



30 DAY DELUXE EMERGENCY FOOD SUPPLY

20091MP-041717

30-DAY MEAL PLANNER

11 Food Varieties | Just Add Water

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Breakfast	MBS Oatmeal 2 servings Morning Moo's Milk 1 servings	Buttermilk Pancakes 2 servings Morning Moo's Milk 1 serving	MBS Oatmeal 2 servings Morning Moo's Milk 1 serving	Buttermilk Pancakes 2 servings Morning Moo's Milk 1 serving	MBS Oatmeal 2 servings	Buttermilk Pancakes 2 servings Morning Moo's Milk 1 serving	MBS Oatmeal 2 servings Morning Moo's Milk 1 servings	Strawberry Wheat Creamy Wheat 2 servings	MBS Oatmeal 2 servings	Buttermilk Pancakes 2 servings Morning Moo's Milk 1 serving	MBS Oatmeal 2 servings Morning Moo's Milk 1 servings	Strawberry Wheat Creamy Wheat 1 servings Morning Moo's Milk 1 serving	MBS Oatmeal 2 servings Morning Moo's Milk 1 servings	Buttermilk Pancakes 2 servings Morning Moo's Milk 1 serving	MBS Oatmeal 2 servings
Lunch	Spanish Rice 2 servings	Creamy Potato Soup 2 servings	Spanish Rice 2 servings	Creamy Potato Soup 2 servings	Spanish Rice 2 servings Banana Chips 1 serving	Creamy Potato Soup 2 servings	Spanish Rice 1 serving Cheesy Broccoli Rice 1 serving	Creamy Potato Soup 2 servings	Spanish Rice 2 servings	Creamy Potato Soup 2 servings	Spanish Rice 2 servings	Creamy Potato Soup 2 servings	Spanish Rice 2 servings	Creamy Potato Soup 2 servings	Spanish Rice 2 servings
Dinner	Hearty Vegetable Chicken Flavored Soup 1 servings Cheesy Broccoli Rice 1 servings	Creamy Chicken Flavored Rice 1 serving Hearty Vegetable Chicken Flavored Soup 1 serving	Creamy Chicken Flavored Rice 1 servings Hearty Vegetable Chicken Flavored Soup 1 serving	Creamy Chicken Flavored Rice 1 serving Banana Chips 1 serving	Creamy Chicken Flavored Rice 1 servings Hearty Vegetable Chicken Flavored Soup 1 serving	Creamy Chicken Flavored Rice 1 serving Hearty Vegetable Chicken Flavored Soup 1 serving	Creamy Chicken Flavored Rice 1 servings Hearty Vegetable Chicken Flavored Soup 1 serving	Creamy Chicken Flavored Rice 1 serving Cheesy Broccoli Rice 1 serving Banana Chips 1 serving	Creamy Chicken Flavored Rice 1 servings Hearty Vegetable Chicken Flavored Soup 1 serving Banana Chips 1 serving	Creamy Chicken Flavored Rice 1 servings Hearty Vegetable Chicken Flavored Soup 1 serving	Creamy Chicken Flavored Rice 1 servings Cheesy Broccoli Rice 1 serving	Creamy Chicken Flavored Rice 1 servings Cheesy Broccoli Rice 1 serving	Creamy Chicken Flavored Rice 1 servings Cheesy Broccoli Rice 1 serving	Creamy Chicken Flavored Rice 1 servings Cheesy Broccoli Rice 1 serving	Hearty Vegetable Chicken Flavored Soup 1 servings Cheesy Broccoli Rice 1 servings
Total Servings:	7	7	7	7	7	7	7	7	7	7	7	6	7	7	6
Total Calories:	1,140	1,250	1,130	1,240	1,230	1,250	1,180	1,350	1,230	1,320	1,200	1,180	1,200	1,320	1,070
	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Breakfast	Strawberry Creamy Wheat 1 servings Morning Moo's Milk 1 servings	MBS Oatmeal 2 servings	Buttermilk Pancakes 2 servings	MBS Oatmeal 2 servings Strawberry Wheat Creamy Wheat 1 servings	Strawberry Creamy Wheat 1 servings Morning Moo's Milk 1 servings	MBS Oatmeal 2 servings	Strawberry Creamy Wheat 1 servings Morning Moo's Milk 1 servings	MBS Oatmeal 2 servings	Strawberry Creamy Wheat 1 servings Morning Moo's Milk 1 servings	Strawberry Creamy Wheat 1 servings Morning Moo's Milk 1 servings	Buttermilk Pancakes 2 servings Morning Moo's Milk 1 serving	MBS Oatmeal 2 servings	MBS Oatmeal 2 servings Morning Moo's Milk 1 serving	MBS Oatmeal 2 servings Morning Moo's Milk 1 serving	Buttermilk Pancakes 2 servings Morning Moo's Milk 1 serving
Lunch	Creamy Potato Soup 2 servings	Spanish Rice 2 serving	Creamy Potato Soup 2 servings	Spanish Rice 2 serving	Creamy Potato Soup 2 servings	Spanish Rice 2 serving	Creamy Potato Soup 2 servings	Spanish Rice 2 serving	Creamy Potato Soup 2 servings	Hearty Vegetable Chicken Flavored Soup 2 serving	Hearty Vegetable Chicken Flavored Soup 2 serving	Fettuccine Alfredo 1 serving	Spanish Rice 1 servings Fettuccine Alfredo 1 serving	Fettuccine Alfredo 1 serving	Fettuccine Alfredo 1 serving
Dinner	Creamy Chicken Flavored Rice 1 servings Cheesy Broccoli Rice 1 serving	Hearty Vegetable Chicken Flavored Soup 1 servings Cheesy Broccoli Rice 1 servings	Creamy Chicken Flavored Rice 1 serving Cheesy Broccoli Rice 1 serving	Hearty Vegetable Chicken Flavored Soup 1 servings Cheesy Broccoli Rice 1 servings	Creamy Chicken Flavored Rice 1 serving Cheesy Broccoli Rice 1 serving Banana Chips 1 serving	Creamy Chicken Flavored Rice 1 serving Cheesy Broccoli Rice 1 serving	Cheesy Broccoli Rice 1 serving	Creamy Chicken Flavored Rice 1 servings Cheesy Broccoli Rice 1 serving	Creamy Chicken Flavored Rice 1 servings Cheesy Broccoli Rice 1 serving	Creamy Chicken Flavored Rice 1 serving Cheesy Broccoli Rice 1 serving Banana Chips 1 serving	Creamy Chicken Flavored Rice 1 servings Cheesy Broccoli Rice 1 serving	Creamy Chicken Flavored Rice 1 serving Hearty Vegetable Chicken Flavored Soup 1 serving Cheesy Broccoli Rice 1 serving	Hearty Vegetable Chicken Flavored Soup 1 servings Cheesy Broccoli Rice 1 servings	Creamy Chicken Flavored Rice 1 serving Cheesy Broccoli Rice 1 serving	Creamy Chicken Flavored Rice 1 servings Cheesy Broccoli Rice 1 serving
Total Servings:	6	6	7	7	7	7	5	6	6	7	7	6	7	7	6
Total Calories:	1,180	1,070	1,420	1,250	1,180	1,300	1,190	1,130	1,180	1,270	1,240	1,210	1,240	1,270	1,180

