



EMERGENCY FOOD STORAGE MEAL PLANNERS

YIELD

1

SERVING EACH

Remove oxygen absorber from packaging and discard. Serving suggestions shown below.



Instant Potatoes

- Whisk 1/2 Cup mix into 1 Cup boiling water.
- Stir until creamy, approximately 1 minute.

Creamy Chicken Rice

- Whisk 1/3 Cup mix into 2/3 Cup boiling water.
- Simmer on low heat for 30 minutes, stirring frequently.

Hearty Vegetable Chicken Soup

- Whisk 1/3 Cup mix into 1 1/3 Cups boiling water.
- Simmer on low heat for 25 minutes, stirring frequently.

Maple Brown Sugar Oatmeal

- Shake bag well.
- Stir 1/3 Cup oatmeal into 1/2 Cup boiling water.
- Cook 1 minute, stirring frequently.

Cheesy Broccoli Rice

- Whisk 1/2 Cup mix into 1 1/3 Cups boiling water.
- Simmer on low heat for 15 to 20 minutes, stirring frequently.

Creamy Potato Soup

- Whisk 1/3 Cup mix into 1 1/4 Cups boiling water.
- Simmer on low heat for 10 to 15 minutes, stirring frequently.

Macaroni and Cheese

- Stir 1/3 Cup macaroni into 1 1/2 Cups boiling water, return to boil.
- Cook uncovered for 10 to 15 minutes, stirring frequently.
- Drain, return to pan, stir in 2 Tbsp cheese powder.

Morning Moo's Milk

- Add 2 Tbsp Morning Moo's to 1/3 Cup warm water, stir.
- Add 2/3 Cup cold water, stir.
- Chill at least 4 hours for best results.

FireOn Fuel Disk (included in 30 Day Food Storage All-In-One pack)

Easy to use, ideally suited for outdoors, water repellent and wind resistant.

SUGGESTED USES:

- Emergency preparedness
- Cooking
- Camping
- Barbeques
- Hiking
- Scouting

DIRECTIONS:

To light: Use a match to light the edge of the FireOn Fuel Disk. (In windy conditions, try breaking off a piece of the fuel disk and lighting it on top of the remaining fuel disk.)

To Extinguish: Smother the FireOn Fuel Disk to remove its source of oxygen.

To Re-light: Place a match on top of the previously burned area.

(Tip: To get the most out of your FireOn Disk, you can break it in half and save half for later use.)

WARNING: Carbon monoxide and fire hazard. Use only in well ventilated areas. These fuel disks consume oxygen and produce carbon monoxide gas, which is poisonous and has no odor. Do not use in an enclosed space such as inside a home, camper, tent, or car.

