

*Food You Eat Everyday - 3 Month Food Supply*

# Dinner Menus II

With Grocery List (4 people)

*Sample – Healthy, less meat, more whole grains,  
and using long-term food storage staples*

Featuring Recipes by  
Melonie Turley, *Raw and Then Some*©2007

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 possibly will 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.

## Chili

**Perfect Cooked Beans:** Soak 2 qt. sorted, washed dry beans overnight in 1 gal water with 1 T salt.  
AM: Drain, rinse and put in 8 quart crock-pot, cover with fresh water and add 1 large, diced onion. Simmer 8 hrs.  
About 1-4 hours before serving, add seasonings: 3 T salt, 2 t garlic, 1 t vegetable bouillon, ¼ t liquid smoke (optional), ½ t black pepper. (Don't add during first 4 hours of cooking.)

### Mel's Chili

**Cooked Beans**, 4 c. x 6 = 24 c.

**Water** (can use liquid from cooked beans)

**Tomato Sauce**, 1 8oz can x 6 = 6 cans

**Salsa Seasoning**, 2 T x 6 = 12 T

**Chili Powder**, 1 T (or pkg) x 6 = 6 T

Optional: 2 c. cooked cracked wheat

## W/Wheat Tuna Patties

Mix and drop by T. into skillet with hot oil.  
Brown on both sides. Can be eaten hot or cold.  
Freezes well. Can bake in muffin tins or top with gravy: 8-10 patties

**Cracked Wheat**, 1 c. cooked  
(could use ½ rice...can just use wheat not meat)

**Tuna or chicken**, drained, 1 can x 6 = 6

**Rosemary Garlic Season**, 1 t x 6 = 2T

**Eggs**, (fresh or frozen & thawed), 2 x 6 = 12

**Chicken Bouillon**, 2 t x 6 = 4 T

Opt: Parsley, green onions, leftover veggies, sprouts

Note: 2 T powdered eggs + 2 ½ T water = 1 egg

## Poor Boy Casserole

Layer in greased 8x8 pan in following order and bake for 20 min. until heated through:

**Chili**, 2 cans x 6 = 12 cans  
(or cover bottom of pan with homemade chili)

**Green beans**, 2 cans x 6 = 12 cans

**Mashed potatoes**, 1 recipe x 6 = 18  
(2-3 large potatoes, boiled & mashed)

**Grated cheese**, 1-2 c. x 6 = 12 c.  
(or cheese sauce blend)

## Ramen Lentil Salad

**Ramen Noodles**, crumbled, 2 pkg x 6 = 12

**Green Lentils**, 1 c. of 1-day sprout x 6 = 3 c.

**Brown Rice**, cook/chill 1 c. raw x 6 = 6 c.  
(or cooked cracked wheat)

**Mung Beans**, sprouted, ½ c. x 6 = \_\_\_\_\_

**Mandarin Oranges**, 1 lg can x 6 = 6 cans

**Chicken Chucks**, 1 6 oz can x 6 = 6 cans

**Variations:** Chopped green onions, halved grapes or 1 c. diced celery

**Dressing Ideas:** Mayo, Italian, or your favorite.

½ c. mayo Ramen seasoning packet

1 T honey

1 T lemon juice or vinegar

## Tacos

In fry pan, boil 4 c. water and stir in about 2 c.

**TVP** until right consistency (or use cracked wheat or meat of choice). Add and brown:

**Onion**, diced, small, 1 x 6 = 6 onions

**Taco Seasoning**, to taste, 1 t. x 6 = 6 t

Pour over fry pan mixture:

Tomato Sauce, 1 can x 6 = 6 cans

Serve with:

**Tortillas**, 1 pkg of 8 x 6 = 6 pkg

Topping Ideas:

Cheese, grated, 1 c.

Green onions, 2 chopped

Tomatoes, 1-2 chopped

Lettuce, ½ head shredded

Sour Cream, 1 c. (TVP 2 c. x 6 = 12 c.)

## Whole Wheat Pancakes

Make whole wheat mix: Mix together in large bowl with wire whisk till blended: 10 c. wwheat flour, 1 heaping c. pwdr milk, 1 heaping T salt, 1/3 heaping c. baking powder, 1 heaping c. pwdr eggs, 1 c. sugar (optional). Store airtight till needed.

