

# 8 Day Backcountry *Supercharged* Meal Plan

The following meal plan is intended for a female weighing 120-125 pounds.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
<b>Breakfast</b>	Black Rifle Coffee Packet *Minimus Cocoa Dust in coffee  Oatmeal (Kodiak maple brn sugar)  ½ cup almonds	Black Rifle Coffee Packet *Minimus Cocoa Dust in coffee  Dried apple (7 rings)  Coconut Cashew	Black Rifle Coffee Packet *Minimus Cocoa Dust in coffee  ½ cup almonds	Black Rifle Coffee Packet *Minimus Cocoa Dust in coffee  Dried apple (7 rings)  Coconut Cashew	Black Rifle Coffee Packet *Minimus Cocoa Dust in coffee  Oatmeal (Kodiak maple brn sugar)  ½ cup almonds	Black Rifle Coffee Packet *Minimus Cocoa Dust in coffee  Dried apple (7 rings)  Coconut Cashew	Black Rifle Coffee Packet *Minimus Cocoa Dust in coffee  Oatmeal (Kodiak maple brn sugar)  ½ cup almonds	Black Rifle Coffee Packet *Minimus Cocoa Dust in coffee  Dried apple (7 rings)  Coconut Cashew
<b>Snack # 1</b>	RX Bar: Chocolate Sea Salt  Dried apple (5 rings)	RX Bar: Chocolate Sea Salt  ½ cup almonds	RX Bar: Chocolate Sea Salt  Dried apple (7 rings)	RX Bar: Chocolate Sea Salt  ½ cup almonds	RX Bar: Chocolate Sea Salt  Dried apple (7 rings)	RX Bar: Chocolate Sea Salt  ½ cup almonds	RX Bar: Chocolate Sea Salt  Dried apple (7 rings)	RX Bar: Chocolate Sea Salt  ½ cup almonds
<b>Lunch</b>	1 pita slice (Seattle Int)  2 cheese slices (Land o Lakes)	2 cheese slices (Land o Lakes)  Ritz Peanut Butter Crackers	1 pita slice (Seattle Int)  2 cheese slices (Land o Lakes)	2 cheese slices (Land o Lakes)  Ritz Peanut Butter Crackers	1 pita slice (Seattle Int)  2 cheese slices (Land o Lakes)	2 cheese slices (Land o Lakes)  Ritz Peanut Butter Crackers	1 pita slice (Seattle Int)  2 cheese slices (Land o Lakes)	2 cheese slices (Land o Lakes)  Ritz Peanut Butter Crackers
<b>Snack # 2</b>	Peanut Butter (indiv.)  Walker ShortBread (2)	Snickers Bar	Peanut Butter (indiv.)  Walker ShortBread (2)	Snickers Bar	Peanut Butter (indiv.)  Walker ShortBread (2)	Snickers Bar	Peanut Butter (indiv.)  Walker ShortBread (2)	Snickers Bar
<b>Dinner</b>	Minimus Tater Dust  Minimus Mater Dust  Strawberry liquid	Biscuits & Gravy (Peak) ½ package  Minimus Tater Dust SPLIT  Strawberry liquid IV	Minimus Tater Dust  Minimus Mater Dust  Strawberry liquid	Beef Pasta Primav. (Peak) ½ package  Minimus Mater Dust  Strawberry liquid	Minimus Tater Dust  Minimus Mater Dust  Strawberry liquid	Biscuits & Gravy (Peak) ½ package  Minimus Tater Dust SPLIT  Strawberry liquid IV	Minimus Tater Dust  Minimus Mater Dust  Strawberry liquid	Biscuits & Gravy (Peak) ½ package  Minimus Tater Dust SPLIT  Strawberry liquid IV
	2,018 calories 82 gm total protein 70 gm intact protein 12 gm EEAs 17.8 oz	2,366 calories 94 gm total protein 86 gm intact protein 8 gm EEAs 16.3 oz	1,846 calories 70 gm total protein 58 gm intact protein 12 gm EEAs 16.2 oz	2,046 calories 83 gm total protein 75 gm intact protein 8 gm EEAs 16.0 oz	2,046 calories 82 gm total protein 70 gm intact protein 12 gm EEAs 18.0 oz	2,266 calories 92 gm total protein 84 gm intact protein 8 gm EEAs 15.3 oz	2,046 calories 82 gm total protein 70 gm intact protein 12 gm EEAs 18.0 oz	2,266 calories 92 gm total protein 84 gm intact protein 8 gm EEAs 15.3 oz

*Each serving of Minimus provides ~4 grams of instantized essential amino acids which is theoretically equivalent to 10 grams of intact protein. EEAs are digested easily, enter the bloodstream rapidly, and help ensure muscle protein remodeling with minimal weight/bulk. Minimus can be substituted for bouillon cubes and bone broth to make weight.*

Find additional meal plans at [MinimusNutrition.com](http://MinimusNutrition.com).

