



Company Registration: 07581302

Vat Registration: 214 9261 19

Hardshell

Composition and nutritional values

RP 24H GB-Poland 5000kcal

	Breakfast	Net weight	Quantity	KJUL	KCAL	FAT	SATURATES	CARBO	SUGARS	FIBRE	PROTEIN	SALT
0120053	Sweet biscuits	55.0	2.0	1,980.0	468.6	8.8	4.18	89.1	20.9	2.75	7.7	0.77
0030066	Sugar sachett	8.0	4.0	529.6	126.72	0.0	0.0	31.68	31.68	0.0	0.0	0.0
P220550	Instant milk powder	20.0	2.0	634.0	149.6	1.52	1.12	20.36	20.32	0.0	13.64	0.368
SB00126	Instant coffee	2.0	2.0	35.96	8.6	0.016	0.004	1.372	0.084	0.72	0.74	0.0136
0000119	Tea bag	1.5	2.0	0.15	0.03	0.0	0.0	0.009	0.0	0.0	0.0	0.0
0090008	Muesli crunchy	30.0	2.0	1,171.2	279.6	11.82	6.96	36.6	11.34	3.72	4.92	0.204
0060083	Fruit Jam	20.0	2.0	396.0	93.2	0.0	0.0	22.8	21.6	0.28	0.36	0.028
food snacks												
P220584	Hot sauce	12.0	1.0	56.64	13.32	0.048	0.0	3.0	2.184	0.228	0.168	0.168
P220554	chili powder	5.0	1.0	69.5	16.9	0.95	0.125	0.255	0.22	2.25	0.7	0.16
0030070	Salt and pepper	1.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.4
0040043	Chewing gum (4pcs)	10.0	1.0	67.8	16.3	0.0	0.0	6.8	0.02	0.0	0.0	0.0
P220541	Protein milkshake powder	40.0	1.0	630.8	148.8	121.2	0.52	2.56	0.0	0.4	31.6	1.28
P220533	Isotonic drink powder	18.0	1.0	284.94	66.96	0.0	0.0	16.722	15.192	0.0	0.036	0.2754
P220583	Salty crackers	65.0	4.0	4,706.0	1,118.0	31.2	15.6	185.38	9.88	6.5	20.28	4.732
P000270	Cereals bar	40.0	2.0	1,517.6	363.2	17.6	4.8	40.8	18.72	6.4	7.36	0.024
P000343	Protein fruit pure	100.0	1.0	349.0	82.0	0.6	0.0	9.4	7.4	0.5	9.5	0.3
P220553	Peanut butter	30.0	2.0	1,581.6	381.6	31.2	6.6	6.6	3.06	3.42	16.8	0.0
0040041	Chocolate bar	25.0	1.0	524.25	125.5	6.5	4.0	14.25	13.5	0.0	1.525	0.005
Accesories												
0180365	Leftover bag	0.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
P001184	Wood spork	2.6	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
0100429	Wet wipes	0.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
0170238	Paper tissues	0.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
P220562	Hesting kit (1x stove, 6xfuel tablets, 4xpuritabs, safety matches)	0.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Lunch												
0120128	Chocolate cake	85.0	1.0	1,386.35	330.65	13.6	7.14	45.9	14.45	2.125	4.25	0.595
0060085	Fruit paste	50.0	2.0	1,086.6	255.4	0.0	0.0	63.1	50.0	1.2	0.2	0.0
P220509	Chili con carne	350.0	1.0	1,683.5	402.5	16.1	3.85	27.3	1.75	11.2	31.5	2.45
Dinner												
P220664	Fruit & nuts energy bar	40.0	1.0	528.8	125.2	1.36	0.12	24.4	24.4	4.8	1.28	0.004
P220512	Prok meatballs with pasta	350.0	1.0	1,858.5	444.5	25.55	7.35	32.2	9.1	4.55	19.6	1.75
P220524	Instant soup	20.0	1.0	298.0	70.4	0.42	0.04	15.2	2.2	1.14	0.84	1.36
TOTALS				21,376.79	5,087.58	288.484	62.409	695.788	278.0	52.183	172.999	16.887

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