

Food You Eat Everyday - 3 Month Food Supply

Dinner Menus I

With Grocery List (5 people)

Sample – Quick and Low Cost
Featuring Family Recipes of
Melinda Lundberg

12 Favorite Meals for 2 weeks X 6 = 12 weeks (3 months)

- Pick 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 recipes (or 18 or 24 if you are ambitious).
- As in sample attached, list ingredients and times by six (on seventh day you eat leftovers).
- 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 might 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 three-month food supply on hand that your family will eat.
- Try to use and rotate your three-month food supply within a year's time.

Nummy's Casserole

(like a Stroganoff)

Macaroni 3 c. x 6 = 18 c.

Cook in boiling water when ready to assemble.

Sauce (can make and freeze ahead):

Hamburger 1 lb. x 6 = 6 lbs

Brown with seasonings: Lowry's seasoned salt & pepper, minced or fresh onion & garlic salt

CofMushroom Soup 1 x 6 = 6

CofChicken Soup 1 can x 6 = 6

Creamed Corn 1 can x 6 = 6 cans

Cheese 2 c. x 6 = 12 c.

Daryl's Stew

Stew Meat 1 lb. x 6 = 6 lbs.

Season & brown meat; cook in pressure cooker with a little water for about 15 min.

Simmer Veggies & then add meat and juices:

Celery 1 c. x 6 = 6 c.

Carrots 1 1/2 c. x 6 = 9 c.

Onions 1 c. x 6 = 6 large onions

Potatoes 2 c. x 6 = 12 potatoes

Beef Bullion, cubes or canned to taste

Meatloaf

Hamburger 1 1/2 lb. x 6 = 9 lbs.

Eggs 2 x 6 = 12 eggs

Bread Crumbs 1/2 c. x 6 = _____

Oatmeal 1/2 to 3/4 c. x 6 = 8 c.

Ketchup 1 c. x 6 = 6 c. = two 24oz btls

Mom's Spices 1 t. Curry, 1 t. dry mustard, 2 T brown sugar, 1 T vinegar (see Pantry List)

Potatoes, baked 4 x 6 = 24 potatoes

Sour Cream 1 c. x 6 = 6 c. sour cream

Cream of Vegetable Soup

Frozen California Blend

Simmer frozen veggies 10 min in a little water.
two 16oz pkgs x 6 = 12 pkgs

Powdered Milk 2 qt x 6 = 12 qt.

(made up with water, 1 1/2 c./qt = 9 c. pwdr)

Make a roué:

Butter 1/2 cube x 6 = 3/4 lbs.

Flour, Salt and Pepper

Cheese (sprinkle on top) 2 c. x 6 = 12 c.

Sloppy Joes

Hamburger 1 1/2 lb x 6 = 9 lb.

Brown with seasonings: Lowry's seasoned salt and pepper, minced or fresh onion, & garlic salt.

Mom's Spices 1 t. Curry, 1 t. dry mustard, 2 T brown sugar, 1 T vinegar (see Pantry List)

Ketchup 1 c. x 6 = 6c. = two 24oz btls

Hamburger Buns 1 pkg/8 x 6 = 6 pkg.

Lay's Potato Chips 1 pkg = 6

French Onion Dip 1 = 6 cartons

Barbeque Pork Sandwich

Boneless Pork Spare Ribs

4 lbs. x 6 = 24 lb.

(Season & pressure for 20 min, shred, add sauce)

Barbeque Sauce 1 c. x 6 = 6 c.

Rolls one pkg/8 x 6 = 6 pkg.

Lay's Potato Chips 1 x 6 = 6 pkg

French Onion Dip 1 x 6 = 6 cart

Carrot Sticks 12 oz pkg x 6 = 6 pkg

Shepherd's Pie

Hamburger 1 ½ lb. x 6 = 9 lb.

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

Green Beans 2 cans x 6 = 12 cans

Tomato Soup 2 cans x 6 = 12 cans

Instant Potatoes 3 c. x 6 = 18 c.

Cheese 2 cups x 6 = 12 c.

Firehouse Pasta

Roasted Chicken 1 Rotisserie chicken, pulled apart. 1 x 6 = 6 chickens

Classico Alfredo Sauce 2 16 oz. btls. x 6 = 12 btls.