Cooking Instructions (Yield 1 Serving Each)



Morning Moo's Milk® Low Fat Milk Alternative

1. Shake pouch well.
2. Add 2 Tablespoons of dry Morning Moo's Milk® powder to 1/3 Cup of warm water. Stir to dissolve.
3. Add 2/3 Cup cold water, stir.
4. Chill overnight for best results.



Maple Brown Sugar Oatmeal

1. Shake pouch well.
2. Stir 1/4 Cup Maple Brown Sugar Oatmeal into 1/2 Cup boiling water.
3. Cook 1 minute, stirring frequently.



Strawberry Creamy Wheat

1. Shake pouch well.
2. Stir 1/4 Cup Strawberry Creamy Wheat into 1 Cup boiling water, stirring constantly.
3. Return to a boil and cook 10 minutes or until thickened, stirring frequently.



Buttermilk Pancakes

1. Preheat oiled skillet/griddle to 375°F.
2. Mix 1/3 Cup Pancake Mix into 3 to 4 Tablespoons of cold water.
3. Cook pancakes for 1 to 1 1/2 minutes per side or until golden brown: turning only once.
For thicker pancakes add less water as desired.



Cheesy Broccoli Rice

1. Shake pouch well.
2. Whisk 1/3 Cup Cheesy Broccoli Rice into 1 Cup boiling water.
3. Reduce heat to medium and continue cooking for 20 minutes or until rice reaches desired level of firmness, stirring frequently.



Creamy Chicken Flavored Rice

1. Shake pouch well.
2. Whisk 1/3 Cup Creamy Chicken Rice into 1 Cup boiling water.
3. Reduce heat to medium and continue cooking for 20 minutes or until rice reaches desired level of firmness, stirring frequently. Remove from heat and let stand 5 to 6 minutes to thicken before serving.



Spanish Rice

1. Shake pouch well.
2. Whisk 1/4 Cup Spanish Rice into 1/2 Cup boiling water.
3. Cover with lid and reduce heat to low.
4. Cook for 15 to 20 minutes.



Fettuccine Alfredo

1. Shake pouch well.
2. Whisk 1/2 Cup Fettuccine Alfredo into 1 1/2 Cups boiling water.
3. Reduce heat to medium and continue cooking for 15 minutes, stirring frequently.



Creamy Potato Soup

1. Shake pouch well.
2. Whisk 1/3 Cup Creamy Potato Soup into 1 1/4 Cups boiling water.
3. Reduce heat to medium and continue cooking for 10 to 15 minutes, stirring frequently.



Hearty Vegetable Chicken Flavored Soup

1. Shake pouch well.
2. Whisk 1/3 Cup Hearty Vegetable Chicken Flavor Soup into 1 1/4 Cups boiling water.
3. Reduce heat to medium and continue cooking for 20 minutes, stirring occasionally.



Banana Chips

Augason Farms Banana Chips can be used in so many ways: as a sweet snack, in trail mix, in hot cereal, or in your favorite cookie recipe. The options are endless. They're perfect for everyday use, long-term food storage or used in your grab-and-go emergency food kit.