |
| 25-Feb | Variation #2 | Bowyer warmups #1 | 3 sessions of 30 mins | | Cardio- power endurance | | | 25-Feb |
| 26-Feb | Variation #3 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 26-Feb |
| 27-Feb | my variaton from bowyer #1 circuit | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 27-Feb |
| 28-Feb | REST | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 28-Feb |
| 1-Mar | my variaton from bowyer #1 circuit | Bowyer warmups #1 | 3 sessions of 30 mins | | Cardio- power endurance | | | 1-Mar |
| 2-Mar | Variation #2 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 2-Mar |
| 3-Mar | my variaton from bowyer #1 circuit | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 3-Mar |
| 4-Mar | REST | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 4-Mar |
| 5-Mar | my variaton from bowyer #1 circuit | Bowyer warmups #1 | 3 sessions of 30 mins | | Cardio- power endurance | | | 5-Mar |
| 6-Mar | Variation #2 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 6-Mar |
| 7-Mar | my variaton from bowyer #1 circuit | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 7-Mar |
| 8-Mar | REST | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 8-Mar |
| 9-Mar | my variaton from bowyer #1 circuit | Bowyer warmups #1 | 3 sessions of 30 mins | | Cardio- power endurance | | | 9-Mar |
| 10-Mar | Variation #2 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 10-Mar |
| 11-Mar | Variation #3 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 11-Mar |
| 12-Mar | REST | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 12-Mar |
| 13-Mar | Variation #3 | Bowyer warmups #1 | 3 sessions of 30 mins | | Cardio- power endurance | | | 13-Mar |
| 14-Mar | Variation #2 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 14-Mar |
| 15-Mar | Variation #3 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 15-Mar |
| 16-Mar | REST | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 16-Mar |
| 17-Mar | Variation #3 | Bowyer warmups #1 | 3 sessions of 30 mins | | Cardio- power endurance | | | 17-Mar |
| 18-Mar | Variation #2 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 18-Mar |
| 19-Mar | Variation #3 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 19-Mar |
| 20-Mar | REST | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 20-Mar |
| 21-Mar | Variation #3 | Bowyer warmups #1 | 3 sessions of 30 mins | | Cardio- power endurance | | | 21-Mar |
| 22-Mar | Variation #2 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 22-Mar |
| 23-Mar | Variation #3 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 23-Mar |
| 24-Mar | REST | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 24-Mar |
| 25-Mar | Variation #3 | Bowyer warmups #1 | 3 sessions of 30 mins | | Cardio- power endurance | | | 25-Mar |
| 26-Mar | Variation #2 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 26-Mar |
| 27-Mar | Variation #3 | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 27-Mar |
| 28-Mar | REST | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 28-Mar |
| 29-Mar | Variation #3 | Bowyer warmups #1 | 3 sessions of 30 mins | | Cardio- power endurance | | | 29-Mar |
| 30-Mar | Spinning 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 30-Mar |
| 31-Mar | Swimming 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 31-Mar |
| 1-Apr | Hiking 4 hrs with weighted pack | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 1-Apr |
| 2-Apr | Rowing 2 hrs | Bowyer warmups #1 | 3 sessions of 30 mins | | cardio muscular endurance | | | 2-Apr |
| 3-Apr | Spinning 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 3-Apr |
| 4-Apr | Swimming 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 4-Apr |
| 5-Apr | Hiking 4 hrs with weighted pack | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 5-Apr |
| 6-Apr | Rowing 2 hrs | Bowyer warmups #1 | 3 sessions of 30 mins | | cardio muscular endurance | | | 6-Apr |
| 7-Apr | Spinning 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 7-Apr |
| 8-Apr | Swimming 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 8-Apr |
| 9-Apr | Hiking 4 hrs with weighted pack | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 9-Apr |
| 10-Apr | Rowing 2 hrs | Bowyer warmups #1 | 3 sessions of 30 mins | | cardio muscular endurance | | | 10-Apr |
| 11-Apr | Spinning 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 11-Apr |
| 12-Apr | Swimming 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 12-Apr |
| 13-Apr | Hiking 4 hrs with weighted pack | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 13-Apr |
| 14-Apr | Rowing 2 hrs | Bowyer warmups #1 | 3 sessions of 30 mins | | cardio muscular endurance | | | 14-Apr |
| 15-Apr | Spinning 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 15-Apr |
| 16-Apr | Swimming 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 16-Apr |
| 17-Apr | Hiking 4 hrs with weighted pack | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 17-Apr |
| 18-Apr | Rowing 2 hrs | Bowyer warmups #1 | 3 sessions of 30 mins | | cardio muscular endurance | | | 18-Apr |
| 19-Apr | Spinning 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 19-Apr |
| 20-Apr | Swimming 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 20-Apr |
| 21-Apr | Hiking 4 hrs with weighted pack | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 21-Apr |
| 22-Apr | Rowing 2 hrs | Bowyer warmups #1 | 3 sessions of 30 mins | | cardio muscular endurance | | | 22-Apr |
| 23-Apr | Spinning 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 23-Apr |
| 24-Apr | Swimming 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 24-Apr |
| 25-Apr | Hiking 4 hrs with weighted pack | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 25-Apr |
| 26-Apr | Rowing 2 hrs | Bowyer warmups #1 | 3 sessions of 30 mins | | cardio muscular endurance | | | 26-Apr |
| 27-Apr | Spinning 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 27-Apr |
| 28-Apr | Swimming 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 28-Apr |
| 29-Apr | Hiking 4 hrs with weighted pack | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 29-Apr |
| 30-Apr | Rowing 2 hrs | Bowyer warmups #1 | 3 sessions of 30 mins | | cardio muscular endurance | | | 30-Apr |
| 1-May |  | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 1-May |
| 2-May | Spinning 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | Cardio- power endurance | | | 2-May |
| 3-May | Swimming 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 3-May |
| 4-May | Hiking 4 hrs with weighted pack | Bowyer warmups #1 | 3 sessions of 30 mins | | cardio muscular endurance | | | 4-May |
| 5-May | Rowing 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 5-May |
| 6-May | Spinning 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 6-May |
| 7-May | Swimming 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 7-May |
