

*Food You Eat Everyday - 3 Month Food Supply*

# Dinner Menus III

With Grocery List (Family of 7)

*Sample – American Diet, With Dairy & Meat*  
Featuring Family Recipes of  
**Kristina Daines** (5 children ages 3-15)

18 Favorite Meals for 3 weeks X 4 = 12 weeks (3 months)  
1 dinner per week eat leftovers

- Pick your recipes with ingredients (most) that can be stored in pantry or freezer.
- You might also want those recipes to be easy/quick to make.
- From these recipes, let your family choose their favorite 12 (or 18 or 24 recipes if you are ambitious).
- As in sample attached, list ingredients and then multiple by proper number (on seventh day you eat leftovers). 12 recipes x 6 = 72 (three months), 18 x 4 = 72
- Assemble shopping list as in sample. Keep copy in purse & pantry.
- Mark grocery list in pencil as you purchase item.
- Erase marking as you use item so can replace.
- Write date on purchased items before storing.
- Watch for sales. When see sale, pull out list to see if you need the item.
- It will possibly take you six months or longer to use your three-month supply as you might eat out or try different recipes. That's okay because you will still have a stored three-month food supply that your family will eat.
- Try to use and rotate your three-month food supply within a year's time.

## Pizza

### Pizza Dough:

Mix together 2 ½ c. water (110°), 8 c. flour (2 lbs), ½ c. corn meal, 2 pkgs yeast, 1 t. salt, 2 T. olive oil. Let raise 30 min. Roll out into pizza round & place on pan.

Top with the following and bake at 400° F for 20 min. till done:

**Pizza Sauce**, two 26 oz cans 2 x 4 = 8 cans

**Shredded Pizza Blend Cheese**,  
1–2 lb pkg, 1 x 4 = 4 pkgs

**Pepperoni**, 2 three oz pkgs, 2 x 4 = 8 pkgs

Option: Store-purchased frozen pizzas like Little Caesar's or Sam's Club pizza

### Serve with:

Fresh Veggie Sticks

Fresh Fruit

## Stromboli

Thaw and roll into rectangle:

**Frozen Rhodes Dough**, 2 loaves x 4 = 8

Layer meat & cheese down center, cut 1" strips along both sides, braid over top, let rise 30 min. & bake 20 min. at 350° F till light brown:

**Turkey Pastromi**, sliced, 1 lb x 4 = 4 lb

**Provolone Cheese**, sliced, 1 lb x 4 = 4lb

### Winter Salad:

Romaine Lettuce, 1 head 1x 4 = 4 heads

Apple, cubed, 1 x 4 = 4 apples

Pear, cubed, 1 x 4 = 4 pears

Swiss Cheese, shredded, 1 c. x 4 = 4 c.

Craisins, ¼ c. x 4 = 2 c. Cashews, 1 c. x 4 = 4 c.

### Dressing:

1/3 c. lemon juice, ½ c. sugar, ½ t. salt, 2 t. finely chopped onions, 3/4 c. oil, poppy seeds

## Crockpot Chicken

Place in crockpot & simmer noon to 5 p.m. Stir several times; chicken will break apart & shred:

**Chicken breasts**, 5 x 4 = 20

**C. of Chicken Soup**, 2 can x 4 = 8 cans

**Cream Cheese**, (8 oz pkg) 1 x 4 = 4 pkg

**Italian Dressing Mix**, 1 pkg x 4 = 4 pkgs

### Serve over:

**Rice, cooked** (2 c. raw) x 4 – 8 c. raw

### Serve with:

Carrot and Celery Sticks

Bread or roll or muffin

## Chicken Noodle Soup

**Chicken Breasts**, diced, 4 x 4 = 16

Simmer chicken 2 hrs, cool & dice; sauté onions.

Add veggies and simmer 15 min. till tender:

**Onion**, diced, or dry minced, 1 x 4 = 4 onions

**Chicken Stock**, 3+c. x 4 = 12 c.

**Chicken Bouillon Cubes**, 2 x 4 = 8

**Carrots**, chopped, 2 c. x 4 = 8 c. or 16 carrots

**Celery**, chopped (if desired) 2 c. x 4 = 8 c.

Stir in & heat; thicken with roux if desired:

Milk, whole, ½ c. x 4 = 2 c.

