

Day	Breakfast (cal/protein)	** Noon – jerky, granola bar, etc.	Dinner (cal/protein)	Goal Cal/Protein (1,500/45)
1	Breakfast Groats (350/12) Hot Chocolate (150/5)	620/13	Spanish Rice & Taco Meat (380/16) Pudding (150/4)	880/32
2	Cornmeal Cakes & Hash (390/8) *Scrambled Eggs (160/12)	595/0	Rabbit Divan (175/22) & NW Rice Pilaf (100/2) Jello (80/0)	905/46
3	Biscuits & Gravy (350/11) Hot Chocolate (150/5)	590/8	Turtle Bean Soup (200/10) & Cheese Biscuit (200/4) Pudding (150/4)	910/37
4	Raisin Oatmeal (250/9) *Scrambled Eggs (160/12)	580/10	Pasta e Fagioli (250/10) & Garlic Biscuit (200/4) Jello (80/0)	920/35
5	Whole Wheat Pancakes (200/7) *Scrambled Eggs (160/12)	570/9	Tuna Mac-n-Cheese w/ ½ tuna pouch (350/20) Jello (80/0)	930/36
6	Biscuits & Gravy (350/11) Hot Chocolate (150/5)	350/6	Chuckwagon Chili (300/14) & Cornbread (200/5) Pudding (150/4)	1150/39
7	Cranberry Oatmeal (250/9) Chai (270/8)	430/8	Split Pea & Ham Soup (200/12) & Cheese Biscuits (200/4) Pudding (150/4)	1070/37

*powdered in can, follow directions to make 2 eggs/person. 1 can = 36 servings; **fill-in calories @noon with snacks, shakes, jelly, honey, etc.

Meal kits are packed in 1-week kits, with main meals and snacks that serve 8 people. Feel free to adjust servings to suit the needs of the people in the group.

For each week you'll need _____ buckets

Each bucket contains the above meal kits: the dry good components just need water.

Suggested additions to the kit:

- Extra oats, powdered eggs, drink mixes
- Coffee (can make cowboy style)
- Supplemental foods: jerky, granola bars, dried fruit, trail mix, nuts, chocolate, jello, pudding mix, protein shake mix, etc.
- Extra coconut oil, liquid and solid, almond butter
- Towels, Sponge & dish soap
- Condiments: Honey, Nutella, Hot Sauce, S&P
- Chocolate chips for pancakes (optional)
- Alfalfa sprouts for tuna salad
- Extra mayo & ranch dip mix
- Mung bean sprouts to supplement dinners as desired
- Vitamins to take as desired
- New canning lids to use for canning fresh meat, leftovers, etc.
- Candles & matches; essential oils
- Home Canned Dog Food and meal supplement

TIPS:

- Get out all components and organize. Familiarize yourself with the recipes and cooking techniques.
- Look ahead to the next meal/next day; some dry ingredients need prepped (i.e. beans soaked overnight).
- Start sprouts, keep them growing in rotation. Use alfalfa for tuna salad, add mung beans to soups/dinners as desired.
- Use paper towels (packing around glass jars) for other purposes; boil water as needed.
- Wash and use empty jars for leftover storage, sprouting seeds, drinking water, mixing ingredients, etc.
- For dog food: cook oats with broth (add water) from canned food for breakfast, serve with scrambled eggs, coconut oil and a spoonful of supplement (labeled). For dinner, serve canned dog food (serves two dogs) with a spoonful of supplement. Provide additional table scraps as available.

Extras:

- Stove, fuel source, skillet, large pot, lid, water filter
- Utensils: mixing spoon, whisk, ladle, spatula, tongs
- Plates, silverware, bowls, drink cups for 8 persons; foil, plastic bags
- Dog food / water bowls