



### Enduro Breakfast

		<u>Cal</u>	<u>Pro</u>	<u>Carbs</u>	<u>Fat</u>
1 Cup	Non-Fat, Plain Yogurt	106	11 g	16 g	0 g
1 Scoop	Choc or Van Whey Protein	130	22 g	5 g	1 g
¾ Cup	Kashi Go Cereal Peanut But.	220	10 g	31 g	9 g
6 Tblsp	<u>Trail Mix with Berries</u>	<u>280</u>	<u>8 g</u>	<u>26 g</u>	<u>18 g</u>
<b>TOTALS:</b>	<b>Nutritional Intake:</b>	<b>736</b>	<b>51 g</b> <b>27%</b>	<b>78 g</b> <b>41%</b>	<b>28 g</b> <b>34%</b>

### Enduro Breakfast

*Without Trail Mix*

		<u>Cal</u>	<u>Pro</u>	<u>Carbs</u>	<u>Fat</u>
1 Cup	Non-Fat, Plain Yogurt	106	11 g	16 g	0 g
1 Scoop	Choc or Van Whey Protein	130	22 g	5 g	1 g
¾ Cup	<u>Kashi Go Cereal Peanut But.</u>	<u>220</u>	<u>10 g</u>	<u>31 g</u>	<u>9 g</u>
<b>TOTALS:</b>	<b>Nutritional Intake:</b>	<b>456</b>	<b>43 g</b> <b>37%</b>	<b>52 g</b> <b>45%</b>	<b>10 g</b> <b>19%</b>