



30-DAY DELUXE EMERGENCY FOOD SUPPLY

30-DAY MEAL PLANNER

With Single-Serving Prep Instructions

	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	Maple Oatmeal 2 servings Morning Moo's® Milk 1 serving	Buttermilk Pancakes 2 servings Morning Moo's® Milk 1 serving	Maple Oatmeal 2 servings Morning Moo's® Milk 1 serving	Buttermilk Pancakes 2 servings Morning Moo's® Milk 1 serving	Maple Oatmeal 2 servings	Buttermilk Pancakes 2 servings Morning Moo's® Milk 1 serving	Maple Oatmeal 2 servings Morning Moo's® Milk 1 serving	Strawberry-Flavored Creamy Wheat 2 servings	Maple Oatmeal 2 servings	Buttermilk Pancakes 2 servings Morning Moo's® Milk 1 serving	Maple Oatmeal 2 servings Morning Moo's® Milk 1 serving	Strawberry-Flavored Creamy Wheat 1 serving Morning Moo's® Milk 1 serving	Maple Oatmeal 2 servings Morning Moo's® Milk 1 serving	Buttermilk Pancakes 2 servings Morning Moo's® Milk 1 serving	Maple 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 serving Cheesy Broccoli Rice 1 serving	Creamy Chicken-Flavored Rice 1 serving 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 serving Banana Chips 1 serving	Creamy Chicken-Flavored Rice 1 serving 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 serving 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 serving Hearty Vegetable Chicken-Flavored Soup 1 serving Banana Chips 1 serving	Creamy Chicken-Flavored Rice 1 serving Cheesy Broccoli Rice 1 serving	Creamy Chicken-Flavored Rice 1 serving Cheesy Broccoli Rice 1 serving	Creamy Chicken-Flavored Rice 1 serving Cheesy Broccoli Rice 1 serving	Creamy Chicken-Flavored Rice 1 serving Cheesy Broccoli Rice 1 serving	Creamy Chicken-Flavored Rice 1 serving Cheesy Broccoli Rice 1 serving	Hearty Vegetable Chicken-Flavored Soup 1 serving Cheesy Broccoli Rice 1 serving
Total Servings:	7	7	7	7	7	7	7	7	7	7	7	6	7	7	6

	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-Flavored Creamy Wheat 1 serving Morning Moo's® Milk 1 serving	Maple Oatmeal 2 servings	Buttermilk Pancakes 2 servings	Maple Oatmeal 2 servings Strawberry-Flavored Wheat Creamy Wheat 1 serving	Strawberry-Flavored Creamy Wheat 1 serving Morning Moo's® Milk 1 serving	Maple Oatmeal 2 servings	Strawberry-Flavored Creamy Wheat 1 serving Morning Moo's® Milk 1 serving	Maple Oatmeal 2 servings	Strawberry-Flavored Creamy Wheat 1 serving Morning Moo's® Milk 1 serving	Strawberry-Flavored Creamy Wheat 1 serving Morning Moo's® Milk 1 serving	Buttermilk Pancakes 2 servings Morning Moo's® Milk 1 serving	Maple Oatmeal 2 servings	Maple Oatmeal 2 servings Morning Moo's® Milk 1 serving	Maple 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 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	Creamy Potato Soup 2 servings	Hearty Vegetable Chicken-Flavored Soup 2 servings	Hearty Vegetable Chicken-Flavored Soup 2 servings	Fettuccine Alfredo 1 serving	Spanish Rice 1 serving Fettuccine Alfredo 1 serving	Fettuccine Alfredo 1 serving	Fettuccine Alfredo 1 serving
Dinner	Creamy Chicken-Flavored Rice 1 serving Cheesy Broccoli Rice 1 serving	Hearty Vegetable Chicken-Flavored Soup 1 serving Cheesy Broccoli Rice 1 serving	Creamy Chicken-Flavored Rice 1 serving Cheesy Broccoli Rice 1 serving	Hearty Vegetable Chicken-Flavored Soup 1 serving 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 serving Cheesy Broccoli Rice 1 serving Banana Chips 1 serving	Cheesy Broccoli Rice 1 serving	Creamy Chicken-Flavored Rice 1 serving Cheesy Broccoli Rice 1 serving	Creamy Chicken-Flavored Rice 1 serving 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 serving 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 serving 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 serving Cheesy Broccoli Rice 1 serving
Total Servings:	6	6	7	7	7	7	5	6	6	7	7	6	7	7	6

Single-Serving Prep Instructions

Each pouch contains an oxygen absorber. Upon opening pouch, please remove oxygen absorber and discard.



Morning Moo's® Milk® Low Fat Milk Alternative

1. Whisk 2 tbsp. milk powder into 1/4 cup warm water, whisk until dissolved
2. Add 3/4 cup cold water, stir well
3. For best results, chill overnight



Maple Brown Sugar Oatmeal

1. Stir 1/4 cup oatmeal into 1/3 cup boiling water
2. Cook 2 minutes, stir frequently
3. Let stand 3 minutes



Strawberry-Flavored Creamy Wheat

1. Whisk 1/4 cup creamy wheat into 1 cup boiling water
2. Return to a boil
3. Cook 10 minutes or until thickened, stir frequently



Buttermilk Pancakes

1. Preheat oiled skillet/griddle to 375°F
2. Stir 1/3 cup pancake mix into 1/4 cup cold water (adjust for desired consistency)
3. Cook pancakes 1 to 1 1/2 minutes per side or until golden brown, turn only once



Cheesy Broccoli Rice

1. Whisk 1/3 cup rice mix into 3/4 cup boiling water
2. Reduce heat to medium
3. Cook 20 minutes or until rice reaches desired level of firmness, stir frequently



Creamy Chicken-Flavored Rice

1. Whisk 1/3 cup rice mix into 2/3 cup boiling water
2. Reduce heat to medium
3. Cook 20 minutes or until reaches desired level of firmness, stir frequently
4. Let stand 5 to 6 minutes



Spanish Rice

1. Whisk 1/4 cup rice mix into 2/3 cup boiling water
2. Cover and reduce heat to low
3. Cook 20 to 25 minutes



Fettuccine Alfredo

1. Whisk 1/2 cup alfredo mix into 1 cup boiling water
2. Reduce heat to medium
3. Cook 15 minutes, stir frequently
4. Let stand 5 to 6 minutes



Creamy Potato Soup

1. Whisk 1/3 cup soup mix into 1 cup boiling water
2. Reduce heat to medium
3. Cook 10 to 15 minutes, stir frequently



Hearty Vegetable Chicken-Flavored Soup

1. Whisk 1/3 cup soup mix into 1 1/4 cups boiling water
2. Reduce heat to medium
3. Cook 20 minutes, stir frequently



Banana Chips

No prep required. Enjoy as a snack or add to cereals, granolas and desserts.