Penne Pasta one 12oz. box x 6 = 6 bxs

Tomatoes 4 fresh Romas x 6 = 24

Mushrooms 4 oz fresh x 6 = 3 pkgs

Green Onions 4 onions x 6 = 24

Swiss Cheese 2 c. x 6 = 12 cups

Chicken Enchiladas

8x10 pan

Canned Chicken

one 13oz can x 6 = 6 cans

CofChicken Soup 1 can x 6 = 6

Sour Cream 1 c. x 6 = 6 cups

Diced Chiles 4oz can x 6 = 6 cans

Flour Tortillas pkg/8 x 6 = 6 pkgs

Cheese 2 c. x 6 = 12 cups

Spaghetti

Hamburger 1 lb. x 6 = 6 lb

Brown hamburger with seasonings: Lowry's seasoned salt & pepper, minced onion or fresh onion, and garlic salt.

Spaghetti Sauce
one 26 oz btl. x 6 = 6 btls

Spaghetti Pasta 6oz pkg x 6 = 6
Cook al dente when ready to serve. pkgs

Cheese 1-2 c. x 6 = 12 cups

Chili

Hamburger, 1 lb. x 6 = 6 lbs.

Brown hamburger with seasonings: Lowry's seasoned salt & pepper, minced onion or fresh onion, and garlic salt.

Tomato Juice 46 oz can x 6 = 6 cans

Kidney Beans 2 cans x 6 = 12 cans

Garbanzo Beans 1 can x 6 = 6 cans

Black Beans 1 can x 6 = 6 cans

Chili Seasoning Mix 1 pkg= 6

Corn Chips 1 pkg. x 6 = 6 pkg

Cheese 2 c. x 6 = 12 c.

Beef Pot Pie

Canned Roast Beef

one 12oz can x 6 = 6 cans

Canned Mixed Vegetables
(Veg-All brand good) 15 oz can x 6 = 12 cans

Beef Gravy Mix (make according to directions with water) 1 pkg x 6 = 6 pkg

Frozen Pie Crust 1 x 6 = 3 pkg

(Pillsbury) unroll & place on top of pie; cut slits. Can also use a bottom crust.

Pantry Items (Staples) For Above Recipes

Garlic Salt
Salt
Seasoning Salt
Seasoned Pepper
Pepper
Curry Powder
Chili Powder
Dry Mustard
Minced Onions (Dry Pack Cannery)

(Spices last about one year if stored at room temp. They will last longer if stored in a very cold room - you buy the larger sizes and fill smaller containers for your kitchen shelf. It is best to use even cold-stored spices within two or three years.)

Brown Sugar (store airtight)
Ketchup (store cold, dry room...when opened, store in fridge)
Miracle Whip (store extra glass bottles in fridge or cold basement...when opened store in fridge)
Mustard, prepared (store cold, dry room...when opened store in fridge)

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.

Perishables:

Carrots (store in fridge or in damp, clean sand in cold basement)
Potatoes (store cool, dark place)
Onions (store cool, dry place)
Eggs (store in fridge or crack into ice cube trays, freeze, pop into bag and seal using vacuum sealer. Will last several years in freezer if vacuum sealed.)
Sour Cream (store in fridge till end date)
Cheese (purchase ends at Gosners, shred & freeze large amounts. If use vacuum sealer and vapor barrier bags, it will last several years in freezer. Or dehydrate & freeze.)
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 sterilized dry Kerr jelly or pint jars with lids in freezer. 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 a 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 fridge/freezer for several years. This is the way people from India make Ghee.

Dinner Grocery List

4 people/3 months

Use pencil, mark as buy; erase as use so can replace. Put in purse.

1 = Units

Breads/Grains

Bread Crumbs, 3 cups 1 1 1
Flour Tortillas/8 6 pkg. 1 1 1 1 1 1
Hamburger Buns/8 6 pkg. 1 1 1 1 1 1
Hoggie Rolls/6-8 6 pkg 1 1 1 1 1 1

Canned/Bottled

Alfredo Sauce, Classico, 16 oz. btls.
12 bottles 1 1 1 1 1 1 1 1 1 1 1 1
Barbeque Sauce, 6 cups = three 18 oz btls
1 1 1
Chicken, (for Enchiladas) 13oz. cans
6 cans 1 1 1 1 1 1
Roast Beef, (for Beef Pot Pie) 12oz. cans
6 cans 1 1 1 1 1 1
Creamed Corn, 6 cans 1 1 1 1 1 1
Diced Chiles, six 4oz. cans 1 1 1 1 1 1
Black Beans, 6 cans 1 1 1 1 1 1
Garbanzo Beans, 6 cans 1 1 1 1 1 1
Green Beans, 12 cans
1 1 1 1 1 1 1 1 1 1 1 1
Kidney Beans, 12 cans
1 1 1 1 1 1 1 1 1 1 1 1
Ketchup, 6 c. = two 24 oz. btls 1 1
Mustard, 2 bottles 1 1
Miracle Whip, 2 bottles 1 1
Mixed Vegetables (Veg-All, 15 oz cans)
12 cans 1 1 1 1 1 1 1 1 1 1 1 1
Soup, Cream of Chicken
12 cans 1 1 1 1 1 1 1 1 1 1 1 1
Soup, Cream of Mushroom
6 cans 1 1 1 1 1 1
Soup, Tomato
12 cans 1 1 1 1 1 1 1 1 1 1 1 1
Spaghetti Sauce, 26 oz btls
6 btls 1 1 1 1 1 1
Tomato Juice, 46 oz can
6 cans 1 1 1 1 1 1

