

Daily Wainwright-attempt menu of food and energy

Breakfast

Homemade special porridge which contains:

Spelled flakes

Almonds

Chia

Coconut

Sunflower kernels

Pumpkin seeds

Dried apple

Coucouc

Salt

Everything is mixed in a blender to a type of coarse-grained flour texture, except for the coucouc and chia which is added after. Easy to do as you boil 5 dl (2.1 cups) water and then add 2,3 dl (1 cup) of the mix and let it swell for five minutes.

And a cup of coffee of course

Energy while moving

Hammer Endurolytes Extreme: 5 capsules

Resorb sport: 1 in morning and 1 in evening

Nötcrème: 2 (best and cheapest natural gel in the world)

Snickers: 1

Mars bar: 1

Kung Markatta or Clif bar: 1

Nut and fruit mix: 1 bag

Protein bar: 1 for the night

Lunch break

Instant mashed potatoes: 5 dl (2.1 cups) ready to eat and contains:

Dried meat: ½ dl (0,21 cups)

Olive oil: 25 ml

And a relaxing cup of coffee

Dinner

Freeze dried food: Chicken curry 200g and 786 kcal in original, but as this is not enough after a long day in the hills I also add extras as follows:

Couscous: ½ dl (0,21 cups)

Sunflower kernels (flour): 1 spoon

Soy patty: 1 dl (0,42 cups)

Olive oil: 25 ml