

# 7 Days of Food Storage Meals

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	pancakes syrup	cereal milk	oatmeal	pancakes syrup	cereal milk	toast butter granola bar	cereal milk
Lunch	sandwiches can chicken/tuna mayo PB & jelly	egg & bacon frittata fruit	taco soup cheese chips	soup crackers	raman fruit	taco soup cheese	corn & bean quesadilla
Snack	goldfish apples	fruit snacks	goldfish apple sauce	fruit snacks	goldfish applesauce	fruit snacks	apples
Dinner	soup crackers veggies	raman veggies	spaghetti	chicken rice casserole veggies	scrambled egg cheese	spaghetti	leftovers jello
Snack	popcorn		brownies		popcorn		

## FREEZER, FRIDGE or PANTRY ITEMS:

- 1 milk or dry milk or pantry milk
- 2 loaves bread (or items to make)
- 2 pkg bacon or pantry crumbles
- 2 doz eggs or dehydrated eggs
- 2 bag shredded cheese or dehydrated cheese
- 10 chicken breasts or canned chicken

## PANTRY ITEMS:

- 4 cans fruit
- 4 cans veggies
- 4 cans corn
- 4 black beans
- 2 pinto beans
- 2 kidney beans
- 2 cannellini beans
- 2 stewed tomatoes
- 6 soups

## WATER: 20 gal to cook with & drink

- 5 cans chicken
- 2 spaghetti sauce
- 2 lg apple sauce
- 1 peanut butter
- 1 jelly
- 1 36 oz syrup
- 2 bags chips
- 1 mayo
- 2 c of chicken soup
- 1 box pancake mix
- 1 box crackers
- 2 brownie mix
- 2 boxes popcorn
- 1 33 oz goldfish
- 1 lg box fruit snacks
- 1 can dried apples
- 10 tortillas
- Vegetable Oil

- 4 taco seasonings
- 2 boxes cereal
- 8 oatmeals
- 16 granola bars
- 4 pkg noodles
- 2 jello
- 8 raman noodles
- 8 cups rice
- Salt & Pepper

inventory  
X # of weeks