Pancakes: WW Mix, 2 c. x 6 = 12 c.

Oil, 1 T x 6 = 6 T

Water, 2 c.

Biscuits: WW Mix, 2 c.

Oil, ¼ c. Water, ¾ c.

Salt, ¼ t

Muffins: WW Mix, 2 ½ c.

Oil, ¼ c. Honey, 1 T

Egg, 1 Water, 1 c.

## Taco Soup

**Water**, 4 c. heat to boil  
**Bouillon**, 1 ½ T x 6 = 9 T  
**Miso**, 2 T (optional) x 6 = 12 T  
**Beans**, 2 cans x 6 = 12 cans  
(black, small red, pinto or 4 c. pre-cooked, frozen and thawed beans)  
**Refried Beans**, 1 can x 6 = 6 cans  
**Diced Tomatoes**, 1 can x 6 = 6 cans  
**Corn**, 2 c. (fresh, frozen, canned) x 6 = 12 c.  
**Taco Seasoning**, 2 T x 6 = 12 T  
**Chili Powder**, 2 t x 6 = 4 T  
**Cilantro**, ½ c. x 6 = 3 c.

## Red Chicken Enchiladas

**Red Sauce**: 2 T Butter, & ¼ c. Flour,  
Tomato Sauce, 2 (6 oz) cans x 6 = 12 cans  
1 c. Water, & Taco Seasoning, to taste  
Layer in 8x10 or 8x8 pan:  
Sauce  
Corn tortillas, 1 pkg of 18 x 6 = 6 pkg  
Sauce  
TVP reconstituted or canned  
chicken) (To reconstitute: boil 2 c. water and stir  
in about 1 c. TVP until right consistency)  
Cheese, grated, 2 c. x 6 = 12 c.  
Options: Can add some sliced olives, diced onion, or  
cooked beans

## Seafood Salad

Mix well and serve with tortilla chips or as a sandwich:

**Cracked Wheat**, 2 c. cooked x 6 = 12 c.  
**Tuna**, drained, 1 can x 6 = 6 cans  
**Mayo**, ½ c. x 6 = 3 c.  
**Catsup**, ¼ c. x 6 = 1 ½ c.  
**Tortilla chips**, 1 pkg x 6 = 6 pkg

Variations:

1 diced tomato  
½ c. diced green pepper  
½ c. cottage cheese  
½ c. diced celery  
¼ c. chopped green onions

## Green Bean Casserole

Mix together & warm through:

**Rice**, 1 c. uncooked or 3 c. cooked x 6 = 6 c.  
**CofMushroom Soup**, 1 can x 6 = 6 cans  
**Season Salt**, ½ t. x 6 = 1 T  
**Rosemary Garlic Salt**, 1 t. x 6 = 2 T  
**Cheese**, grated 1 c. x 6 = 6 c.  
(or 1 c. cheese blend powder)  
Stir in  
**Green Beans, frozen**, 1 c. x 6 = 6 c.  
(or 1 can green beans, drained and rinsed)

Top with:

**Cheese**, grated, 1 c. x 6 = 6 c.  
(or fried onion rings)

## Pea & Chicken Casserole

**Rice**, 1 c. uncooked or 3 c. cooked x 6 = 6 c. raw  
(Simmer washed, raw rice in 4 c. water abt one hour)

**CofChicken Soup**, 1 can x 6 = 6 cans

**Milk**, reg. or reconstituted, 1 c. x 6 = 6 c.

**Salt or Season Salt**, ½ t x 6 = 1 T

**Rosemary Garlic**, 1 t. x 6 = 2 T

**Cheese**, grated, 1 c. x 6 = 6 c.

(or 1 c. cheese blend powder, or part parmesan)

Mix in and warm through:

**Frozen Peas**, ½ c. to 1 c. x 6 = 6 c.

Optional:

Chicken or Tuna, 1 can x 6 = 6 cans

## Tabouli Salad

Mix and chill for one hour:

