

## THE MESOLITHIC PICNIC

### The full score sheet (Example)

Type	Food	Size	Portions	KCals.	Total	Protein	Fat	Sugar	Fibre	Vitamins	Minerals
eggs	duck egg	1	2	130	260					x	
fish	salmon	¼	2	280	560	x					x
fowl	duck breast	½ breast		200		x					
fruit	crab apples	2	2	160	320			x		x	
fungi	mushrooms	5		30							
leaves	nettles	30 g	3	7	21					x	
mammal	red deer	100 g	1	180	180	x					
nuts	hazelnuts	15		150			x	x	x	x	x
roots	cattails	1	2	35	70			x			
seaweed	laver	10 sheets		70					x	x	
seeds	fat hen	80 g		4		x	x				
shellfish	crayfish	1		70							x
TOTAL			12		1,411	2		2		3	1