

FOOD	Calories / Serving	Fat (gr)	Carbs (gr)	Sugar (gr)	Protien (gr)	Carb/Protien Ratio	Comment
Uncured Summer Sausage (2 oz.)	170.0	13.0	1.0	1.0	12.0	0.1	
Hard Boiled Egg	78.0	5.0	0.6	0.6	6.0	0.1	
Cheese (Cabbot Cracker Cut Jack 4 slices)	120.0	9.0	1.0	0.0	7.0	0.1	
Almonds (TJ Dry Roasted, salted)	180.0	16.0	6.0	1.0	6.0	1.0	
Sunflower seeds	180.0	15.0	7.0	1.0	6.0	1.2	
Peanut Butter (Jif to go)	250.0	22.0	11.0	4.0	9.0	1.2	
Pure Protien Bar	210.0	7.0	23.0	2.0	18.0	1.3	
Whole Milk Yogurt (TJ Vanilla Bean)	180.0	6.0	18.0	14.0	13.0	1.4	
Mixed Nuts	160.0	14.0	7.0	2.0	5.0	1.4	
Cashews	160.0	13.0	8.0	1.0	5.0	1.6	
RX Bar (Blueberry)	210.0	7.0	24.0	15.0	12.0	2.0	
Kind Bar (Maple Pecan & Sea Salt)	210.0	17.0	13.0	5.0	5.0	2.6	
Chocolate Milk (Nestle Quick 8 oz)	140.0	2.5	24.0	21.0	8.0	3.0	
Gorp	93.0	6.4	8.4	5.5	2.6	3.2	
Kind Dark Chocolate Bar	200.0	15.0	16.0	5.0	5.0	3.2	
Trader Joe Mountain Trail mix	150.0	11.0	13.0	10.0	4.0	3.3	
Trek Mix (TJ Almonds, Cranberries, Cashews)	150.0	10.0	14.0	9.0	4.0	3.5	
PB Clif Bar	260.0	7.0	40.0	19.0	11.0	3.6	
Ritz Peanut Butter Crackers	200.0	11.0	22.0	5.0	4.0	5.5	
Nature Valley Peanut Bar	190.0	8.0	27.0	11.0	4.0	6.8	
Kind Oats and Honey bar	150.0	5.0	23.0	6.0	3.0	7.7	
Snickers	250.0	12.0	33.0	27.0	4.0	8.3	Better than you might expect!
Keebler PB&J Crackers	190.0	8.0	26.0	7.0	3.0	8.7	
Nature Valley granola Bar (Oats & Honey)	190.0	7.0	29.0	11.0	3.0	9.7	Not as good a choice as you might think!
Snyders Mini Pretzels	100.0	0.0	22.0	1.0	2.0	11.0	
Baby Ruth	170.0	8.0	24.0	20.0	2.0	12.0	
Indian Oreos	160.0	6.0	26.0	13.0	2.0	13.0	
Orange	35.0	0.0	9.0	7.0	0.6	15.0	Natural Sugar, not HFCS, when you want sugar
Crackers (Keebler Club)	70.0	3.0	9.0	1.0	0.5	18.0	
Milky Way Candy Bar	240.0	9.0	37.0	31.0	2.0	18.5	Snickers is a better fuel choice due to nut content.
Kelloggs Strawberry Pop Tarts (2 pack)	200.0	5.0	38.0	16.0	2.0	19.0	Evil! Pure junk food.
Raisins	80.0	0.0	19.0	18.0	1.0	19.0	Natural Sugar, not HFCS, when you want sugar
Trader Joe Beach Mix	130.0	5.0	20.0	14.0	1.0	20.0	
Fig Newtons	100.0	2.0	21.0	12.0	1.0	21.0	Surprised?
Oreo (Thins, 4 cookies)	140.0	6.0	21.0	12.0	1.0	21.0	
Banana	105.0	0.0	27.0	14.0	1.0	27.0	High in Potassium. Natural sugar, not HFCS
Apple	95.0	0.0	25.0	19.0	0.0	1000.0	High in Fiber. Natural sugar, not HFCS
Starburst (8 Pieces, 40g)	160.0	3.0	34.0	22.0	0.0	1000.0	
Coke (12 oz can)	140.0	0.0	39.0	39.0	0.0	1000.0	
Skittles	240.0	2.0	54.0	45.0	0.0	1000.0	
FOOD COMBINATION	Calories / Serving	Fat (gr)	Carbs (gr)	Sugar (gr)	Protien (gr)	Carb/Protien Ratio	Comment
Crackers plus Cheese	190.0	12.0	10.0	1.0	7.5	1.3	
Cheese, Sausage, Snickers	540.0	34.0	35.0	28.0	23.0	1.5	Huge calorie infusion - but very well balanced
Yogurt plus raisins	260.0	6.0	37.0	32.0	14.0	2.6	
Peanut Butter and Banana	355.0	22.0	38.0	18.0	10.0	3.8	