HUDSON TO UNGAVA SOLO MEAL PLAN

Date	Breakfast	Calories	Lunch	Calories	Dinner	Calories	Snacks	Calories	TOTAL Calories	Comments
24-Jul-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	500	2498	
25-Jul-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	500	2498	
26-Jul-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	500	2498	
27-Jul-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	500	2498	
28-Jul-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	500	2498	
29-Jul-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	500	2498	
30-Jul-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	500	2498	
31-Jul-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	500	2498	
01-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	500	2498	
02-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	500	2498	* Will add fish to meals if possible
03-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	500	2498	* Will add fish to meals if possible
04-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	500	2498	* Will add fish to meals if possible
05-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	500	2498	* Will add fish to meals if possible
06-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	500	2498	* Will add fish to meals if possible
07-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	500	2498	* Will add fish to meals if possible
08-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	500	2498	* Will add fish to meals if possible
09-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	500	2498	* Will add fish to meals if possible
10-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	500	2498	* Will add fish to meals if possible
11-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	500	2498	* Will add fish to meals if possible
12-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	500	2498	* Will add fish to meals if possible
13-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	500	2498	* Will add fish to meals if possible
14-Aug-17	Nutella + Peanut butter oatmeal	1000	MH Lasagna	600	GTG Thai Curry	760	Cookies, chips, etc.	1000	3360	RESUPPLY BOX!
15-Aug-17	Nutella + Peanut butter oatmeal	1000	MH Lasagna	600	GTG Thai Curry	760	Cookies, chips, etc.	1000	3360	
16-Aug-17	Nutella + Peanut butter oatmeal	1000	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Cookies, chips, etc.	1000	3332	
17-Aug-17	Nutella + Peanut butter oatmeal	1000	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	700	3032	* Will add fish to meals if possible
18-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	700	2698	* Will add fish to meals if possible
19-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	700	2698	* Will add fish to meals if possible
20-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	700	2698	* Will add fish to meals if possible
21-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	700	2698	* Will add fish to meals if possible
22-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	700	2698	* Will add fish to meals if possible
23-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	700	2698	* Will add fish to meals if possible
24-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	700	2698	* Will add fish to meals if possible
25-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	700	2698	* Will add fish to meals if possible
26-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	700	2698	* Will add fish to meals if possible
27-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	700	2698	* Will add fish to meals if possible
28-Aug-17	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Soylent 1/3 Bag	666	Various Snacks	700	2698	* Will add fish to meals if possible
29-Aug-17	Tasiujaq									
30-Aug-17	Tasiujaq + Flight home									