

5 Day Backcountry *Supercharged* Meal Plan

The following meal plan is intended for a male weighing 180-200 pounds targeting 2300 average daily calories, a minimum of 85 grams of protein, and pack weight considerations.

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	One cup Kodiak oatmeal 3 slices precooked bacon Cup of Cocoa Dust	Dave's Killer Bagel 3.5oz Peanut Butter	One Mountain House scrambled eggs *Add Minimus Tater Dust One wheat flour tortilla	One cup Kodiak oatmeal 6 slices precooked bacon Cup of Cocoa Dust	Dave's Killer Bagel 1 oz Bliss nut Butter Cup of Cocoa Dust
Snack # 1	1/8ths cup raisins 2 tbsp Bliss Nut Butter	¼ cup almonds 1.5 oz Beef Jerky	1.5 oz Beef Jerky 1 oz Pepper jack cheese slice	¼ cup almonds 1 tuna packet	¼ cup almonds ¼ cup cashews or pumpkin seeds 2.5 oz dried pears
Lunch	¼ cup cashews or pumpkin seeds 1.5 oz dried black bean dip *Add Minimus Mater Dust 1 oz Frito corn chips	Ramen noodles with beef marrow *Add Minimus Mater Dust	2 oz Ak-Mak sesame cracker sheet 1.5 oz Bliss Nut Butter	Ramen noodles with beef marrow *Add Minimus Mater Dust 1 oz Pepper jack cheese slice	Ramen noodles with beef marrow *Add Minimus Mater Dust
Snack # 2	King Size Snicker Bar	2.5 oz dried pears	2.5 oz dried apricots Barebells protein bar	1.25 oz dried pears or dates King Size Snicker Bar	Met Rx protein bar
Dinner	Half a Peak Fuel meal	Half a Peak Fuel meal *Add Minimus Tater Dust	Half a Peak Fuel meal *Add Minimus Mater Dust	Half a Mountain House meal	Half a Mountain House meal
	2,100 calories 84gm total protein (76gm intact/ 8gm EAAs) 17.4 oz with Two Minimus Packets	2,300 calories 96gm total protein (88gm intact/ 8gm EAAs) 18 oz with Two Minimus Packets	2,240 calories 101gm total protein (93gm intact/ 8gm EAAs) 18 oz with Two Minimus Packets	2,320 calories 99gm total protein (91gm intact/ 8gm EAAs) 18.2 oz with Two Minimus Packets	2,485 calories 107gm total protein (99gm intact/ 8gm EAAs) 18 oz with Two Minimus Packets

Each serving of Minimus provides ~4 grams of instantized essential amino acids which is theoretically equivalent to 10 grams of intact protein. EAAs 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.

