

DRINKS

- Matcha – SWEETENED ONLY IN HONEY – coconut milk
- LMNT black cherry

SNACKS

- ·Hu chocolate,
- ·Bear rolls NO Strawberry
- Tortilla chips and hummus – Ithaca
- ·Protein rx bars NO WHEY PROTEIN OR MILK

APPAREL

SHIRT SIZE: XL
SHOE SIZE: 8.5–9