| 8-May | Hiking 4 hrs with weighted pack | Bowyer warmups #1 | 3 sessions of 30 mins | | cardio muscular endurance | | | 8-May |
| 9-May | Rowing 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 9-May |
| 10-May | Spinning 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 10-May |
| 11-May | Swimming 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 11-May |
| 12-May | Hiking 4 hrs with weighted pack | Bowyer warmups #1 | 3 sessions of 30 mins | | cardio muscular endurance | | | 12-May |
| 13-May | Rowing 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 13-May |
| 14-May | Spinning 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 14-May |
| 15-May | Swimming 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 15-May |
| 16-May | Hiking 4 hrs with weighted pack | Bowyer warmups #1 | 3 sessions of 30 mins | | cardio muscular endurance | | | 16-May |
| 17-May | Rowing 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 17-May |
| 18-May | Spinning 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 18-May |
| 19-May | Swimming 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 19-May |
| 20-May | Hiking 4 hrs with weighted pack | Bowyer warmups #1 | 3 sessions of 30 mins | | cardio muscular endurance | | | 20-May |
| 21-May | Rowing 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 21-May |
| 22-May | Spinning 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 22-May |
| 23-May | Swimming 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 23-May |
| 24-May | Hiking 4 hrs with weighted pack | Bowyer warmups #1 | 3 sessions of 30 mins | | cardio muscular endurance | | | 24-May |
| 25-May | Rowing 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 25-May |
| 26-May | Spinning 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 26-May |
| 27-May | Swimming 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 27-May |
| 28-May | Hiking 4 hrs with weighted pack | Bowyer warmups #1 | 3 sessions of 30 mins | | cardio muscular endurance | | | 28-May |
| 29-May | Rowing 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 29-May |
| 30-May | Spinning 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 30-May |
| 31-May | Swimming 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 31-May |
| 1-Jun | Hiking 4 hrs with weighted pack | Bowyer warmups #1 | 3 sessions of 30 mins | | cardio muscular endurance | | | 1-Jun |
| 2-Jun | Rowing 2 hrs | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 2-Jun |
| 3-Jun | Spinning 1 hour | Bowyer warmups #1 | AM/PM 10 min | | cardio muscular endurance | | | 3-Jun |
| 4-Jun | Swimming 1 hr |  | AM/PM 10 min | | taper |  |  | 4-Jun |
| 5-Jun | Hiking 2 hours |  | AM 30 min PM 30 mins | | taper |  |  | 5-Jun |
| 6-Jun | Rowing 1 hr |  | AM 30 min PM 30 mins | | taper |  |  | 6-Jun |
| 7-Jun | Spinning 1 hour |  | AM 30 min PM 30 mins | | taper |  |  | 7-Jun |
| 8-Jun | Swimming 1 hr |  | AM 30 min PM 30 mins | | taper |  |  | 8-Jun |
| 9-Jun | Hiking 2 hours |  | 3 sessions of 30 mins | | taper |  |  | 9-Jun |
| 10-Jun | Rowing 1 hr |  | AM 30 min PM 30 mins | | taper |  |  | 10-Jun |
| 11-Jun | Spinning 30 mins |  | AM 30 min PM 30 mins | | taper |  |  | 11-Jun |
| 12-Jun | Swimming 30 mins |  | AM 30 min PM 30 mins | | taper |  |  | 12-Jun |
| 13-Jun | Hiking 30 mins |  | 3 sessions of 30 mins | | taper |  |  | 13-Jun |
| 14-Jun | Rowwing 30 mins |  | AM 30 min PM 30 mins | | taper |  |  | 14-Jun |
| 15-Jun | Spinning 30 mins |  | AM 30 min PM 30 mins | | taper |  |  | 15-Jun |
| 16-Jun | Swimming 30 mins |  | AM 30 min PM 30 mins | | taper |  |  | 16-Jun |
| 17-Jun | Hiking 30 mins |  | 3 sessions of 30 mins | | taper |  |  | 17-Jun |
| 18-Jun | Rowwing 30 mins |  | AM 30 min PM 30 mins | | taper |  |  | 18-Jun |
| 19-Jun | Spinning 30 mins |  | AM 30 min PM 30 mins | | taper |  |  | 19-Jun |
| 20-Jun | Swimming 30 mins |  | AM 30 min PM 30 mins | | taper |  |  | 20-Jun |
| 21-Jun | Hiking 30 mins |  | AM 30 min PM 30 mins | | taper |  |  | 21-Jun |
| 22-Jun | Rowwing 30 mins |  | AM 30 min PM 30 mins | | taper |  |  | 22-Jun |
| 23-Jun | Spinning 30 mins |  | AM 30 min PM 30 mins | | taper |  |  | 23-Jun |
| 24-Jun | Swimming 30 mins |  | AM 30 min PM 30 mins | | taper |  |  | 24-Jun |
| 25-Jun | Hiking 30 mins |  | AM 30 min PM 30 mins | | taper |  |  | 25-Jun |
| 26-Jun | Rowwing 30 mins |  | AM 30 min PM 30 mins | | taper |  |  | 26-Jun |
| 27-Jun | Get blood pumping |  | AM 30 min PM 30 mins | | taper |  |  | 27-Jun |
| 28-Jun | Get blood pumping |  | AM 30 min PM 30 mins | | taper |  |  | 28-Jun |
| 29-Jun | Get blood pumping |  | AM 30 min PM 30 mins | | taper |  |  | 29-Jun |
| 30-Jun | Get blood pumping |  | AM 30 min PM 30 mins | | rest |  |  | 30-Jun |
|  |  |  | AM 30 min PM 30 mins | | rest |  |  |  |
|  |  |  | AM 30 min PM 30 mins | |  |  |  |  |

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| **Menu Spread Sheet** | |  |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Meal** | **Item** | **Total Calorie** | **Cost $** | **Simple Carb** |  | **Complex Carb** |  | **Protien** |  | **Fat** |  | **TotalGra** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | Gram | Calorie | Gram | Calorie | Gram | Calorie | Gram | Calorie |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Day 1** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | Oatmeal 1 cup | 318 |  | 2 | 8 | 54 | 216 | 10 | 40 | 6 | 54 | 72 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Non Dairy Creamer 4tsp | 16 | 0.09 | 4 | 16 | 0 | 0 | 0 | 0 | 0 | 0 | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | prunes 1/2 cup | 364.5 | 0.59 | 33 | 132 | 55 | 220 | 2 | 8 | 0.5 | 4.5 | 90.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | walnuts 1/2 cup | 425 |  | 1.5 | 6 | 8 | 32 | 9 | 36 | 39 | 351 | 57.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Brown Sugar 1tbs | 104 |  | 13 | 52 | 13 | 52 | 0 | 0 | 0 | 0 | 26 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total cals for breakfast | | 1227.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Lunch and snack | sweet and salty snack bag | 197 | 1.98 | 12 | 48 | 13 | 52 | 4 | 16 | 9 | 81 | 38 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 2 packets nature valley bar | 468 |  | 24 | 96 | 58 | 232 | 8 | 32 | 12 | 108 | 102 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total cals for breakfast | | 665 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Dinner | black beans 50g | 186.8 | 3.95 | 1.5 | 6 | 32 | 128 | 10.5 | 42 | 1.2 | 10.8 | 45.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Instant mashed potato 1 cup | 356 | 1.09 | 4 | 16 | 68 | 272 | 8 | 32 | 4 | 36 | 84 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Cranberries 1/2 cup | 288 |  | 32 | 128 | 40 | 160 | 0 | 0 | 0 | 0 | 72 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Land o lakes hot chocolate 2 envelopes | 662 |  | 38 | 152 | 50 | 200 | 4 | 16 | 10 | 90 | 102 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total cals for dinner |  | 1492.