Evaporated milk, 1 can x 4 = 4 cans

Cream of Chicken Soup, 2 cans x 4 = 8 cans

Egg Noodles or elbows, 4 c. precooked (small or med.) 2 c. raw noodles x 4 = 16 c. raw = 2 pkg. Salt and Pepper to taste.

Serve with: Homemade Bread/Rhodes rolls, etc.

## Pasta Hamburger Tacos

**Ground Beef**, browned 1 ½ lb x 4 = 6 lb

Add & simmer 5-10 min: Chives, chopped or dry

**Cream Cheese**, one 8 oz pkg, 1 x 4 = 4 pkgs

**Salt**, 1 t x 4 = 4 t; **Chili Powder**, 1 t x 4 = 4t

Melt 4 T butter and toss with: 4 T x 4 = 2 cubes

**Pasta Shells**, jumbo, cooked 1 bx x 4 = 4 boxes

Fill 18 shells with meat mixture, place in 9x13 pan, top with taco sauce, cover & bake @ 350° F for 15 min.

Remove cover.

Top with the following and bake another 5 min:

**Cheddar Cheese**, shredded, 1 c. x 4 = 4 c

**Monterey Cheese**, shredded, 1 c. x 4 = 4 c

Top with: Sour Cream, 1 c x 4 = 4 c. & green onions

## Pork Fingers

Bake at 325° F for 2 hrs. Drain, add sauce, bake 1 hr.:

**Pork or Beef Fingers**, browned, 3 lb x 4 = 12 lbs.

### Barbeque Sauce:

**Ketchup**, ½ c. x 4 = 1 c.

**Tomato Sauce**, 4 cans x 4 = 16

**Brown Sugar**, ¼ c. x 4 = 1 c.

**Worchestershire Sauce**, 3 T x 4 = 12 T

**Dry Onions** (or sautéed fresh, chopped onions), dry = 2 T x 4 = 8 T

### Serve over cooked:

**Rice**, 2 c. raw x 4 = 8 c. raw

Serve with: Peas or Carrots, 2 cans x 4 = 8cans

Bread, roll, muffin or corn bread

## Beef Stroganoff

**Round Steak** or flank steak, or leftover steaks/meat, cut into strips, 2 lbs x 4 = 8 lbs

**Onion**, diced, 1 x 4 = 4

Brown meat with onion, add water & bouillon & simmer 10 min. **Water**, 2 c.

**Beef Bouillon Cubes**, 2 x 4 = 8

Gravy: Mix water & flour for thickening and before serving stir in and heat till warm:

**Sour Cream**, 1 c. x 4 = 2 pt.

Serve over:

**Egg Noodles**, 1 lb pkg x 4 = 4 lbs

Serve with:

Carrots, steamed, or Carrot Slaw with Pineapple

## Chicken Pasta

Mix together & heat; toss with penne pasta:

**Chicken Breasts**, cooked & cubed  
4x4=16

**Ragu Parmesan Sauce**, 1 jar x 4 = 4

**Heavy Whipping Cream**, ½ pt x 4 = 2 pts

**Green Onions**, diced, 4 x 4 = 16

**Roma Tomatoes**, diced, 4 x 4 = 16

**Basil**, 1 t x 4 = 4 t

Opt: Parsley, green onions, leftover veggies, sprouts

Serve over:

**Penne Pasta**, cooked, 11b pkg x 4 = 4 lbs

Serve with:

**Green Salad, & bread/roll, etc.**

## Shepherd's Pie\*

**Hamburger** 1 ½ lb x 4 = 6 lbs

Brown hamburger with seasonings: Lowry's seasoned salt & pepper, dry minced onions or 1 chopped fresh onion, garlic salt. Simmer, lid on, with ½ c. water abt. 10 min. Add beans & soup and simmer 5 min. Put in casserole, top with mashed potatoes, and bake 20 min. @ 350° F.