**Cracked Wheat**, 2 c. cooked x 6 = 3c.  
raw

**Olive Oil**, 3 T x 6 = 18 T

**Parsley**, dried or fresh, 2 T x 6 = 12 T

**Tomato Slices**, dried & blended x 6 = 24  
(lightly salt tomato slices when dehydrating;  
dry at 112° F, 18-24 hrs, can dry ½ bushel)

**Lemon Pepper**, 1 t x 6 = 2 T

**Garlic, minced**, ½ t x 6 = 1 T

**Salt**, pinch

Variations: Can add chopped fresh veggies -  
celery, peppers, green onions, cukes, tomatoes

# Staple Pantry Items For Above Recipes

## Dry Spices:

**Bouillon powder** (chicken, beef, etc.)

**Dry Mustard**

**Chili Powder** (OldeWestPort.com)

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

**Garlic Salt**

**Rosemary Garlic Season** (Sam's)

**Italian Dressing pkgs**

**Lemon Pepper**

**Onions, Minced** (Dry Pack Cans)

**Parsley and/or Cilantro** (dried)

**Pepper**

**Salt & Baking Powder**

**Salt-Seasoned**, (like Spike)

**Taco Seasoning** (like OldeWestPort.com)

(Spices last about one year if stored at room temp. They will last up to 3 years if stored in a very cold room - especially if you buy the larger sizes and fill smaller containers for your warmer kitchen shelf.

## Staples:

**Beans & sprouting seeds** (store cool, dry)

**Flour** (store w 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** (Extra Virgin Olive, Palm, Coconut--cold 1 yr)

**Rice** (brown: long grain and basmati, 6 months)

**Sugar/Brown Sugar** (with lid, dry)

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

## Perishables:

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

**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 in cold basement)

**Cheese** (purchase ends at Gosner's, 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; put in fridge and chill. Now you will be able to grate the thawed cheese. Can also coat cheese with cheese wax & store in fridge or freezer. Can shred & dehydrate & freeze.)

**Cream Cheese** (freeze, can vacuum seal. Thaw on counter top then refrigerate.)

**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 to two years 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, amercup, 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.)

# Dinner Grocery List

4 people/3 months

Use pencil, mark as buy; erase as use so can replace. Put in purse.  
Put another copy in Preparedness Binder & one in storage room.

1 = Units

## Breads/Grains

Corn/Flour Tortillas/18, 12 pkg 1 1 1 1 1 1  
1 1 1 1 1 1  
Flour, unbleached, 25 lb sack 1  
Flour, whole wheat, 25 lb sack (or grind) 1  
Rice--Brown long grain, 12 c., 25 lb bag 1  
Rice--White or Basmati, 25 lb bag 1  
Tortilla Chips, 6 pkg 1 1 1 1 1 1  
Bread, put some in freezer, or make

## Canned/Bottled

Chicken, 6 oz cans, 12 cans  
(for Pea & Chicken Casserole & Ramen Lentil Salad)  
1 1 1 1 1 1 1 1 1 1 1 1  
Tuna, 6 oz, 12 cans  
(for WW Tuna Patties & Seafood Salad)  
1 1 1 1 1 1 1 1 1 1 1 1  
Black Beans, 12 cans 1 1 1 1 1 1  
1 1 1 1 1 1  
Refried Beans, 6 cans 1 1 1 1 1 1  
Chili, 12oz. cans, 12 cans  
(for Poor Boy Casserole or make chili)  
1 1 1 1 1 1  
1 1 1 1 1 1  
Fried Onion Rings, 6 cans 1 1 1 1 1 1  
Garlic, minced in oil, in jars, 1 jar 1  
Green Beans, 12 cans  
1 1 1 1 1 1 1 1 1 1 1 1  
Ketchup, 1 ½ c. = \_\_\_ 24 oz. btls 1 1  
Lemon Juice, 1 bottle 1  
Mandarin Oranges, 15oz, 6 cans 1 1 1 1 1 1  
Mayonnaise, 1 quart 1  
Milk, canned, 6 cans 1 1 1 1 1 1  
Olives, sliced, 4 oz can, 6 1 1 1 1 1 1  
Olive Oil, Classic, 2 liters, 1 btl, 1  
Olive Oil, Extra Virgin, 2 liters, 1 btl 1