30 DAY MEAL PLANNER

	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	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	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	
Lunch	Creamy Potato Soup 3 servings Morning Moo's 1 serving Banana Chips 1 serving	Hearty Vegetable Chicken Soup 2 servings Creamy Chicken Rice 3 servings Morning Moo's 1 serving	Creamy Potato Soup 3 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 2 servings Creamy Chicken Rice 3 servings Morning Moo's 1 serving	Creamy Potato Soup 2 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Creamy Potato Soup 2 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Creamy Potato Soup 2 servings Morning Moo's 1 serving	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Creamy Potato Soup 2 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Creamy Chicken Rice 2 servings Banana Chips 1 serving	Cheesy Broccoli Rice 3 servings Morning Moo's 1 serving	Creamy Potato Soup 2 servings	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving
Dinner	Hearty Vegetable Chicken Soup 2 servings Mac & Cheese 2 servings	Creamy Potato Soup 3 servings	Hearty Vegetable Chicken Soup 2 servings Mac & Cheese 2 servings	Creamy Potato Soup 3 servings	Hearty Vegetable Chicken Soup 2 servings Mac & Cheese 2 servings	Creamy Chicken Rice 3 servings	Hearty Vegetable Chicken Soup 2 servings Mac & Cheese 1 serving	Creamy Chicken Rice 3 servings	Hearty Vegetable Chicken Soup 2 servings Mac & Cheese 1 serving	Hearty Vegetable Chicken Soup 2 servings Mac & Cheese 1 serving	Creamy Chicken Rice 3 servings	Hearty Vegetable Chicken Soup 2 servings Mac & Cheese 1 serving	Creamy Chicken Rice 3 servings	Hearty Vegetable Chicken Soup 2 servings Mac & Cheese 1 serving	Creamy Chicken Rice 2 servings	Hearty Vegetable Chicken Soup 2 servings Mac & Cheese 1 serving	Creamy Chicken Rice 2 servings	Hearty Vegetable Chicken Soup 2 servings Mac & Cheese 1 serving	Creamy Chicken Rice 2 servings	Hearty Vegetable Chicken Soup 2 servings Mac & Cheese 1 serving	Creamy Chicken Rice 2 servings	Hearty Vegetable Chicken Soup 2 servings Mac & Cheese 1 serving	Creamy Chicken Rice 2 servings	Hearty Vegetable Chicken Soup 2 servings Mac & Cheese 1 serving	Creamy Chicken Rice 2 servings	Hearty Vegetable Chicken Soup 2 servings Mac & Cheese 1 serving	Creamy Chicken Rice 2 servings	Hearty Vegetable Chicken Soup 2 servings Mac & Cheese 1 serving	Creamy Chicken Rice 2 servings	Cheesy Broccoli Rice 3 servings
Breakfast	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	
Lunch	Creamy Chicken Rice 2 servings Banana Chips 1 serving Morning Moo's 1 serving	Creamy Potato Soup 2 servings Cheesy Broccoli Rice 3 servings	Creamy Chicken Rice 3 servings Banana Chips 1 serving	Creamy Potato Soup 2 servings Banana Chips 1 serving	Cheesy Broccoli Rice 3 servings	Creamy Potato Soup 2 servings Banana Chips 1 serving	Cheesy Broccoli Rice 3 servings Morning Moo's 1 serving	Creamy Potato Soup 2 servings Cheesy Broccoli Rice 3 servings	Creamy Potato Soup 2 servings	Creamy Chicken Rice 2 servings Banana Chips 1 serving	Creamy Potato Soup 2 servings	Creamy Chicken Rice 3 servings	Creamy Potato Soup 2 servings Banana Chips 1 serving	Cheesy Broccoli Rice 3 servings	Creamy Potato Soup 2 servings Banana Chips 1 serving	Cheesy Broccoli Rice 3 servings Morning Moo's 1 serving	Creamy Potato Soup 2 servings Banana Chips 1 serving	Creamy Potato Soup 2 servings Banana Chips 1 serving	Creamy Potato Soup 2 servings Banana Chips 1 serving	Creamy Potato Soup 2 servings	Creamy Chicken Rice 2 servings Banana Chips 1 serving	Creamy Potato Soup 2 servings	Creamy Chicken Rice 2 servings	Creamy Potato Soup 2 servings Banana Chips 1 serving	Cheesy Broccoli Rice 3 servings	Creamy Potato Soup 2 servings Banana Chips 1 serving	Cheesy Broccoli Rice 3 servings	Creamy Potato Soup 2 servings Banana Chips 1 serving	Cheesy Broccoli Rice 3 servings	Creamy Potato Soup 2 servings
Dinner	Cheesy Broccoli Rice 3 servings	Creamy Chicken Rice 2 servings	Cheesy Broccoli Rice 3 servings	Cheesy Broccoli Rice 3 servings	Creamy Potato Soup 2 servings Instant Potatoes 2 servings	Cheesy Broccoli Rice 3 servings	Instant Potatoes 2 servings Cheesy Broccoli Rice 2 servings	Creamy Chicken Rice 2 servings	Instant Potatoes 2 servings	Creamy Chicken Rice 2 servings	Instant Potatoes 2 servings Cheesy Broccoli Rice 3 servings	Creamy Chicken Rice 2 servings	Instant Potatoes 2 servings	Creamy Chicken Rice 2 servings	Instant Potatoes 2 servings	Creamy Chicken Rice 2 servings	Instant Potatoes 2 servings	Creamy Chicken Rice 2 servings	Instant Potatoes 2 servings	Instant Potatoes 2 servings Cheesy Broccoli Rice 2 servings	Instant Potatoes 2 servings	Instant Potatoes 2 servings	Instant Potatoes 2 servings	Instant Potatoes 2 servings	Instant Potatoes 2 servings	Instant Potatoes 2 servings	Instant Potatoes 2 servings	Instant Potatoes 2 servings	Instant Potatoes 2 servings	Instant Potatoes 2 servings

