

## 6-DAY EMERGENCY FOOD STORAGE MEAL PLAN FOR 2,000 CALORIE DIET (FEMALE)

(This meal plan is a sample. Consult your doctor regarding appropriate foods for your individual nutritional needs and health conditions.)

Day	Breakfast	Lunch	Afternoon Snack	Dinner	Snack	Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	% fat	%protein	% carbohydrates
1	All-Bran Strawberry Medley Cereal with 8 oz glass nonfat milk and 20 oz can Dole pineapple chunks in juice	3 oz. StarKist solid white Albacore tuna with 1 Tbsp mayonnaise on 4 Ryvita rye and oat bran crispbread crackers with 2 5.5 oz cans V8 juice	2 Quaker salt-free Rice cakes with 4 Tablespoons Skippy super chunk peanut butter	Whole wheat spaghetti (double the portion indicated on the box) with Rinaldi To Be Healthy Lo Sodium Spicy Marinara Sauce	2 oz. raw cashews	2119	67	12	50	1817.5	2087.5	254.75	42.75	17	17	66
2	Quaker plain instant oatmeal made with nonfat powdered milk and ¼ cup raisins with 1 glass instant hot chocolate	California Gold Rush White Bean chili mix made with 1 can artichoke hearts and Wylers no salt chicken bullion with slice of Marie Callender's cornbread (made from add water mix)	Plain air-popped popcorn (a huge quantity, 3 servings)	Happy Pho brown rice noodle soup adding canned shrimp and unsalted peanuts. 2-5.5 oz cans low sodium V8 juice.	9 Hershey's kisses	2012	39.12	9.4	160	1776.5	3237.5	355.35	63.15	9	18	73
3	Arrowhead Mills organic oat bran pancake mix with chopped dates added into the mix, served with maple syrup	Salmon and chickpea salad made with canned salmon, low sodium chickpeas and low sodium canned tomato and onion with Hodgson Mill honey whole wheat quick bread	2 servings SunMaid fruit bits dried fruit	Couscous chicken apricot salad (with couscous, spices, canned chicken, dried apricots, mandarin oranges and sliced almonds)	2 oz. raw cashews	1957	46	7.6	183.4	1607.4	1898.9	183.94	27.8	15	25	60
4	All-Bran Strawberry Medley Cereal with 8 oz glass nonfat milk and 20 oz can Dole pineapple chunks in juice	Frontier Soup Potato Leek Soup with Wylers no salt chicken bullion and Del Monte no salt mixed vegetables with Hodgson Mill honey whole wheat quick bread and hot chocolate made with powdered milk	2 oz. raw cashews	4 corn tortillas with low sodium black beans, salsa and sliced black olives	9 Hershey's kisses	2040	34.5	11	20	1705	2540	316	41	9	18	73
5	2 biscuits made from Carbquik mix, served with add-water gravy mix. No sugar added applesauce and one serving Sun-Maid fruit bits dried fruit	2 Quaker salt-free rice cakes with 1 T honey and 4T Skippy super chunk peanut butter with a glass of nonfat powdered milk	2 servings SunMaid fruit bits dried fruit	2 corn tortillas with Harvest Direct soy taco mix and 1 can no salt added diced tomatoes with roasted onion	2 oz. raw cashews	1940	58.5	11	5	1395	1645	182	41	20	20	60
6	Quaker plain instant oatmeal made with nonfat powdered milk and ¼ cup raisins with 1 glass instant hot chocolate	1 Can Campbell's Low sodium chicken noodle soup with 1 can CVS Liquid Nutrition vanilla flavor	2 Quaker salt-free Rice cakes with 4 Tablespoons Skippy super chunk peanut butter	5 Galil stuffed grape leaves with 3-bean salad made of low/no salt chickpeas, green beans and kidney beans. 2 5.5 oz cans low sodium V8 juice	9 Hershey's kisses	2074	71.5	17	50	1788.5	3447.5	292.75	32.75	17	17	66