

| **EXPEDITION FOODS®** |

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| ***Marathon des Sables Menu*Sponsorship Code: MDS2024 (15% Discount)** |  |  |
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| **Total kcals: 12,006** |  |  |
| **Total weight: 3,333g** |  |  |
| **Stage 1:** | **Weight (g)** | **Kcal** |
| Expedition Foods Porridge with Strawberries | 188 | 800 |
| CNP Protein Flapjack | 75 | 264 |
| Clif Shot Bloks | 60 | 200 |
| SIS REGO Rapid Recovery  | 50 | 184 |
| Expedition Foods Chicken Rice with Vegetables | 175 | 800 |
| **Stage 2:** | **Weight (g)** | **Kcal** |
| Expedition Foods Porridge with Strawberries | 168 | 805 |
| Clif Bar | 68 | 260 |
| SIS REGO Rapid Recovery  | 50 | 184 |
| Expedition Foods Asian Noodles w/ Chicken and Mixed Vegetables | 172 | 805 |
| **Stage 3:** | **Weight (g)** | **Kcal** |
| Expedition Foods Porridge with Blueberries | 170 | 806 |
| CNP Protein Flapjack | 75 | 264 |
| SIS REGO Rapid Recovery  | 50 | 184 |
| Expedition Foods Spaghetti Bolognese | 160 | 808 |
| **STAGE 4: Long Stage** | **Weight (g)** | **Kcal** |
| Expedition Foods Hot Cereal with Mango | 201 | 800 |
| CNP Protein Flapjack | 75 | 264 |
| Clif Shot Bloks | 60 | 200 |
| Hammer Perpetuem 2.0 | 46 | 180 |
| Expedition Foods Thai Green Chicken Curry with Rice | 171 | 802 |
| SIS REGO Rapid Recovery  | 50 | 184 |
| Expedition Foods Granola with Raspberries | 121 | 450 |
| Expedition Foods Macaroni and Cheese | 180 | 804 |
| **Stage 5:** | **Weight (g)** | **Kcal** |
| Expedition Foods Scrambled Egg with Cheese & Caramelised Onion | 173 | 800 |
| Clif Bar | 68 | 260 |
| CNP Protein Flapjack | 75 | 264 |
| SIS REGO Rapid Recovery  | 50 | 184 |
| Expedition Foods Spaghetti Carbonara | 102 | 450 |
|  5 x High 5 Zero tubes (20 tablets a tube) | 500 | 0 |

[www.expeditionfoods.com](http://www.expeditionfoods.com) | info@expeditionfoods.com