

MRE Component Breakdown

Component	Function	Use during...
Entrée	Main source of protein	During break in mission or Recovery (after exhaustive activity)
Crackers, tortillas, snack breads, fruits, bars	Great source of carbohydrates	60 minutes before activity, during ruck, or in between activity
Snack brownie, cookie, muffin tops, jelly, or sugar snacks	Energy to keep you moving	During long ruck or immediately after activity
Snack nuts	Great afternoon snack	During navigation or foot march for sustained fuel
Coffee, tea, cappuccino	Caffeine source	Before or during a longer activity; plan ahead and consume 45 minutes before you need a boost in focus and energy
Beverage base, sugar free	Hydration	Add to canteen, mix in 1 salt packet, and use during your ruck
Cheese spread or peanut butter	Protein source between meals	Add to tortilla, have for a pre-event meal