

16 Hour	Product	Carbs	Carbs Required	Calories	Calories required	Drink over
00:00	MIX90 Caff SLT05	90	0	375	175	
01:00	Food (Big Breakfast)	120	0	1000	-450	3 hrs
02:00	GEL 30	30	60	147	147	
03:00	Food (Snacks)	40	50	250	300	
04:00	GEL30 NITRO	30	60	147	403	3 hrs
05:00	Food (Snacks)	40	50	250	300	
06:00	SLT05	0	90	0	550	
07:00	Food (Light Lunch)	60	30	500	50	3 hrs
08:00		0	90	0	550	
09:00	MIX90	90	0	375	175	
10:00	Food (Snacks)	40	50	250	300	3 hrs
11:00	Food (Snacks)	40	50	250	300	
12:00	MIX90 SLT05	90	0	375	175	
13:00	Food (Snacks)	40	50	250	300	3 hrs
14:00	GEL 30 CAFF	30	60	147	403	
15:00	SLT05	0	90	0	550	
16:00	Food (Big Night Meal)	120	0	1000	-450	

Total carbs from products	860
Total kcal from products	5316
Total carbs from food	730

Total Race Days	7
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Average Carbs per hour	54
Suggested kcal from food	3778

	TOTAL PRODUCT	WEIGHT KG)	Total units for the race	Total Weight for the race
TOTAL MIX 90	2	0.2	14	1.4
TOTAL MIX 90 Caff	1	0.1	7	0.7
TOTAL GEL30	1	0.08	7	0.56
TOTAL GEL30 NITRO	1	0.08	7	0.56
TOTAL GEL 30 CAFF	1	0.08	7	0.56
TOTAL SLT05	4	0.024	28	0.168
<b>TOTAL</b>	<b>10</b>	<b>0.564</b>	<b>70</b>	<b>3.948</b>

	KCAL	MACRO %	KCAL REQUIRED	G REQUIRED
CARBS	6248	71	932	233
PROTEIN	1320	15	1320	330
FAT	1232	14	1232	137

<b>TOTAL</b>	<b>8800</b>	<b>100</b>	<b>3484</b>	<b>700</b>
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