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The Melinda Lundberg Family's Favorites

Quick, Low Cost

Dairy

Butter, 6 cubes = 1 ½ lbs 1 1
Cheese-Cheddar (abt 2 c. each time)
Gosners ends (8 oz = abt 2 c. grated)
Grate and freeze in serving size freezer bags.
12 c. (for Shepard's Pie) = 3 lb 1 1 1
12 c. (for Enchiladas) = 3 lb 1 1 1
12 c. (for Chili) = 3 lb 1 1 1
12 c. (for Nummy's Casserole) = 3 lb 1 1 1
12 c. (for C of Veggie Soup) = 3 lb 1 1 1

Cheese-Swiss

12 c. (for FireHouse Pasta) = 3 lb 1 1 1

Cheese-Mozarella

12 c. (for Spaghetti) = 3 lb 1 1 1

Eggs (could use powdered, reconstituted eggs)

2 each time, total 1 doz

French Onion Dip cartons (or make)

6 pkg 1 1 1 1 1 1

6 pkg 1 1 1 1 1 1

Sour Cream, 1 c. each time

6 cups 1 1 1 1 1 1

6 cups 1 1 1 1 1 1

Fresh Produce

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

Carrots, 1 ½ c. each time, total 9 cups

Baby Carrots, 1 pkg. ea time, total 6 pkgs

Celery, 1 c. ea time, total 6 cups

Tomatoes, Roma 6 ea time, total 24

Mushrooms, ½ pkg ea time, total 3 pkgs

Green Onions, 4 each time, total 24

Yellow Onions, 1 large each time, total 6

or a 10 lb sack

Potatoes,

-bakers, 4 each time, total 24

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

-24 potatoes = 20 lb sack

Frozen

Pie Crust, Pillsbury, 3-6 pkgs 1 1 1 1 1 1
California Mixed Vegetables, 16 oz pkg,
12 pkg 1 1 1 1 1 1 1 1 1 1 1 1

Dry

Beef Bouillon, 1 jar or 6 cans
Beef Gravy Mix, 6 pkg. 1 1 1 1 1 1
Chili Seasoning Mix, 6 pkg. 1 1 1 1 1 1
Corn Chips, 6 pkg 1 1 1 1 1 1
Pasta, Penne, 12oz. boxes
6 bx. 1 1 1 1 1 1
Pasta, Spaghetti, 6oz. pkg.
6 pkg 1 1 1 1 1 1
Potato Chips
6 pkg 1 1 1 1 1 1
6 pkg 1 1 1 1 1 1

Dry Seasoning Staples

Garlic Salt
Salt
Season Salt, Lowry's
Seasoned Pepper, Lowry's
Pepper
Curry Powder
Chili Powder
Dry Mustard

Dry Pack Cans

Brown Sugar, 1 can
Oatmeal, 8 cups or 1 can
Minced Onions, 1 can
Pasta – Macaroni, 18 cups or 2 cans
Potato Pearls, 18 c. or 2 cans
Powdered Milk, 9 c. or 1 can

Meat

Beef Stew Meat

6-12 lbs (Daryl's Stew) 1 1 1 1 1 1
1 1 1 1 1 1

Chicken (for FireHouse pasta):

6 whole rotisserie chickens 1 1 1 1 1 1
or 6 frozen chickens (can grill or roast)

Hamburger:

9 lb (Shepard's Pie) 1 1 1 1 1 1 1 1 1
6 lb (Spaghetti) 1 1 1 1 1 1
6 lbs (Chili) 1 1 1 1 1 1
6 lbs (Nummy's Casserole) 1 1 1 1 1 1
9 lbs (Meatloaf) 1 1 1 1 1 1 1 1 1
9 lbs (Sloppy Joes) 1 1 1 1 1 1 1 1 1
45 lbs

Pork Spare Ribs (boneless):

24 lbs (for Barbequed Pork Sandwiches)
1 1 1 1 1 1 1 1
1 1 1 1 1 1 1 1
1 1 1 1 1 1 1 1

WEEKLY MENU

Day	Breakfast	Lunch	Dinner
Sun.			
Mon.			
Tues.			
Wed.			
Thur.			
Fri.			
Sat.			