MARS FOOD FACE-OFF EVENT
INGREDIENTS LIST

Canned tuna
Freeze-dried anything
Dried shrimp
Precooked bacon
Quinoa
Couscous
Tortillas
Brown rice
Oatmeal
Cornmeal
Masa
Ketchup
Honey
Hot sauce
Vinegar
Canned beans
Egg crystals
Gluten powder
Any TVP (textured vegetable protein)
Vegetable oil
Dried mushrooms
Potato flakes, boxed potatoes
Sundried tomatoes
Unsweet coconut
Almonds
Sugar

Powdered milk
Raisins
Dried apples, any fruit
Any 5 seasonings in powder or flake form –
Basil
Celery
Chili
Cinnamon
Cumin
Curry
Garlic
Mustard
Oregano
Pepper
Sage
Salt
Thyme
Instant coffee