**Onion**, 1 chopped x 4 = 4 onions

**Green Beans**, 2 cans x 4 = 8 cans

**Tomato Sauce**, 2 cans x 4 = 8 cans

**Mashed potatoes**, 1 recipe x 4 = 8 c dry  
(3-4 large potatoes, boiled & mashed; or leftover mashed potatoes; or 2 c. dry potato pearls prepared with milk.)

**Cheddar Cheese**, grated 1-2 c. x 4 = 8 c.  
(or cheese sauce blend)

Option: Cover bottom of pan with left over homemade chili instead of using hamburger. Serve with bread or rolls.

## Chicken Tortilla Soup

**Corn Tortillas**, cut in strips, fry in 2 T oil, drain & set aside, (or use tortilla chips) 4 x 4 = 16  
Sauté together in 2 T veg. oil 5-7 min. till brown:

**Chicken**, boneless, skinless, (1" pieces) 6 x 4 = 24

**Onion**, chopped, 1 c. x 4 = 4 onions

**Garlic Cloves**, chopped, 2 x 4 = 8 cloves

Add, cover & simmer 10 min.:

**Chicken Broth**, 32 oz. x 4 = 4 cartons

**Diced Tomatoes w Green Chilies**, (10 oz can)

**Water**, ½ c. tomatoes 1 x 4 = 4 cans;

Add and simmer 5 min.:

**Frozen Corn**, 1 c. x 4 = 4 c.

**Nacho Cheese Dip**, 1 jar x 4 = 4 jars

¼ c. Cilantro, 1 t ground cumin, 1 T Lime Juice

## Pizza

**Frozen Pizza**, Sam's Club pizza or Little Caesars, 2 pkg x 4 = 8 pkg

Serve with:

Fresh Fruit slices (apples, pears, oranges)  
4 x 4 fruits = 16 fresh fruits

## Party Chicken

Layer on heavy, greased baking sheet & bake at 325° F for 30 min:

**Chicken Breasts**, cut in half, 6 x 4 = 24

**Swiss Cheese** slices, 1 lb x 4 = 4 lb

Spread on top with spatula, don't dilute:

**C of Chicken Soup**, 1 can x 4 = 4 cans

Pepperidge Farm Herb Dressing, 1 pkg x 4 = 4

Tossed in ½ c. **Butter**, 1 cube x 4 = 1 lb

Serve over: Steamed Rice: (2 c. raw) x 4 = 8 c.

Side dish:

**Canned or frozen peas**

(or veggie of choice) 2 cans x 4 = 8 cans

Note: 24 lbs of chicken feeds 70 people

## Spaghetti

Brown meat & onion; add rest & simmer at least 20 min:

**Hamburger**, 1 lb x 4 = 4 lb

**Onion** (or minced dry onions), 1 x 4 = 4 onions

**Brown Sugar**, ¼ c. x 4 = 1 c.

**Water**, 1 c.

**Tomato Sauce**, 4-6 8oz cans x 4 = 24 cans

**Spaghetti Seasoning**, 1pkg. x 4 = 4 pkg.

**Italian Seasoning**, 1 t. x 4 = 4 t.

**Oregano**, 1 t. x 4 = 4 t.

**Basil**, 1 t. x 4 = 4 t.

**Salt and Pepper** to taste

Serve over:

**Spaghetti Noodles**, cooked, one 8 oz. pkg x  
(or angel hair) 4 = 2 lbs

Serve with: Fresh Veggie Sticks & garlic bread

## Easy Enchiladas

Mix together, fill tortillas, roll, place in pan, cover with Enchilada sauce and bake at 350° F for 15-20 min. or till heated through:

**Chicken chunks** or shredded beef,  
(or 1 lb browned hamburger) two 12 oz cans x 4 = 8 cans

**Cheddar Cheese**, grated, 2 c. x 4 = 8 c.  
(reserve ½ to sprinkle on top)

**Flour Tortillas**, 1 pkg (8-10) x 4 = 4 pkgs

**Green Enchilada Sauce**, (reserve  
½ to pour on top) (28 oz can) 2 cans x 4 = 8 cans

Hint: Can add sautéed veggies – onions,  
peppers, hot peppers, zucchini

Serve with:

