

Adventureworks MENU PLANNER

	Example	Day 1	Day 2	Day 3	Day 4
Breakfast	Porridge Milk Powder Water Tea Sugar				
Lunch	Crackers with Tuna and chees				
Dinner	Pasta mix of freeze dried meal Small instant pudding Milk Powder Water Milo Sugar				
Snacks	3 x Muesli bars 1 x Beef Jerky 1 x bag of scrogen 3 x Peanut Slabs 1 x Breakfast Bar				