

Disaster Meal Plan

Day 1	Day 2	Day 3
Breakfast: -Power Almond Butter Breakfast Wrap -½ cup Unsweetened Applesauce	Breakfast: Whole Grain Cereal With Shelf-Stable Milk -¾ cup Canned Pineapple	Breakfast: -Chocolate and Mango Oatmeal
AM Snack: -1 cup Canned Peaches	AM Snack: -1 cup Canned Pears	AM Snack: -½ cup Applesauce
Lunch: -Tahini Tuna With Crackers -Sweet Beet Salad -½ cup Canned Cherries	Lunch: -Hearty Bruschetta Focaccia -1 cup Parsley Green Beans -¾ cup Canned Mandarin Oranges	Lunch: 2 Southwest Tacos -½ cup Canned Refried Beans -½ cup Canned Peaches
PM Snack: -¼ cup Tropical Paradise Trail Mix -1 c. Shelf-Stable Milk	PM Snack: -Coconut Rolled Dates -1 cup Shelf-Stable Milk	PM Snack: -2 Lemon Blueberry Energy Bites -1 cup Shelf-Stable Milk
Dinner: -Pita Pizza Pocket -½ cup Black Bean and Chickpea Salad -½ cup Canned Pears	Dinner: -2 oz. Sweet Chili Salmon Stir-Fry -Hearty Marinated Salad -¾ cup canned fruit cocktail	Dinner: -Jerky Green Bean Salad -½ cup Parmesan Peas -½ cup Canned Mandarin Oranges
Snack: -Fluff-a-Nutter -1 cup Shelf-Stable Milk	Snack: -5 Graham Crackers -1 cup Shelf-Stable Milk	Snack: -8 Vanilla Wafers -1 cup Shelf-Stable Milk
Total kcal: 2030 CHO: 303g Protein: 71g Fat: 65g Sodium: 2160 mg Fiber: 44g	Total kcal: 1950 CHO: 252g Protein: 81g Fat: 75g Sodium: 2250 mg Fiber: 39g	Total kcal: 2020 CHO: 286 g Protein: 81 g Fat: 71 g Sodium: 2130 mg Fiber: 47 g

- Family of 4
- Requires no refrigeration or hot preparation