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Total day 1 |  | **3385** | **7.7** | 165 | 660 | 391 | 1564 | 55.5 | 222 | 81.7 | 735.3 | **693.2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| % total cal |  |  |  |  | 19.49605648 |  | 46.19975 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | **65.7** |  | **6.558** |  | **21.72** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Day 2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | Oatmeal 1 cup | 318 |  | 2 | 8 | 54 | 216 | 10 | 40 | 6 | 54 | 72 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Non Dairy Creamer 4tsp | 16 | 0.09 | 4 | 16 | 0 | 0 | 0 | 0 | 0 | 0 | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | prunes 1/2 cup | 364.5 | 0.59 | 33 | 132 | 55 | 220 | 2 | 8 | 0.5 | 4.5 | 90.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | walnuts 1/2 cup | 425 |  | 1.5 | 6 | 8 | 32 | 9 | 36 | 39 | 351 | 57.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Brown Sugar 1tbs | 104 |  | 13 | 52 | 13 | 52 | 0 | 0 | 0 | 0 | 26 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total cals for breakfast | | 1227.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Lunch and snack | sweet and salty snack bag | 197 | 1.98 | 12 | 48 | 13 | 52 | 4 | 16 | 9 | 81 | 38 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 2 packets nature valley bar | 468 |  | 24 | 96 | 58 | 232 | 8 | 32 | 12 | 108 | 102 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Peanut butter 4 tbs | 352 |  | 6 | 24 | 12 | 48 | 16 | 64 | 24 | 216 | 58 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total cals for breakfast | | 1017 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinner | Organic black bean hot and spicy flakes MJ 63 g | 237.5 |  | 2 | 8 | 41 | 164 | 13 | 52 | 1.5 | 13.5 | 57.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Land o lakes hot chocolate 2 envelopes | 662 |  | 38 | 152 | 50 | 200 | 4 | 16 | 10 | 90 | 102 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/4 cup almonds | 226.8 |  | 1.7 | 6.8 | 7 | 28 | 7.5 | 30 | 18 | 162 | 34.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1 cup cous cous | 169.8 |  | 0 | 0 | 36 | 144 | 6 | 24 | 0.2 | 1.8 | 42.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Cranberries 1/2 cup | 288 |  | 32 | 128 | 40 | 160 | 0 | 0 | 0 | 0 | 72 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total Cals for Dinner | | 1584.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total day 2 |  | 3828.6 | 2.66 | 97.5 | 390 | 254 | 1016 | 62 | 248 | 92 | 828 | 505.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| % total cal |  |  |  |  | 10.18649115 |  | 26.53712 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| page 2 |  |  |  | page 2 |  |  | 36.72361 |  | 6.477564 |  | 21.6267 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Meal** | **Item** | **Total Calorie** | **Cost $** | **Simple Carb** |  | **Complex Carb** |  | **Protien** |  | **Fat** |  | **TotalGra** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **day 3** |  |  |  | **Gram** | **Calorie** | **Gram** | **Calorie** | **Gram** | **Calorie** | **Gram** | **Calorie** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | Land o lakes hot chocolate 1 envelopes + tea bag | 331 |  | 19 | 76 | 25 | 100 | 2 | 8 | 5 | 45 | 51 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup almonds | 454.4 |  | 3.4 | 13.6 | 14 | 56 | 15.2 | 60.8 | 36 | 324 | 68.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup apricots | 71.5 |  | 7.6 | 30.4 | 8.6 | 34.4 | 1 | 4 | 0.3 | 2.7 | 17.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Cranberries 1/2 cup | 288 |  | 32 | 128 | 40 | 160 | 0 | 0 | 0 | 0 | 72 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | walnuts 1/2 cup | 425 |  | 1.5 | 6 | 8 | 32 | 9 | 36 | 39 | 351 | 57.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total cals for breakfast |  | 1569.9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Lunch and snack | Peanut butter 4 tbs | 352 |  | 6 | 24 | 12 | 48 | 16 | 64 | 24 | 216 | 58 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Honey 1 tbs | 138.4 |  | 17 | 68 | 17 | 68 | 0.6 | 2.4 | 0 | 0 | 34.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 2 bars nature valley granola | 234 |  | 12 | 48 | 29 | 116 | 4 | 16 | 6 | 54 | 51 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | tortilla wrap | 167 |  | 1 | 4 | 30 | 120 | 4 | 16 | 3 | 27 | 38 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Trail mix bars 2 | 264 |  | 26 | 104 | 25 | 100 | 6 | 24 | 4 | 36 | 61 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total Cals in Lunch |  | 1155.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinner | Rice 2/3 cup | 143 |  | 0 | 0 | 30 | 120 | 3 | 12 | 1 | 9 | 34 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | vege soup mix harmony house 50 grams | 238.3 |  | 15 | 60 | 37 | 148 | 6 | 24 | 0.7 | 6.3 | 58.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Garbonzo beans 1/4 cup | 363.36 |  | 0.84 | 3.36 | 16 | 64 | 6.4 | 25.6 | 1.6 | 14.4 | 24.84 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | black beans 50g | 186.8 |  | 1.5 | 6 | 32 | 128 | 10.5 | 42 | 1.2 | 10.8 | 45.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Land o lakes hot chocolate 1 envelopes | 331 |  | 19 | 76 | 25 | 100 | 2 | 8 | 5 | 45 | 51 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinner total Cals |  | 1262.46 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total day 3 |  | **3988** |  | 98.34 | 647.36 | 253 | 1012 | 85.7 | 342.8 | 126.8 | 1141.2 | **722.9** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| % total cal |  |  |  |  | 16.23367505 |  | 25.37766 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | **41.61** |  | **8.596** |  | **28.62** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Day 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | Land o lakes hot chocolate 1 envelopes + tea bag | 331 |  | 19 | 76 | 25 | 100 | 2 | 8 | 5 | 45 | 51 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | prunes 1/2 cup | 364.5 | 0.59 | 33 | 132 | 55 | 220 | 2 | 8 | 0.5 | 4.5 | 90.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Brown Sugar 1tbs | 104 |  | 13 | 52 | 13 | 52 | 0 | 0 | 0 | 0 | 26 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup cous cous | 84.9 |  | 0 | 0 | 18 | 72 | 3 | 12 | 0.1 | 0.9 | 21.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/4 cup almonds | 226.8 |  | 1.7 | 6.8 | 7 | 28 | 7.5 | 30 | 18 | 162 | 34.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total Cals breakfast |  | 1111.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunch and Snack | 1 cup cheddar cheese | 522.2 |  | 0.2 | 0.8 | 1.6 | 6.4 | 32 | 128 | 43 | 387 | 76.