



EMERGENCY FOOD STORAGE MEAL PLANNERS

YIELD

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







- 1. Whisk 1/2 Cup mix into 1 Cup boiling water
- approximately 1 minute



Creamy Chicken Rice

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

· Barbeques

Hiking

Scouting



Hearty Vegetable

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



Maple Brown Sugar Oatmeal

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



Cheesy Broccoli Rice 1. Whisk 1/2 Cup mix into 1 1/3

- Cups boiling water. Simmer on low heat for
- 2. Simmer on low heat for 10 to 15 minutes, stirring 15 to 20 minutes, stirring frequently.



Macaroni and Cheese

- 1. Stir 1/3 Cup macaroni into 11/2 Cups boiling water, return to boil.
- 2. Cook uncovered for 10 to 15
- minutes, stirring frequently. 3. Drain, return to pan, stir in 2 Tbsp cheese powder
- best results.
- 1. Add 2 Tbsp Morning Moo's to 1/3 Cup warm water, stir. 2. Add 2/3 Cup cold water, stir. 3. Chill at least 4 hours for

Morning Moo's Milk

- 2. Stir until creamy,

Chicken Soup

- 11/3 Cups boiling water

Maple Oatmeal

2 servings

Mac & Cheese

2 servings

30 DAY MEAL PLANNER

Maple Oatmeal

Morning Moo's

Creamy Potato Soup

3 servings

Banana Chips

1 serving

DAY 4

2 servings 1 serving

2 servings 3 servinas

Creamy Potato Soup 2 servings Banana Chips 1 serving

. Whisk 1/3 Cup mix into 1 1/4 Cups boiling water.

DAY 5

Manle Oatmeal

2 servings

Morning Moo's

Hearty Vegetable Chicken Soup 2 servings

Maple Oatmeal 2 servings 2 servings Morning Moo's

DAY 6

1 serving

Creamy Potato Soup 2 servings 1 serving

Creamy Chicken Rice Morning Moo's

DAY 7

1 serving

DAY 8

2 servings

1 serving

2 servings

SUGGESTED USES:

and wind resistant

Emergency preparednessCooking

Food Storage All-In-One pail)

- Camping
- 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.)

FireOn Fuel Disk (included in 30 Day

Easy to use, ideally suited for outdoors, water repellent

- 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.

DAY 1

2 servings

1 serving	1 serving
Creamy Potato Soup 3 servings Morning Moo's 1 serving Banana Chips 1 serving	Hearty Vegetable Chicken Soup 2 servings Creamy Chicken Ric 3 servings Morning Moo's 1 serving
Hearty Vegetable Chicken Soup 2 servings	Creamy Potato Sou 3 servings

Hearty Vegetable Chicken Soup 2 servings Mac & Cheese 2 servings

3 servings

1 serving

Mac & Cheese 2 servings

2 servings 3 servings Hearty Vegetable Chicken Soup 2 servings Mac & Cheese 2 servings

DAY 18

3 servings

1 serving

2 servings 3 servings

DAY 9 **DAY 10** Maple Oatmeal

Morning Moo's

2 servings 1 serving

Maple Oatmeal 1 serving Morning Moo's

Creamy Potato Soup

DAY 11

1 serving 1 serving

DAY 12

Maple Oatmeal Morning Moo's

Creamy Potato Soup

Hearty Vegetable

Chicken Soup

2 servings

Mac & Cheese

1 serving

DAY 13

1 serving 1 serving

DAY 14

Maple Oatmeal Morning Moo's

2 servings 1 serving

2 servings

1 serving

DAY 16

Maple Oatmeal 2 servings Morning Moo's

DAY 17

Creamy Chicken Rice

2 servings

Banana Chips

1 serving

2 servings 1 serving

Maple Oatmeal 2 servings Morning Moo's

DAY 19

Creamy Potato Soup Creamy Chicken Rice 2 servings Morning Moo's

1 serving

DAY 20

2 servings

1 serving

2 servings

1 serving

1 serving

Hearty Vegetable 2 servings Chicken Soup 1 serving 2 servings

2 servings 1 serving 1 serving

Hearty Vegetable Chicken Soup 1 serving Mac & Cheese

2 servings

Creamy Chicken Rice 2 servings Banana Chips 1 serving

1 serving 1 serving

3 servings

2 servings Creamy Chicken Rice 2 servings

2 servings 1 serving 1 serving

3 servings

1 serving Creamy Chicken Rice 2 servings

Hearty Vegetable

Chicken Soup

2 servings

Mac & Cheese

DAY 26

2 servings

1 serving

Creamy Potato Soup

2 servings

Banana Chips

DAY 15

2 servings

Hearty Vegetable 2 servings Chicken Soup 2 servings Mac & Cheese

Cheesy Broccoli Rice

3 servings

Creamy Potato Soup

2 servings

Creamy Chicken Rice

2 servings

Mac & Cheese 2 servings

Lunch

DAY 21

Maple Oatmeal

1 serving

Morning Moo's

Creamy Potato Soup

Cheesy Broccoli Rice

3 servings

DAY 22

2 servings 1 serving

Maple Oatmeal 2 servings Morning Moo's

DAY 23

Creamy Potato Soup

Banana Chips

1 serving

2 servings 1 serving

3 servings

DAY 24

Maple Oatmeal 2 servings Morning Moo's 1 serving

DAY 25

Creamy Potato Soup 3 servings 1 serving

Maple Oatmeal 2 servings Morning Moo's

DAY 27

1 serving

Cheesy Broccoli Rice

3 servings

1 serving Creamy Potato Soup

DAY 28

2 servings

2 servings

1 serving

1 serving Morning Moo's 1 serving

DAY 29

Maple Oatmeal

Creamy Potato Soup

Cheesy Broccoli Rice

3 servings

2 servings 1 serving

2 servings

DAY 30

Lunch

3 servings Dinner

Creamy Chicken Rice

3 servings

3 servings

1 serving

Cheesy Broccoli Rice

2 servings 2 servings Cheesy Broccoli Rice

Banana Chips

1 serving

2 servings 2 servings

Creamy Chicken Rice

2 servings 3 servings Creamy Chicken Rice

2 servings 2 servings

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20094_30-45DayMealPlanner[r1.0.8].indd 1 1/27/16 12:17 PM

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
	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	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
С	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 Soi 2 servings Banana Chips 1 serving
	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
	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
C	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 Ri 2 servings Banana Chips 1 serving
С	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 R 3 servings
	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33
	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
C	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 So 1 serving
С	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 R 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
	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
С	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 R 1 serving
6	Creamy Potato Soup	Hearty Vegetable Chicken Soup	Creamy Potato Soup	Mac & Cheese 1 serving	Creamy Potato Soup 1 serving	Hearty Vegetable Chicken Soup	Creamy Potato Soup	Mac & Cheese 1 serving	Hearty Vegetable Chicken Soup	Creamy Chicken Rice 2 servings	Hearty Vegetabl Chicken Soup

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