**Canned vegetable**, 2 cans x 4 = 8 cans  
or **Fresh veggie**, or **Salad**

## Cheesy Broccoli Soup

Bring to boil 3 quarts water, add and simmer 10 min.:

**Broccoli**, fresh/ frozen, 2 head x4=8 (4 lg pkgs)

**Chicken Bouillon Cubes**, 6 x 4 =24

**Onion**, chopped & sautéed, ½ c. x 4 = 2 onions

**Celery Stalks**, small dice, 4 x 4 = 16 stalks

**Carrots**, slice long , 4 x 4 = 16 carrots

Make roux & whisk into soup (broccoli will  
break apart very small:

**Butter**, 1 c. + **Flour**, 1 c. x 4 = 4 c. ea

Turn plate to warm and let sit 2 hrs to blend flavors  
(or use crockpot). Add: 1 t. sugar &

**Velvetta Cheese**, cubed, 1 lb. x 4 = 4 lbs.

Serve with **Crackers** or **Bread** (1/2bx x 4 = 2bxs)  
& **Apple Slices** 4 apples x 4 = 16 apples

## Tiny Spicy Chicken

**Chicken Breasts**, 1g dice, 8 x 4 = 32 pieces

**Dip in beaten Egg**, 2 x 4 = 8 eggs

**Dredge in Corn Starch & brown in oil; place in  
baking pan, cover w sauce & bake uncovered at  
325° F for 1 hr, turning every 15 min.**

Spicy Sauce:

**Ketchup**, 8 T x 4= 24 T or 2 c.

**Vinegar**, 1 c. x 4 = 4 c.

**Soy Sauce**, 2 T x 4 = 8 T

**Fire Oil (Macey's)**, 1 t x 4 = 4 t

**Sugar**, 1½-2 c. x 4 = 8 c.

**Garlic Powder**, 1 t x 4 = 4 t

Serve with steamed **Rice**, 2 c. raw x 4 = 8 c. raw  
& **Carrot Sticks** or **Salad**

## Chicken Crescent Rolls

**Chicken Breasts** (or canned), 6 x 4 = 24 pieces

Mix together thoroughly & fold in chicken:

**Cream Cheese**, 8 oz. pkg, 1 x 4 = 4 pkgs

**Butter**, 2 T x 4 = 8 T or 1 cube & **Onion**

Spread out, drop spoonful of mixture on rounds & roll up:

**Frozen Crescent Rolls**, thawed,  
2 pkg x 4 = 8

Dip in melted butter, roll in fine bread crumbs  
and place on cookie sheet. Bake at 350° F, 15-18  
min.

Sauce: Heat and spoon over rolls when serving:

**C of Chicken Soup**, 2 cans x 4 = 8 cans

**Chicken broth**, from cooked chicken

**Salt and Pepper**

Serve with: **Mashed Potatoes**, 2 c. potato pearles x 4 = 8  
c.

## Taco Soup

Mix together and simmer 30 min:

**Chicken Breasts**, cooked 4 x 4 = 16 pieces  
or canned (2 cans) or shredded, (or left-over turkey)

**Chicken Broth**, 4 c. x 4 = 16 c. or 4 qts

**Corn**, frozen or canned, drained, 1 x 4 = 4 cans

**Green Beans**, drained & rinsed 1 x 4 = 4  
cans

**Diced Tomatoes**, 2 cans x 4 = 16 cans

**Kidney Beans**, drained, 1 can x 4 = 4 cans

**Black Beans**, drained & rinsed, 1 x4 = 4 cans

**Taco Seasoning**, 3 T x 4 = 12 T

Top with: **Crumbled Tortilla Chips**, ½ bag x 4 =  
2 bags; **Sour Cream**, 1 cup x 4 = 2 pt; **Cheddar  
Cheese**, shredded, 1 8oz. pkg x 4 = 4 pkgs

# Pantry Items For Above Recipes

## Dry Spices:

Basil, Cumin, Oregano

Bouillon powder/cubes (chicken, beef, etc.)