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | tortilla wrap | 167 |  | 1 | 4 | 30 | 120 | 4 | 16 | 3 | 27 | 38 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Honey 1 tbs | 138.4 |  | 17 | 68 | 17 | 68 | 0.6 | 2.4 | 0 | 0 | 34.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1 Apple | 120 |  | 13 | 52 | 17 | 68 | 0 | 0 | 0 | 0 | 30 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Trail mix bars 2 | 264 |  | 26 | 104 | 25 | 100 | 6 | 24 | 4 | 36 | 61 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total Cals lunch and snack |  | 1211.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinner | Organic black bean hot and spicy flakes MJ 63 g | 237.5 |  | 2 | 8 | 41 | 164 | 13 | 52 | 1.5 | 13.5 | 57.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | tortilla wrap | 167 |  | 1 | 4 | 30 | 120 | 4 | 16 | 3 | 27 | 38 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup cheddar cheese | 261.1 |  | 0.1 | 0.4 | 0.8 | 3.2 | 16 | 64 | 21.5 | 193.5 | 38.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Land o lakes hot chocolate 1 envelopes + tea bag | 331 |  | 19 | 76 | 25 | 100 | 2 | 8 | 5 | 45 | 51 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total Cals dinner |  | 996.6 |  | page 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total day 4 |  | **3319** |  | 146 | 584 | 305.4 | 1221.6 | 92.1 | 368.4 | 104.6 | 941.4 | **648.1** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| % total cal |  |  |  |  | 17.593541 |  | 36.80183 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | **54.4** |  | **11.1** |  | **28.36** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Meal** | **Item** | **Total Calorie** | **Cost $** | **Simple Carb** |  | **Complex Carb** |  | **Protien** |  | **Fat** |  | **TotalGra** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **day 5** |  |  |  | **Gram** | **Calorie** | **Gram** | **Calorie** | **Gram** | **Calorie** | **Gram** | **Calorie** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | Land o lakes hot chocolate 1 envelopes + tea bag | 331 |  | 19 | 76 | 25 | 100 | 2 | 8 | 5 | 45 | 51 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Oatmeal 1/2 cup | 159 |  | 1 | 4 | 27 | 108 | 5 | 20 | 3 | 27 | 36 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Brown Sugar 1tbs | 104 |  | 13 | 52 | 13 | 52 | 0 | 0 | 0 | 0 | 26 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Non Dairy Creamer 4tsp | 16 | 0.09 | 4 | 16 | 0 | 0 | 0 | 0 | 0 | 0 | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Peanut butter 2 tbs | 176 |  | 3 | 12 | 6 | 24 | 8 | 32 | 12 | 108 | 29 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/4 cup almonds | 226.8 |  | 1.7 | 6.8 | 7 | 28 | 7.5 | 30 | 18 | 162 | 34.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup apricots | 71.5 |  | 7.6 | 30.4 | 8.6 | 34.4 | 1 | 4 | 0.3 | 2.7 | 17.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total cals breakfast |  | 1084.3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunch and snack | prunes 1/2 cup | 364.5 | 0.59 | 33 | 132 | 55 | 220 | 2 | 8 | 0.5 | 4.5 | 90.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | walnuts 1/2 cup | 425 |  | 1.5 | 6 | 8 | 32 | 9 | 36 | 39 | 351 | 57.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 2 packets nature valley bar | 468 |  | 24 | 96 | 58 | 232 | 8 | 32 | 12 | 108 | 102 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Trail mix bars 2 | 264 |  | 26 | 104 | 25 | 100 | 6 | 24 | 4 | 36 | 61 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total cals for lunch and snack |  | 1521.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinner | vege soup mix harmony house 50 grams | 238.3 |  | 15 | 60 | 37 | 148 | 6 | 24 | 0.7 | 6.3 | 58.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | organic pinto bean flakes MJ 63 grams | 247.5 |  | 0 | 0 | 39 | 156 | 13 | 52 | 1.5 | 13.5 | 365.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup cous cous | 84.9 |  | 0 | 0 | 18 | 72 | 3 | 12 | 0.1 | 0.9 | 21.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup cheddar cheese | 261.1 |  | 0.1 | 0.4 | 0.8 | 3.2 | 16 | 64 | 21.5 | 193.5 | 38.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Land o lakes hot chocolate 1 envelopes + tea bag | 331 |  | 19 | 76 | 25 | 100 | 2 | 8 | 5 | 45 | 51 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinner total Cals |  | 1162.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total day 5 |  | **3769** |  | 167.9 | 671.6 | 352.4 | 1409.6 | 88.5 | 354 | 122.6 | 1103.4 | **1043** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| % total cal |  |  |  |  | 17.82094146 |  | 37.40381 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Day 6** |  |  |  |  |  |  | **55.22** |  | **9.393** |  | **29.28** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | Land o lakes hot chocolate 1 envelopes + tea bag | 331 |  | 19 | 76 | 25 | 100 | 2 | 8 | 5 | 45 | 51 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | walnuts 1/2 cup | 425 |  | 1.5 | 6 | 8 | 32 | 9 | 36 | 39 | 351 | 57.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Brown Sugar 1tbs | 104 |  | 13 | 52 | 13 | 52 | 0 | 0 | 0 | 0 | 26 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup apricots | 71.5 |  | 7.6 | 30.4 | 8.6 | 34.4 | 1 | 4 | 0.3 | 2.7 | 17.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | prunes 1/2 cup | 364.5 | 0.59 | 33 | 132 | 55 | 220 | 2 | 8 | 0.5 | 4.5 | 90.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Cranberries 1/2 cup | 288 |  | 32 | 128 | 40 | 160 | 0 | 0 | 0 | 0 | 72 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast total cals |  | 1584 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunch and snack | Granola 1 cup co-op | 416 |  | 23 | 92 | 65 | 260 | 7 | 28 | 4 | 36 | 155 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Cranberries 1/4 cup | 144 |  | 16 | 64 | 20 | 80 | 0 | 0 | 0 | 0 | 36 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Trail mix bars 2 | 264 |  | 26 | 104 | 25 | 100 | 6 | 24 | 4 | 36 | 61 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunch total cals |  | 824 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinner | Instant mashed potato | 356 | 1.09 | 4 | 16 | 68 | 272 | 8 | 32 | 4 | 36 | 84 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | vege soup mix harmony house 50 grams | 238.3 |  | 15 | 60 | 37 | 148 | 6 | 24 | 0.7 | 6.3 | 58.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup cheddar cheese | 261.1 |  | 0.1 | 0.4 | 0.8 | 3.2 | 16 | 64 | 21.5 | 193.5 | 38.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Land o lakes hot chocolate 1 envelopes + tea bag | 331 |  | 19 | 76 | 25 | 100 | 2 | 8 | 5 | 45 | 51 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Tuna fish 1 cup | 165 |  | 0 | 0 | 0 | 0 | 39 | 156 | 1 | 9 | 40 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinner total cals |  | 1351.