For additional food storage products, visit www.AugasonFarms.com

45 DAY EXTENDED MEAL PLANNER

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11
Breakfast	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings Morning Moo's 1 serving
Lunch	Creamy Potato Soup 2 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 2 servings Creamy Chicken Rice 3 servings	Creamy Potato Soup 2 servings Banana Chips 1 serving	Creamy Chicken Rice 3 servings	Creamy Potato Soup 2 servings Banana Chips 1 serving	Creamy Chicken Rice 3 servings	Creamy Potato Soup 2 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 1 serving Creamy Chicken Rice 2 servings	Creamy Potato Soup 2 servings Banana Chips 1 serving	Hearty Vegetable Chicken Soup 1 serving Creamy Chicken Rice 2 servings	Creamy Potato Soup 2 servings Banana Chips 1 serving
Dinner	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving	Creamy Potato Soup 2 servings	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving	Creamy Potato Soup 2 servings	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving	Creamy Potato Soup 2 servings	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving	Creamy Potato Soup 2 servings	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving	Creamy Potato Soup 2 servings	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving
	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21	DAY 22
Breakfast	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings	Maple Oatmeal 2 servings Morning Moo's 1 serving	Maple Oatmeal 2 servings	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving
Lunch	Creamy Potato Soup 2 servings Banana Chips 1 serving	Creamy Chicken Rice 2 servings	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Creamy Chicken Rice 2 servings	Hearty Vegetable Chicken Soup 2 servings Banana Chips 1 serving	Creamy Chicken Rice 2 servings Banana Chips 1 serving	Cheesy Broccoli Rice 3 servings	Creamy Chicken Rice 2 servings Banana Chips 1 serving	Creamy Chicken Rice 2 servings Banana Chips 1 serving	Cheesy Broccoli Rice 3 servings	Creamy Chicken Rice 2 servings Banana Chips 1 serving
Dinner	Creamy Chicken Rice 2 servings	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving	Creamy Chicken Rice 2 servings Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving	Creamy Chicken Rice 2 servings Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup 2 servings	Creamy Chicken Rice 2 servings	Cheesy Broccoli Rice 3 servings	Cheesy Broccoli Rice 3 servings	Creamy Chicken Rice 2 servings	Cheesy Broccoli Rice 3 servings
	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33
Breakfast	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving
Lunch	Creamy Potato Soup 2 servings Banana Chips 1 serving	Cheesy Broccoli Rice 3 servings Banana Chips 1 serving	Creamy Potato Soup 2 servings Banana Chips 1 serving	Cheesy Broccoli Rice 3 servings	Cheesy Broccoli Rice 3 servings Creamy Potato Soup 1 serving	Creamy Potato Soup 2 servings	Cheesy Broccoli Rice 3 servings	Creamy Potato Soup 2 servings	Cheesy Broccoli Rice 3 servings	Creamy Chicken Rice 2 servings	Creamy Potato Soup 1 serving
Dinner	Cheesy Broccoli Rice 2 servings	Instant Potatoes 3 servings	Cheesy Broccoli Rice 2 servings	Instant Potatoes 2 servings Cheesy Broccoli Rice 2 servings	Creamy Chicken Rice 2 servings	Instant Potatoes 2 servings Cheesy Broccoli Rice 2 servings	Creamy Potato Soup 2 servings	Instant Potatoes 1 serving Cheesy Broccoli Rice 2 servings	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving	Creamy Potato Soup 1 serving	Creamy Chicken Rice 2 servings
	DAY 34	DAY 35	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42	DAY 43	DAYS 44, 45
Breakfast	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving	Maple Oatmeal 1 serving Morning Moo's 1 serving
Lunch	Creamy Chicken Rice 2 servings	Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup 1 serving	Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup 2 servings	Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup 2 servings	Creamy Potato Soup 1 serving	Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup 2 servings	Creamy Chicken Rice 1 serving
Dinner	Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving	Creamy Potato Soup 1 serving	Mac & Cheese 1 serving	Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving	Creamy Potato Soup 1 serving	Mac & Cheese 1 serving	Hearty Vegetable Chicken Soup 1 serving Creamy Chicken Rice 1 serving	Creamy Chicken Rice 2 servings	Hearty Vegetable Chicken Soup 1 serving Mac & Cheese 1 serving

For additional food storage products, visit www.AugasonFarms.com