Dry Mustard

Chili Powder

Garlic (fresh, crushed in jar w oil) Stores several years on shelf. When opened, refrigerate.

Garlic Powder

Italian Seasoning

Onions, Minced (Dry Pack Cans)

Parsley and/or Cilantro (dried)

Pepper & Salt

Salt-Seasoned, (like Lowry's)

Spaghetti Seasoning

Taco Seasoning (like OldeWestPort.com)  
(Spices last about one year if stored at room temp. They will last two to three years if stored in a very cold room - especially if you buy the larger sizes and fill small containers for your warmer kitchen shelf.)

## Staples:

Baking Powder

Beans & sprouting seeds (store cool, dry)

Flour (store with lid, up to 6 mo.)

Grains/Wheat (cool, dry, mouse proof)

Honey (no water added; store w lid, dry)

Ketchup & Lemon Juice (store cold, dry room...when opened, store in fridge)

Mayo (store extra glass bottles in fridge or cold basement...when opened store in fridge)

Milk, dry (store cold, dry, airtight)

Mustard (store cold, dry room...when opened store in fridge)

Oils ExtraVirgin Olive-store cold in metal/glass, 1-2 yrs

Rice (brown [cold] = 1 yr; white, & basmati = 5 yrs)

Sugar/Brown Sugar (w lid, dry)

TVP protein (#10 cans...store cool)

Vinegar, white & organic apple cider  
5 yrs

## Perishables:

Apples (store in cold room in Styrofoam cooler to keep moisture in)

Butter (purchase on sale and freeze large amounts up to 6 months. If use vacuum sealer, will last longer.) Or clarify unsalted butter and store in water-bath sterilized dry Kerr jelly or pint jars with lids. Place butter in heavy saucepan over medium heat. Bring butter to simmer. This takes approximately 2 to 3 minutes. Once simmering, reduce heat to medium-low. The butter will form foam which will disappear. Ghee is done when a second foam forms on top of butter, and the butter turns golden. Approximately 7 to 8 minutes. Brown milk solids will be in bottom of pan. Cool. Skim off foam. Ladle clear oil with sterile dry spoon into Kerr jars or filter through sterilized cheesecloth. Will store in freezer for several years. This is the way people from India make Ghee. What makes clarified butter so great is its higher smoke point. This means you can cook meats and fish at a higher temperature

than you can with regular butter, making it ideal for pan-frying. By clarifying the butter during a slow cooking process, you're able to strain out the milk solids that burn quickly as well as the water and salt. You'll lose about 1/4 of your original butter amount during the process.

Cabbage (store fridge, can vacuum seal)

Carrots (store in fridge or in container with damp, clean sand or sawdust in cold basement)

Cheese (purchase ends at Gosners, shred & freeze large amounts. If use vacuum sealer and vapor barrier bags, it will last several years in freezer.) Can also freeze cheese in blocks. To prevent crumbles, thaw on counter at room temp till soft through, then chill in fridge. Now you will be able to grate the thawed cheese. Can also coat cheese with cheese wax and store in fridge or freezer. Can also grate, dehydrate & freeze.

Cream Cheese (freeze - can vacuum seal. Thaw on counter top; when thawed, put immediately into fridge.)

Corn Tortillas (freeze or vacuum seal)

Eggs (store in carton in fridge or crack into ice cube trays, freeze, pop into bag and seal using vacuum sealer. Will last one-two yr in freezer if vacuum sealed.) Will store 3-6 wks in fridge in egg carton. Can also store powdered eggs in #10 cans.

Onions (store cool, dry place)

Peas (frozen, in pkgs, can vacuum seal)

Potatoes (store cool, dark place)

Sour Cream (store in fridge till end date)

Winter Squash (acorn, ambercup, banana, buttercup, butternut, delicata, gold nugget, hubbard [grey, green], kabocha, spaghetti, sweetmeat, & turban: cool dry, ventilated, stores 3-6 months. Can also cook, mash and freeze in 1/2-1 c. pkgs. Use in cookies, etc.)