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total day 6 |  | 3759.4 |  | 209.2 | 836.8 | 390.4 | 1654.229 | 98 | 245.3934 | 85 | 785.2788 | 798.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| % total cal |  |  |  |  | 22.2588711 |  | 44.00246 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 66.26133 |  | 6.527462 |  | 20.88841 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Meal** | **Item** | **Total Calorie** | **Cost $** | **Simple Carb** |  | **Complex Carb** |  | **Protien** |  | **Fat** |  | **TotalGra** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | **Gram** | **Calorie** | **Gram** | **Calorie** | **Gram** | **Calorie** | **Gram** | **Calorie** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Day 7 page 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| breakfast | 1 cup cous cous | 169.8 |  | 0 | 0 | 36 | 144 | 6 | 24 | 0.2 | 1.8 | 42.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Brown Sugar 1tbs | 104 |  | 13 | 52 | 13 | 52 | 0 | 0 | 0 | 0 | 26 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | walnuts 1/2 cup | 425 |  | 1.5 | 6 | 8 | 32 | 9 | 36 | 39 | 351 | 57.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Cranberries 1/2 cup | 288 |  | 32 | 128 | 40 | 160 | 0 | 0 | 0 | 0 | 72 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Land o lakes hot chocolate 1 envelopes + tea bag | 331 |  | 19 | 76 | 25 | 100 | 2 | 8 | 5 | 45 | 51 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast total cals |  | 1317.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunch and snack | Peanut butter 4 tbs | 352 |  | 6 | 24 | 12 | 48 | 16 | 64 | 24 | 216 | 58 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Honey 1 tbs | 138.4 |  | 17 | 68 | 17 | 68 | 0.6 | 2.4 | 0 | 0 | 34.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Granola 1/2 cup co-op | 208 |  | 12 | 48 | 32 | 128 | 3.5 | 14 | 2 | 18 | 77.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | tortilla wrap | 167 |  | 1 | 4 | 30 | 120 | 4 | 16 | 3 | 27 | 38 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Trail mix bars 2 | 264 |  | 26 | 104 | 25 | 100 | 6 | 24 | 4 | 36 | 61 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Cranberries 1/4 cup | 144 |  | 16 | 64 | 20 | 80 | 0 | 0 | 0 | 0 | 36 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total Cals in Lunch |  | 1273.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinner | Rice 2/3 cup | 143 |  | 0 | 0 | 30 | 120 | 3 | 12 | 1 | 9 | 34 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup cheddar cheese | 261.1 |  | 0.1 | 0.4 | 0.8 | 3.2 | 16 | 64 | 21.5 | 193.5 | 38.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | walnuts 1/4 cup | 212.5 |  | 0.75 | 3 | 4 | 16 | 4.5 | 18 | 19.5 | 175.5 | 28.75 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | black beans 50g | 186.8 |  | 1.5 | 6 | 32 | 128 | 10.5 | 42 | 1.2 | 10.8 | 45.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Land o lakes hot chocolate 1 envelopes + tea bag | 331 |  | 19 | 76 | 25 | 100 | 2 | 8 | 5 | 45 | 51 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinner total cals |  | 1134.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total day 7 |  | **3725.6** |  | 164.85 | 659.4 | 349.8 | 1399.2 | 83.1 | 332.4 | 125.4 | 1128.6 | 751.15 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| % total cal |  |  |  |  | 17.69916255 |  | 37.55637 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 55.25553 |  | 8.922053 |  | 30.29311 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Meal** | **Item** | **Total Calorie** | **Cost $** | **Simple Carb** |  | **Complex Carb** |  | **Protien** |  | **Fat** |  | **TotalGra** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | **Gram** | **Calorie** | **Gram** | **Calorie** | **Gram** | **Calorie** | **Gram** | **Calorie** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Day 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | Land o lakes hot chocolate 1 envelopes + tea bag | 331 |  | 19 | 76 | 25 | 100 | 2 | 8 | 5 | 45 | 51 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Oatmeal 1/2 cup | 159 |  | 1 | 4 | 27 | 108 | 5 | 20 | 3 | 27 | 36 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Brown Sugar 1tbs | 104 |  | 13 | 52 | 13 | 52 | 0 | 0 | 0 | 0 | 26 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Non Dairy Creamer 4tsp | 16 | 0.09 | 4 | 16 | 0 | 0 | 0 | 0 | 0 | 0 | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Peanut butter 2 tbs | 176 |  | 3 | 12 | 6 | 24 | 8 | 32 | 12 | 108 | 29 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/4 cup almonds | 226.8 |  | 1.7 | 6.8 | 7 | 28 | 7.5 | 30 | 18 | 162 | 34.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup apricots | 71.5 |  | 7.6 | 30.4 | 8.6 | 34.4 | 1 | 4 | 0.3 | 2.7 | 17.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total cals breakfast |  | 1084.3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunch and Snack | 1 cup cheddar cheese | 522.2 |  | 0.2 | 0.8 | 1.6 | 6.4 | 32 | 128 | 43 | 387 | 76.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | tortilla wrap | 167 |  | 1 | 4 | 30 | 120 | 4 | 16 | 3 | 27 | 38 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Honey 1 tbs | 138.4 |  | 17 | 68 | 17 | 68 | 0.6 | 2.4 | 0 | 0 | 34.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1 Apple | 120 |  | 13 | 52 | 17 | 68 | 0 | 0 | 0 | 0 | 30 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Trail mix bars 2 | 264 |  | 26 | 104 | 25 | 100 | 6 | 24 | 4 | 36 | 61 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total Cals lunch and snack |  | 1211.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinner | Organic black bean hot and spicy flakes MJ 63 g | 237.5 |  | 2 | 8 | 41 | 164 | 13 | 52 | 1.5 | 13.5 | 57.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | tortilla wrap | 167 |  | 1 | 4 | 30 | 120 | 4 | 16 | 3 | 27 | 38 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup cheddar cheese | 261.1 |  | 0.1 | 0.4 | 0.8 | 3.2 | 16 | 64 | 21.5 | 193.5 | 38.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Land o lakes hot chocolate 1 envelopes + tea bag | 331 |  | 19 | 76 | 25 | 100 | 2 | 8 | 5 | 45 | 51 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total Cals dinner |  | 996.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total day 8 |  | **3292.5** |  | 128.6 | 514.4 | 274 | 1096 | 101.1 | 404.4 | 119.3 | 1073.7 | 623 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| % total cal |  |  |  |  | 15.62338648 |  | 33.28778 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 48.91116 |  | 12.28246 |  | 32.61048 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Day 9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | Oatmeal 1 cup | 318 |  | 2 | 8 | 54 | 216 | 10 | 40 | 6 | 54 | 72 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Non Dairy Creamer 4tsp | 16 | 0.09 | 4 | 16 | 0 | 0 | 0 | 0 | 0 | 0 | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | prunes 1/2 cup | 364.5 | 0.59 | 33 | 132 | 55 | 220 | 2 | 8 | 0.5 | 4.5 | 90.