

Component	Use during training	MRE x 1
Entrée: Main protein source	Recovery (after exhausting activity)	1,300-1,400 Calories
Crackers, tortillas, side breads, fruits: Great source of carbohydrates	60 minutes before activity or during ruck, in between activity	30-55 g Protein
Snack brownie, jelly or sugar snacks: Energy to keep you moving	During long ruck or immediately after activity	140-170 g Carbohydrates
Snack nuts: Great afternoon snack	During land navigation or foot march for sustained fuel	55-60 g Fat
Beverage coffee, tea, cappuccino: Sources of caffeine	Before or during a longer activity; plan ahead and consume 45 min before need	1,400-2,000 mg Sodium
Beverage base sugar free: Keep yourself hydrated	Add to canteen, <u>mix ½ salt packet with it</u> and use during ruck	BE TACTICAL Match your MRE intake to your level of training for the day. EAT RIGHT!
Cheese spread or peanut butter: Protein source in between meals	Add to tortilla, have for a pre-event meal	

Light training: eat entrée, beverage, and snack nuts or trail mix.

Moderate Training: eat entrée, beverage, crackers/bread & snack nuts/ trail mix.

Hard Training: eat entire MRE.