Vinegar, White, 1 gal  
 Whipping Cream, (or G boxes) 4 1 1 1 1  
 Worcestershire Sauce, (10-20 oz) 1 btl 1

**Dairy**

Butter, 6 lbs (freeze) 1 1 1 1 1 1  
 Butter Spray, Can't Believe It's Not Butter, 8, 1 1 1 1 1

**Cheese** *Gosners ends (8 oz = abt 2 c. grated)*  
*Grate, vacuum, and freeze in meal-size freezer bags.*

Cheddar: 7 lbs Total  
 4 c. (Pasta Hamburg Tacos) 1 lb  
 8 c. (Shepherd's Pie) 2 lb  
 8 c. (Easy Enchiladas) 2 lb  
 8 c. (Taco Soup) 2 lb

Monterey (Pasta Hamburg tacos) 4 c. = 1 lb

Pizza Blend, (Pizza) ( ) 4 lg pkg

Parmesan, (Spaghetti) 1 carton

Provolone, (Stromboli) 4 lb

Swiss: 5 lbs Total  
 4 c. (Winter Salad) 1 lb  
 16 c. (Party Chicken) 4 lb

Velvetta (Cheesy Broccoli Soup) 4 lb

Cream, heavy, 2 pints (or G cartons) 1 1

Cream Cheese (C. Crescent Rolls) 8oz, 4 pkg  
 (Vac & freeze, thaw counter & immed. refrig) 1 1 1 1

Eggs, 1½ doz, 1/wk X 12wks = 12 cartons  
 1 1 1 1 1 1 1 1 1 1 1 1  
 (could use powdered, reconstituted eggs)

Half and Half, pint, 2 1 1  
 (could used canned, evaporated milk)

Milk, gallons, (or powdered) 5 gal/wkx12=60 gal

Sour Cream, 2 pints 1 1

**Fresh Produce**

(Fresh best, can sub. canned or dehydrated reconstituted)

Apples, Red ½ bushel  
 Apples, Yellow, ½ bushel  
 Carrots, 48 = \_\_\_\_  
 Celery, 28 stalks  
 Cilantro, fresh when avail, otherwise dried, 2 c.  
 Garlic, cloves, (or minced in jars) 10

Grapes, 1 c. ea time, total 6 cups  
 Lemons (or bottle juice) 1 ea time, total 4  
 Lettuce, Romaine, 1 head ea time, total 4  
 Onions—Green, 4 each time, total 3 bunches  
 Onions—Yellow, 1 each time, total 20  
 or a 25 lb sack  
 Pears, 1 ea time, total 8  
 Potatoes, 20 lb sack potatoes = 1 sack  
 Salad greens, 1 pkg ea time, total 5 pkg  
 when possible, otherwise sprouts  
 Tomatoes, Roma, 4 ea time, total 16

**Frozen**

Bread Dough, Rhodes, 8 loaves/monthx3=24

1 1 1 1 1 1 1 1 1 1 1 1  
 1 1 1 1 1 1 1 1 1 1 1 1

Broccoli, 4 lg pkg 1 1 1 1

Corn, 8 c. = 2 pkgs 1 1

Crescent Rolls, Pillsbury, 8 pkg

Pizza, frozen (Sam's Club) 8 pkg

Tortilla Balls, Flour (thaw & roll out) \_\_ bxs

**Dry**

Baking Powder, (20 oz can) 2 lg can 1 1

Cornstarch, 4 lb, 4 bxs, 1 1 1 1

Craisins, 2 c. (freeze 2 c. portions in vacuum  
 bags and keep in freezer) 4pkg 1 1 1 1

Garlic, Dry Minced, 2 jars, 1 1

Marshmallows, small, 4 pkg 1 1 1 1

Ramen Noodles, 15/wk X 12 wks = 180 pkgs,  
 (your favorite flavor) or \_\_ cases