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | walnuts 1/2 cup | 425 |  | 1.5 | 6 | 8 | 32 | 9 | 36 | 39 | 351 | 57.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Brown Sugar 1tbs | 104 |  | 13 | 52 | 13 | 52 | 0 | 0 | 0 | 0 | 26 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total cals for breakfast | | 1227.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunch and snack | sweet and salty snack bag | 197 | 1.98 | 12 | 48 | 13 | 52 | 4 | 16 | 9 | 81 | 38 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 2 packets nature valley bar | 468 |  | 24 | 96 | 58 | 232 | 8 | 32 | 12 | 108 | 102 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Peanut butter 4 tbs | 352 |  | 6 | 24 | 12 | 48 | 16 | 64 | 24 | 216 | 58 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total cals for lunch |  | 1017 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinner | black beans 50g | 186.8 | 3.95 | 1.5 | 6 | 32 | 128 | 10.5 | 42 | 1.2 | 10.8 | 45.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Instant mashed potato 1 cup | 356 | 1.09 | 4 | 16 | 68 | 272 | 8 | 32 | 4 | 36 | 84 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Cranberries 1/2 cup | 288 |  | 32 | 128 | 40 | 160 | 0 | 0 | 0 | 0 | 72 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Land o lakes hot chocolate 2 envelopes | 662 |  | 38 | 152 | 50 | 200 | 4 | 16 | 10 | 90 | 102 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total cals for dinner |  | 1492.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total day 8 |  | **3737.3** |  | 318.7 | 1290.023386 | 702 | 2893.399 | 174.6 | 774.6825 | 230 | 2296.11 | 1425.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| % total cal |  |  |  |  | 34.51752298 |  | 77.4195 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 111.937 |  | 20.7284 |  | 61.43768 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Meal** | **Item** | **Total Calorie** | **Cost $** | **Simple Carb** |  | **Complex Carb** |  | **Protien** |  | **Fat** |  | **TotalGra** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Day 10** |  |  |  | **Gram** | **Calorie** | **Gram** | **Calorie** | **Gram** | **Calorie** | **Gram** | **Calorie** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | Land o lakes hot chocolate 1 envelopes + tea bag | 331 |  | 19 | 76 | 25 | 100 | 2 | 8 | 5 | 45 | 51 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Oatmeal 1/2 cup | 159 |  | 1 | 4 | 27 | 108 | 5 | 20 | 3 | 27 | 36 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Brown Sugar 1tbs | 104 |  | 13 | 52 | 13 | 52 | 0 | 0 | 0 | 0 | 26 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Non Dairy Creamer 4tsp | 16 | 0.09 | 4 | 16 | 0 | 0 | 0 | 0 | 0 | 0 | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Peanut butter 2 tbs | 176 |  | 3 | 12 | 6 | 24 | 8 | 32 | 12 | 108 | 29 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/4 cup almonds | 226.8 |  | 1.7 | 6.8 | 7 | 28 | 7.5 | 30 | 18 | 162 | 34.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup apricots | 71.5 |  | 7.6 | 30.4 | 8.6 | 34.4 | 1 | 4 | 0.3 | 2.7 | 17.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total cals breakfast |  | 1084.3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunch and snack | prunes 1/2 cup | 364.5 | 0.59 | 33 | 132 | 55 | 220 | 2 | 8 | 0.5 | 4.5 | 90.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | walnuts 1/2 cup | 425 |  | 1.5 | 6 | 8 | 32 | 9 | 36 | 39 | 351 | 57.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 2 packets nature valley bar | 468 |  | 24 | 96 | 58 | 232 | 8 | 32 | 12 | 108 | 102 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Trail mix bars 2 | 264 |  | 26 | 104 | 25 | 100 | 6 | 24 | 4 | 36 | 61 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total cals for lunch and snack |  | 1521.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinner | vege soup mix harmony house 50 grams | 238.3 |  | 15 | 60 | 37 | 148 | 6 | 24 | 0.7 | 6.3 | 58.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | organic pinto bean flakes MJ 63 grams | 247.5 |  | 0 | 0 | 39 | 156 | 13 | 52 | 1.5 | 13.5 | 365.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup cous cous | 84.9 |  | 0 | 0 | 18 | 72 | 3 | 12 | 0.1 | 0.9 | 21.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup cheddar cheese | 261.1 |  | 0.1 | 0.4 | 0.8 | 3.2 | 16 | 64 | 21.5 | 193.5 | 38.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Land o lakes hot chocolate 1 envelopes + tea bag | 331 |  | 19 | 76 | 25 | 100 | 2 | 8 | 5 | 45 | 51 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinner total Cals |  | 1162.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total day 5 |  | **3769** |  | 167.9 | 671.6 | 352.4 | 1409.6 | 88.5 | 354 | 122.6 | 1103.4 | **1043** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| % total cal |  |  |  |  | 17.82094146 |  | 37.40381 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Day 11** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | Land o lakes hot chocolate 1 envelopes + tea bag | 331 |  | 19 | 76 | 25 | 100 | 2 | 8 | 5 | 45 | 51 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | prunes 1/2 cup | 364.5 | 0.59 | 33 | 132 | 55 | 220 | 2 | 8 | 0.5 | 4.5 | 90.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Brown Sugar 1tbs | 104 |  | 13 | 52 | 13 | 52 | 0 | 0 | 0 | 0 | 26 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup cous cous | 84.9 |  | 0 | 0 | 18 | 72 | 3 | 12 | 0.1 | 0.9 | 21.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total Cals breakfast |  | 884.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunch and snack | Granola 1 cup co-op | 416 |  | 23 | 92 | 65 | 260 | 7 | 28 | 4 | 36 | 155 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Cranberries 1/4 cup | 144 |  | 16 | 64 | 20 | 80 | 0 | 0 | 0 | 0 | 36 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Trail mix bars 2 | 264 |  | 26 | 104 | 25 | 100 | 6 | 24 | 4 | 36 | 61 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunch total cals |  | 824 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinner | Instant mashed potato | 356 | 1.09 | 4 | 16 | 68 | 272 | 8 | 32 | 4 | 36 | 84 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | vege soup mix harmony house 50 grams | 238.3 |  | 15 | 60 | 37 | 148 | 6 | 24 | 0.7 | 6.3 | 58.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup cheddar cheese | 261.1 |  | 0.1 | 0.4 | 0.8 | 3.2 | 16 | 64 | 21.5 | 193.5 | 38.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Land o lakes hot chocolate 1 envelopes + tea bag | 331 |  | 19 | 76 | 25 | 100 | 2 | 8 | 5 | 45 | 51 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Tuna fish 1 cup | 165 |  | 0 | 0 | 0 | 0 | 39 | 156 | 1 | 9 | 40 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinner total cals |  | 1351.