



# Gold Menu Planner

Day	Breakfast	Lunch	Evening Meal	Snacks	Total Calories
1					
2					
3					
4					
Emergency Rations					

Make sure you keep a balanced menu, have the most calories for the lowest weight, take food you enjoy, waterproof your food and remember to pack each meal and days' food together so you can find it easily. Try having your favourite food on days 2 or 3 as this is where you normally need a motivational boost!