1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1

Sugar, Dark Brown, 2lb pkgs, 5, 1 1 1 1 1

Yeast, (for making bread) 1 lg pkg, 1

**Dry Seasoning Staples**

Basil, 1 jar  
 Beef Bouillon, cubes, 1 jar or \_\_ cans broth 1  
 Chicken Bouillon, cubes, 3 jars 1 1 1  
 Chili Powder, (OldeWestPort.com) 1  
 Chives, 1 btl 1

Cilantro, dried, 16 oz btl, 1  
 Cumin, 1 btl  
 Garlic Powder, 1 btl  
 Italian Seasoning, 1 btl  
 Oregano, 1 btl  
 Pepper, 1 btl  
 Poppy Seeds, 1 btl  
 Salt, 2 pkg 1 1  
 Spaghetti Seasoning, 4 pkg 1 1 1 1  
 Taco Seasoning (OldeWestPort.com) 2 1 1

**Meat**

**Beef, Ground:**

6 lbs Pasta Hamburger Tacos  
 6 lbs Shepherd's Pie  
 4 lbs Spaghetti  
 18 lbs  
 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1  
 Beef: Round/Flank Steak, (Beef Stroganoff) 8 lbs  
 4 pkg @ 3 lbs ea 1 1 1 1

**Chicken Breasts, deboned** (Sam's Tyson 6½ lb pkg,  
 4 oz serving = 26 servings/bag in 12-13 pieces, last 3-4 meals.  
 7 recipes x 4 = 28 meals. 28 meals/3 meals ea = 10 bags @ \$13 ea

20 Crockpot Chicken  
 16 Chicken Noodle Soup (or canned)  
 16 Chicken Pasta  
 24 Chicken Tortilla Soup (or canned)  
 24 Party Chicken  
 32 Tiny Spicy Chicken  
 24 Chicken Crescent Rolls  
 16 Taco Soup (or canned)  
 172 pieces TOTAL = 65 lbs or TEN 6½ lb pkgs.  
 1 1 1 1 1 1 1 1 1 1

Pepperoni Slices, (Pizza) 4 pkg 1 1 1 1  
 Pork/or Beef Fingers (Pork Fingers) 12 lbs, or  
 4 pkg. 1 1 1 1  
 Turkey Pastromi, (Stromboli) 4 lbs 1 1 1 1

**Dry Pack Cans ( #10 cans or #2.5 cans)**

*(Long -term storage items—from Macey's, Waltonfeed.com, Lehi Roller Mills, etc.)*

Beans: Black, one #10 can 1  
 Pinto, one #10 can 1  
 Small Reds, one #10 can 1  
 Eggs, whole powdered, #10 can, 2cans 1 1  
 Cheese powder: Blend or Cheddar, #10 can,  
 2 cans 1 1  
 Honey powder, #10 can, 2 cans 1 1  
 Sugar, white, #10 cans or 25#bag, 2 bags 1 1  
 Milk, powdered instant, #10 cans, 4 cans or,  
 better still, 200 lbs  
 Oatmeal, instant or regular, one 25 lb sack 1  
 Onions, Minced, one #10 can, 2 1 1  
 Potato Pearls/ Flakes, two #10 cans 1 1  
 Tomato Powder, two 2.5 cans  
 (or dehydrate tomatoes, sprinkle with REAL salt  
 when dehydrating. Can crumble and use in recipes  
 or can powder in blender.)  
 Wheat, Hard Red, one 50 lb sack 1  
 Wheat, Hard White, one 50 lb sack 1  
*(Walton Feed's hard white wheat tests almost free of  
 contaminates, so it is almost organic without  
 paying for organic.)*

**Sprouting Seeds (organic)**

*(Don't forget the sprouting tray)*  
 Lentils, green, 2 quarts  
 ProVita Mix (LifeSprouts.com), 1 lb  
 Mung Beans, 2 quarts

**Drinks**

- 1.
- 2.
- 3.
- 4.

**Food Storage Buckets Needed**

4 flour, 2 rice, 2 sugar, 4 wheat,  
 6 instant dry milk = 18



**WEEKLY MENU**

<b>Day</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Sun.			
Mon.			
Tues.			
Wed.			
Thur.			
Fri.			
Sat.			