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total day 6 |  | 3059.8 |  | 355 | 1361.820941 | 704.2 | 2954.204 | 179.5 | 570 | 168.4 | 1551.6 | 1716.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| % total cal |  |  |  |  | 44.50686128 |  | 96.54892 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 141.0558 |  | 18.62867 |  | 50.7092 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Meal** | **Item** | **Total Calorie** | **Cost $** | **Simple Carb** |  | **Complex Carb** |  | **Protien** |  | **Fat** |  | **TotalGra** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Day 12** |  |  |  | **Gram** | **Calorie** | **Gram** | **Calorie** | **Gram** | **Calorie** | **Gram** | **Calorie** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | Land o lakes hot chocolate 1 envelopes + tea bag | 331 |  | 19 | 76 | 25 | 100 | 2 | 8 | 5 | 45 | 51 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup almonds | 454.4 |  | 3.4 | 13.6 | 14 | 56 | 15.2 | 60.8 | 36 | 324 | 68.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup apricots | 71.5 |  | 7.6 | 30.4 | 8.6 | 34.4 | 1 | 4 | 0.3 | 2.7 | 17.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Cranberries 1/2 cup | 288 |  | 32 | 128 | 40 | 160 | 0 | 0 | 0 | 0 | 72 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | walnuts 1/2 cup | 425 |  | 1.5 | 6 | 8 | 32 | 9 | 36 | 39 | 351 | 57.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total cals for breakfast |  | 1569.9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunch and snack | Peanut butter 4 tbs | 352 |  | 6 | 24 | 12 | 48 | 16 | 64 | 24 | 216 | 58 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Honey 1 tbs | 138.4 |  | 17 | 68 | 17 | 68 | 0.6 | 2.4 | 0 | 0 | 34.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Granola 1/2 cup co-op | 208 |  | 12 | 48 | 32 | 128 | 3.5 | 14 | 2 | 18 | 77.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | tortilla wrap | 167 |  | 1 | 4 | 30 | 120 | 4 | 16 | 3 | 27 | 38 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Trail mix bars 2 | 264 |  | 26 | 104 | 25 | 100 | 6 | 24 | 4 | 36 | 61 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Cranberries 1/4 cup | 144 |  | 16 | 64 | 20 | 80 | 0 | 0 | 0 | 0 | 36 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total Cals in Lunch |  | 1273.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinner | Rice 2/3 cup | 143 |  | 0 | 0 | 30 | 120 | 3 | 12 | 1 | 9 | 34 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup cheddar cheese | 261.1 |  | 0.1 | 0.4 | 0.8 | 3.2 | 16 | 64 | 21.5 | 193.5 | 38.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | walnuts 1/4 cup | 212.5 |  | 0.75 | 3 | 4 | 16 | 4.5 | 18 | 19.5 | 175.5 | 28.75 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | black beans 50g | 186.8 |  | 1.5 | 6 | 32 | 128 | 10.5 | 42 | 1.2 | 10.8 | 45.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Land o lakes hot chocolate 1 envelopes + tea bag | 331 |  | 19 | 76 | 25 | 100 | 2 | 8 | 5 | 45 | 51 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinner total cals |  | 1134.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total day 7 |  | **3977.7** |  | 162.85 | 651.4 | 323.4 | 1293.6 | 93.3 | 373.2 | 161.5 | 1453.5 | 769.05 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| % total cal |  |  |  |  | 16.37629786 |  | 32.52131 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 48.8976 |  | 9.382306 |  | 36.54122 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Day 13** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| breakfast | 1 cup cous cous | 169.8 |  | 0 | 0 | 36 | 144 | 6 | 24 | 0.2 | 1.8 | 42.2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Brown Sugar 1tbs | 104 |  | 13 | 52 | 13 | 52 | 0 | 0 | 0 | 0 | 26 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | walnuts 1/2 cup | 425 |  | 1.5 | 6 | 8 | 32 | 9 | 36 | 39 | 351 | 57.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Cranberries 1/2 cup | 288 |  | 32 | 128 | 40 | 160 | 0 | 0 | 0 | 0 | 72 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Land o lakes hot chocolate 1 envelopes + tea bag | 331 |  | 19 | 76 | 25 | 100 | 2 | 8 | 5 | 45 | 51 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast total cals |  | 1317.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunch and snack | sweet and salty snack bag | 197 | 1.98 | 12 | 48 | 13 | 52 | 4 | 16 | 9 | 81 | 38 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 2 packets nature valley bar | 468 |  | 24 | 96 | 58 | 232 | 8 | 32 | 12 | 108 | 102 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Peanut butter 4 tbs | 352 |  | 6 | 24 | 12 | 48 | 16 | 64 | 24 | 216 | 58 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total cals for lunch |  | 1017 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinner | Organic black bean hot and spicy flakes MJ 63 g | 237.5 |  | 2 | 8 | 41 | 164 | 13 | 52 | 1.5 | 13.5 | 57.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | tortilla wrap | 167 |  | 1 | 4 | 30 | 120 | 4 | 16 | 3 | 27 | 38 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup cheddar cheese | 261.1 |  | 0.1 | 0.4 | 0.8 | 3.2 | 16 | 64 | 21.5 | 193.5 | 38.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Land o lakes hot chocolate 1 envelopes + tea bag | 331 |  | 19 | 76 | 25 | 100 | 2 | 8 | 5 | 45 | 51 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total Cals dinner |  | 996.6 |  | page 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total day 13 |  | **3331** |  | 129.6 | 518.4 | 301.8 | 1207.2 | 80 | 320 | 120.2 | 1081.8 | **631.6** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| % total cal |  |  |  |  | 15.56102539 |  | 36.23702 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | **51.8** |  | **9.606** |  | **32.47** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Meal** | **Item** | **Total Calorie** | **Cost $** | **Simple Carb** |  | **Complex Carb** |  | **Protien** |  | **Fat** |  | **TotalGra** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Day 14** |  |  |  | **Gram** | **Calorie** | **Gram** | **Calorie** | **Gram** | **Calorie** | **Gram** | **Calorie** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast | Oatmeal 1 cup | 318 |  | 2 | 8 | 54 | 216 | 10 | 40 | 6 | 54 | 72 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Non Dairy Creamer 4tsp | 16 | 0.09 | 4 | 16 | 0 | 0 | 0 | 0 | 0 | 0 | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | prunes 1/2 cup | 364.5 | 0.59 | 33 | 132 | 55 | 220 | 2 | 8 | 0.5 | 4.5 | 90.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | walnuts 1/2 cup | 425 |  | 1.5 | 6 | 8 | 32 | 9 | 36 | 39 | 351 | 57.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Brown Sugar 1tbs | 104 |  | 13 | 52 | 13 | 52 | 0 | 0 | 0 | 0 | 26 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total cals for breakfast | | 1227.