

| <i>Breakfasts (flavour tested)</i> | Fuizion Not tested | Expedition Foods <i>Porridge + Strawberries</i> |
|--|--|--|
| Time to rehydrate using hot water | N/T | 5-8 mins |
| Time to rehydrate using cold water | N/T | 8 mins |
| Fill lines | X | ✓ |
| Pack weight (total) | 200g | 165-190g |
| Packaging weight | 25g | 30g |
| Energy (calories) to total weight (100g) ratio | 385-457*kcal/100g | 366-413*kcal/100g |
| % calories from carbohydrate (per serving) | 51-68** | 45-59** |
| % calories from protein | 9.3-10.6*** | 7-17*** |
| % calories from fat | 22-38**** | 33-41**** |
| Fortified with vitamins/minerals | X | X |
| Gluten free options | ✓ | X oat gluten |
| Cost per serving | £4.50 | £6.99 |
| Cost per 100kcal | Unavailable | 87p |
| Availability | Online | Online |
| | www.fuizionfreeze-dried-food.com | www.expeditionfoods.com |
| Additional comments | Can custom make recipes | Smaller portion 400kcal meals available |

*Granola
 **Porridge
 ***Granola
 ****Granola

* Porridge + strawberries
 ** Porridge + blueberries
 *** Hot mango
 **** Porridge + strawb

| <i>Main meals (flavour tested)</i> | Fuizion <i>Chicken Tikka Masala</i> | Expedition Foods <i>Chicken Korma</i> |
|--|--|--|
| Time to rehydrate using hot water | 10-12 mins | 5-8 mins |
| Time to rehydrate using cold water | approx 30mins | 10 mins |
| Fill lines | X | ✓ |
| Pack weight (total) | 135g | 135-190g |
| Packaging weight | 25g | 30g |
| Energy (calories) to total weight (100g) ratio | 435-570*kcal/100g | 425-585*kcal/100g |
| % calories from carbohydrate (per serving) | 17-47** | 26-64** |
| % calories from protein | 21-38*** | 7-12.4*** |
| % calories from fat | 14-58**** | 29-65**** |
| Fortified with vitamins/minerals | X | X |
| Gluten free options | ✓ | ✓ |
| Vegetarian options | ✓ x 1 | ✓ |
| Cost per serving | £6.50-6.75 | £6.99 |
| Cost per 100kcal | £1.04-1.51 | 87p |
| Additional comments | Can custom make recipes | Smaller portion 400kcal meals available |

| | |
|-------------------------|------------------------|
| *Spaghetti bolognese | * Mediteranean v pasta |
| **Chicken + rice + veg | ** Vegetable noodles |
| ***Chicken chasseur | *** Mild curried beef |
| ****Seafood tagliatelle | ****Med v pasta |

Extreme
Porridge + Strawberries

6-8mins

8 mins

✓

100g

15g

450-**486***kcal/100g

38-**50****

10-**18*****

30-**51******

✓ Ultra Fuel

✗ oat gluten

£4.99

£1-1.20

Various stockists

www.extreme-food.eu/stockists.html

Need to use a lot less volume
if using cold water

Balanced liquid meal option

* Porridge

** Ultra Fuel

*** Ultra Fuel

**** Porridge

Lyo
Sweet Morning

Instant

Instant

✗

113g

26g

224-**242***kcal/100g

77-**84****

8.4-**10*****

9-**15******

✗

✗

£3.11

£1.65

Online

www.lyofood.com

Sweet & savoury powders
available to fortify meals

* Chocolate morning

** Healthy morning

*** Chocolate morning

**** Chocolate morning

Mountain House
Oatmeal + Raspberries

5-6mins

5-6mins

✓

112g

24g

486*kcal/100g

41

9.5

44.7

✗

✗ oat gluten

£4.50

80p

Cotswold Outdoor

Only one breakfast flavour

*Oatmeal + rasps

Extreme
Chicken + Pesto

6-8 mins
Didn't rehydrate well with cold water
✓
100-103g
15g
485-500kcal/100g
33-49*
11-14**
41-52***
X
✓
✓
£4.99 - 6.00
£1-1.20
Need to use a lot less volume
if using cold water
Vegan option

* Beef curry & rice
** Moroccan Chicken Cous Cous
*** Moroccan Chicken Cous Cous

Lyo
Pork Loin & Dill

10 mins
15 mins
X
130g
26g
375-620*kcal/100g
11-69**
10.3-43.5***
17-69.4****
✓ powders available
✓
✓
£4.88-6.23
95p - £1.61
Sweet & savoury powders
available to fortify meals
Vegan options
Different portion sizes available

* Bigas
** Goulash
*** Pork loin + green peppers
**** Chicken tikka Masala

Mountain House
Chicken Korma

8-9 mins
15-20mins
✓
132g
24g
441-554*kcal/100g
23-50**
7-28.8***
23-58****
X
✓
✓
£5.50
91p - £1.15
Halal options
Ingredients separate if using cold water

*Potato + salmon