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For Melanie Turley's Recipes, *Raw and Then Some* ©2007

Healthy & Inexpensive Storage Staples

Whole Grains, Legumes, Less Meat

Soup, Cream of Chicken, 6 1 1 1 1 1 1  
Soup, Cream of Mushroom 6 1 1 1 1 1 1  
Tomatoes, diced, 14.5oz can, 6 1 1 1 1 1 1  
Tomato Sauce, 8 oz cans, 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  
Vinegar, 1 bottle 1

## Dairy

Butter, 8 cubes = 2 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 Poor Boy Casserole) = 3 lb 1 1 1  
6 c. (for Tacos) = 1 ½ lb 1 1  
6 c. (for Pea & Chicken Casserole)  
= 1 ½ lb 1 1  
12 c. (Red Chicken Enchiladas) = 1 ½ lb 1  
12 c. (for Green Bean Casserole) = 3 lb 1 1  
Cottage Cheese (for Seafood Salad) 3 c. 1 1  
Eggs (could use powdered, reconstituted eggs)  
2 each time, total 2 doz 1 1  
Sour Cream, 1 c. ea time = 6 c. 1 1 1 1 1 1

## Fresh Produce

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

Celery, ½ c. ea time, total 12 cups  
Cilantro, fresh when avail, otherwise dried  
Grapes, 1 c. ea time, total 6 cups  
Green Peppers, ½ c ea time, total 3 peppers  
Lettuce, ½ head ea time, total 3 heads  
Onions—Green, 2 each time, total 6 bunches  
Onions—Yellow, 1 small each time, total 6  
or a 10 lb sack  
Parsley, fresh when avail, otherwise dried  
Potatoes, 20 lb sack potatoes = 1 sack  
Salad greens when possible, otherwise sprouts  
Tomatoes, 1-2 ea time, total 18

## **Frozen**

Corn, 12 c. = 4 pkgs 1 1 1 1  
Green Beans, 6 c. = 3 pkgs 1 1 1  
Peas, 6 c. = 3 pkg. 1 1 1

## **Dry**

Baking Powder, 1 large can  
Ramen Noodles, 12 pkgs, (your favorite flavor)  
1 1 1 1 1 1 1 1 1 1 1 1  
Sugar, Dark Brown, 10 lbs 1  
Yeast, (for making bread) 1 lg pkg 1

## **Dry Seasoning Staples**

Beef Bouillon, 1 jar or \_\_\_ cans broth  
Chicken Bouillon, 1 jar or \_\_\_ cans broth  
Chili Powder, (OldeWestPort.com) 1  
Chili Seasoning Pkgs, 6 1 1 1 1 1 1  
Cilantro, dried, 1  
Dry Mustard, 1  
Garlic Salt, 1  
Italian Dressing Pkgs, 6 1 1 1 1 1 1  
Parsley, dried, large container, 1  
Pepper, 1  
Lemon Pepper, 1  
Salt, Redmond's Real, 2 pkg 1 1  
Seasoned Salt, (like Spike or Lowry's) 1  
Rosemary Garlic Salt (Sam's) 1  
Taco Seasoning (OldeWestPort.com) 1

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

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

Beans: Black, one #10 can  
Pinto, one #10 can  
Small Reds, one #10 can  
Blackeyed Peas, one #10 can  
Eggs, whole powdered, one #10 can  
Cheese, blend or cheddar, powdered, #10 can  
Honey, powder, one #10 can  
Sugar, white, one #10 can  
Milk, powdered instant, 4 #10 cans  
Minced Onions, one #10 can  
Oatmeal, instant or regular, one 25 lb sack  
Potato Pearls or Flakes, two #10 cans  
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.)*  
TVP (Textured Vegetable Protein), Beef  
three #10 cans 1 1 1  
TVP (Textured Vegetable Protein), Chicken  
two #10 cans 1 1  
Wheat, Hard Red, one 50 lb sack 1  
Wheat, Hard White, one 50 lb sack 1  
*(WaltonFeed.com's hard white wheat tests 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

# WEEKLY MENU

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