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lunch and Snack | 1 cup cheddar cheese | 522.2 |  | 0.2 | 0.8 | 1.6 | 6.4 | 32 | 128 | 43 | 387 | 76.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | tortilla wrap | 167 |  | 1 | 4 | 30 | 120 | 4 | 16 | 3 | 27 | 38 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Honey 1 tbs | 138.4 |  | 17 | 68 | 17 | 68 | 0.6 | 2.4 | 0 | 0 | 34.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1 Apple | 120 |  | 13 | 52 | 17 | 68 | 0 | 0 | 0 | 0 | 30 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Trail mix bars 2 | 264 |  | 26 | 104 | 25 | 100 | 6 | 24 | 4 | 36 | 61 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total Cals lunch and snack |  | 1211.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinner | vege soup mix harmony house 50 grams | 238.3 |  | 15 | 60 | 37 | 148 | 6 | 24 | 0.7 | 6.3 | 58.7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | organic pinto bean flakes MJ 63 grams | 247.5 |  | 0 | 0 | 39 | 156 | 13 | 52 | 1.5 | 13.5 | 365.5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup cous cous | 84.9 |  | 0 | 0 | 18 | 72 | 3 | 12 | 0.1 | 0.9 | 21.1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1/2 cup cheddar cheese | 261.1 |  | 0.1 | 0.4 | 0.8 | 3.2 | 16 | 64 | 21.5 | 193.5 | 38.4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Land o lakes hot chocolate 1 envelopes + tea bag | 331 |  | 19 | 76 | 25 | 100 | 2 | 8 | 5 | 45 | 51 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dinner total Cals |  | 1162.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Total day 14 |  | **3602** |  | 138.8 | 555.2 | 286.4 | 1145.6 | 93.6 | 374.4 | 118.3 | 1064.7 | **949.1** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| % total cal |  |  |  |  | 15.41408701 |  | 31.80544 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | **47.22** |  | **10.39** |  | **29.56** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Shopping List  **Food (for 1 week)** | **Serving size** | **Where I get it from** | | **Food for week 2** | |  | **serving size** |  | **where to receive goods** | **Cost** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Oatmeal | 3 cup | exp |  | Oatmeal |  |  | 3 cups |  | exp | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Prunes | 2- 1/2 cups | exp |  | Prunes |  |  | 3 cups |  | exp | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Walnuts | 3-1/2 cups | exp |  | Walnuts |  |  | 3-1/2 cups |  | exp | 7 | 1 cup =6ounces | | 42 ounce bag sams club | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Brown sugar | 1 cup | exp |  | Brown sugar |  |  | 1 cup |  | exp | 3 | 32 ounces 1 cup =7ounces | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweet and salty snack bags | 3 bags | exp |  | Sweet and salty snack bags | |  | 3 bags |  | exp | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Nature valley bars | 8 bars | exp |  | Nature valley bars | |  | 8 bars |  | exp | 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Black beans | 1.5 cups | exp |  | Black beans |  |  | 1.5 cups |  | exp | 7.5 | 16 ounces |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| instant mashed | 2 cups | exp |  | instant mashed | |  | 2.5 cups |  | exp | 2.6 | 8 cups | 10.41 | 32 cup servings | http://www.spiceplace.com/idahoan\_instant\_mashed\_potatoes.php | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| cranberries | 2.5 cups | exp |  | cranberries |  |  | 2.5 cups |  | exp | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Land o lakes hot chocolate | 14 envelopes | store |  | Land o lakes hot chocolate | |  | 14 envelopes | | store | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| tea | 20 bags | store |  | tea |  |  | 20 bags |  | store | 3.3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| peanut butter | 1 cup | exp |  | peanut butter | |  | 2 cups |  | exp | 6.6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chili | 1 can | exp |  | almonds |  |  | 2 cups |  | exp | 7 | 40 ounce bag | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| almonds | 1.5 cup | exp |  | apricots |  |  | 1.5 cups |  | exp | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| apricots | 1.5 cups | exp |  | Tuna |  |  | 2 cups |  | store | 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tuna | 1 cup | store |  | honey |  |  | 1/2 cup |  | store | 6.5 | 12 ounces |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| honey | 1/2 cup | store |  | tortilla wrap |  |  | 8 wraps |  | exp or store | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| tortilla wrap | 8 wraps | exp or store | | trail mix bars | |  | 8 bars |  | exp | 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| trail mix bars | 8 bars | exp |  | rice |  |  | 1.5 cups |  | exp | 2.12 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| rice | 1.5 cups | exp |  | vege soup |  |  | 2 cups |  | exp | 12 | 4 cups = 12 ounces | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| vege soup | 2 cups | exp |  | garbanzo beans | |  | 1/2 cup |  | exp |  | 16 ounces |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| garbanzo beans | 1/2 cup | exp |  | cous cous |  |  | 2 cups |  | exp | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| cous cous | 2 cups | exp |  | cheddar cheese | |  | 3-4 cups |  | store | 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| cheddar cheese | 3-4 cups | store |  | apples |  |  | 2 |  | store |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| apples | 2 | store |  | MJ hot and spicy bean flakes | | | 2 cups |  | exp | 6 | 3 lbs =22 serving | | 27 dollars for 22 servings | for 22 serving |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| MJ hot and spicy bean flakes | 1 cup | exp |  | granola |  |  | 1.5 cups |  | store | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| granola | 1.5 cups | store |  | pinto bean flakes | |  | 2 cups |  | exp | 6 | 3 lbs =22 serving | | 27 dollars for 22 servings | for 22 serving |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| pinto bean flakes | 1 cup | exp |  | 2 things of garlic | |  |  |  | store | 6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 2 things of garlic |  | store |  | Hot sauce |  |  |  |  | store | 6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hot sauce |  | store |  | 3 chocolate bars | |  |  |  | store | 6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 chocolate bars |  | store |  | chocolate covered espresso beans | | |  |  | store |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| chocolate covered espresso beans | | store |  | butter |  |  |  |  | store |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| butter |  | store |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  | 162.62 | 11 dollars per day. | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  | 660 for 2 month trip | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |