



Sample Weekly Preparedness Menu

Short-term Food Storage, while not the basis of our survival, is still an integral part of preparedness to get us through short term crises or get us over the initial hump of a long-term crisis.

And the backbone of our short-term stash is, you guessed it, a menu!

Whether you just need inspiration for filling out parts of your own menu or you just want a menu that's tried and true from someone who's already "Been there. Done that. Bought the T-shirt." This guide and menu is for you!

I have taken this menu and multiplied the ingredients by 12 so that I have a three month short-term supply using each of these meals.

Sunday

Breakfast

Hashbrown casserole

[3 C potato dices](#)

[1 C whole dried egg powder](#)

2 ½ C warm water

1 C sausage crumbles

½ C freeze dried cheddar cheese

1 tsp salt

½ tsp pepper

1 tsp mustard powder

Directions:

- 1.) Spray a 8x13 pan with cooking spray. Layer the potato dices on the bottom
- 2.) Mix the water, egg powder, sausage, cheddar cheese, salt, pepper, and mustard powder together. Pour over potato dices
- 3.) Bake at 350 for 1 hour.

Lunch

Macaroni and Cheese with Peas

2-3 boxes boxed Macaroni and cheese prepared according to directions.

1 can green peas drained

Dinner

Mexicale Pie (Serves 8-10)

2 15 oz cans black beans

2 15 oz cans pinto beans

1 12 oz can Rotel

1 Box Instant Rice

1 C [ground beef crumble](#)

⅓ C [whole egg powder](#)

5 1/2 C water

¼ C + 1 T [non-fat dry milk powder](#)

1 C freeze dried cheddar cheese

1 jar queso
½ C taco seasoning mix

Directions:

- 1.) Spray a crockpot down with cooking spray
- 2.) Drain and rinse beans
- 3.) Mix all the ingredients together in the crockpot
- 4.) Cook on low 6-8 hours
- 5.) Serve with Taco sauce and a salad if you have it or serve it on tortillas

Monday

Breakfast

Oatmeal

5 C Water
4 C [Oats](#)
½ C brown sugar, maple syrup, or honey
½ C raisins

Directions:

- 1.) Bring the water to a boil
- 2.) Stir in the oats.
- 3.) Simmer until soft, but still a bit soupy.
- 4.) Remove from heat and add sweetener and raisins.

Lunch

Spam and Beans (Serves 5-7)

1 # 10 can of Pork and Beans
½ C Brown sugar
½ C ketchup
2 cans Spam

Directions:

- 1.) Use cooking spray on a 9x13 baking dish.
- 2.) Mix Pork and beans, brown sugar, and ketchup. Pour into the baking dish.
- 3.) Cut the Spam and lay on top of the beans.
- 4.) Bake at 350 for 30 minutes.

Dinner

Spaghetti

2 boxes spaghetti
7 C water
1 C [tomato powder](#)
1 C [ground hamburger crumbles](#)
¼ C flour
2 T basil
1 ½ T oregano
1 ½ T parsley
1 T pepper
1 T salt
½ T garlic powder
½ T onion powder
1 tsp thyme

Directions:

- 1.) Cook spaghetti noodles according to instructions
- 2.) Mix all the rest of the ingredients together and heat over medium heat until heated through and thick

Tuesday

Breakfast - Two Options

Cinnamon Raisin Granola - Make this ahead of time

6 C Oats
1 C raisins
1 C sunflower seeds
1 C unsweetened coconut flakes
1 C nut of your choice
1 C pumpkin seeds (optional)
¼ C cinnamon
⅔ C coconut oil
⅔ C honey

Directions:

- 1.) Spray 9x13 glass baking dish with cooking spray
- 2.) Mix oats, raisins, sunflower seeds, coconut flakes, nuts, and cinnamon in the baking dish.
- 3.) In a small sauce pan heat coconut oil and honey until melted and combined.

- 4.) Pour over the mixture in the baking dish and mix thoroughly.
- 5.) Bake at 250 degrees for 1 hour.

Chocolate Chunk Granola - Make this ahead of time

6 C oats
1 C chocolate chips
1 C sunflower seeds
1 C unsweetened coconut flakes
1 C nut of your choice
1 C pumpkin seeds (optional)
 $\frac{1}{4}$ C cocoa powder
 $\frac{2}{3}$ C coconut oil
 $\frac{2}{3}$ C honey

Directions:

- 6.) Spray 9x13 glass baking dish with cooking spray
- 7.) Mix oats, chocolate chips, sunflower seeds, coconut flakes, nuts, and cocoa powder in the baking dish.
- 8.) In a small sauce pan heat coconut oil and honey until melted and combined.
- 9.) Pour over the mixture in the baking dish and mix thoroughly.
- 10.) Bake at 250 degrees for 1 hour.

Lunch

Chicken Patties

36 oz canned chicken
6 T egg powder
 $\frac{1}{2}$ C + 1 T water
 $\frac{1}{4}$ ground oats
2 T mayo
1 T mustard powder
 $\frac{1}{4}$ C taco seasoning mix
1 $\frac{1}{2}$ T parsley

Directions:

- 1.) Melt $\frac{1}{2}$ T coconut oil in a frying pan
- 2.) Mix all ingredients together.
- 3.) Patty up 2-3 T of the chicken or mixture and fry it in the coconut oil until brown and crispy on the outside.
- 4.) Serve with a vegetable.

Dinner

Ham and Bean Soup

6 C [bean soup mix](#)
½ C [bouillon mix](#)
1 gallon water
2 C [freeze dried ham dices](#)
1 T salt
¼ C [freeze dried carrots](#)
¼ C [freeze dried celery](#)
2 T [oregano](#)
2 T [basil](#)

Directions:

- 1.) The night before put 6 C of bean soup mix in a crockpot. Cover with 1 gallon of water. Turn the crockpot on high for 1 hour.
- 2.) Turn the crockpot off and let the beans sit overnight.
- 3.) The next morning, drain and rinse the beans.
- 4.) Return the beans to the crockpot and mix in all other ingredients.
- 5.) Cook on low for 6-8 hours.

Wednesday

Breakfast

Grits (feeds 4)

4 C Boiling Water
2 C Grits
½ tsp water

Flavor options:

Sweet - ⅓ C Honey or maple syrup

Savory - ½ C grated cheese & 1 T taco seasoning mix

Directions:

- 1.) Boil Water
- 2.) Whisk in the grits and salt
- 3.) Once it thickens, remove from heat

- 4.) Flavor your grits

Lunch

Cheeseburger macaroni

- 1 Box Macaroni
- ½ C Freeze dried hamburger
- 2 C milk (can use powdered milk)
- 1 C shredded cheese (you can use ½ C freeze dried cheese)
- ½ tsp salt
- 1 tsp mustard powder
- 1 tsp chili powder

Directions:

- 1.) Boil Macaroni in a pot.
- 2.) In a second pot, heat your milk over medium low heat, stirring constantly so as not to scorch the milk.
- 3.) As the milk warms up and starts to steam sprinkle in the shredded cheese until it's all melted.
- 4.) After the cheese is melted add the hamburger, salt, mustard powder, and chili powder.
- 5.) Once the macaroni is al dente, drain off the liquid. Pour the cheese sauce over the macaroni. Sprinkle with additional cheese if you'd like, and serve.

Dinner

Chili

- 3 - 30 oz cans of pinto beans
- #10 can of tomato sauce (I buy from Costco)
- 1 # hamburger (or 1 C freeze dried hamburger)
- ½ C chili powder
- ½ C taco seasoning mix

Optional Serving Suggestions:

- Corn Chips or Tortilla Chips
- Shredded Cheese
- Sour Cream

Directions:

- 1.) Put all the ingredients in a large pot on the stove (or in a slow cooker) and stir well to mix.
- 2.) Heat until thorough warmed and serve.

Thursday

Breakfast

Apple Crisp - Serves 4

Ingredients:

4 cups apples (you can use rehydrated free-dried apples)

⅓ C sweetener (sugar or honey)

2 C oats

½ C ghee

½ brown sugar or honey

1 tsp cinnamon, cloves, or nutmeg

1 tsp vanilla

Directions:

- 1.) Preheat oven to 375 degrees.
- 2.) Combine either sliced or whole fruit with the sweetener and mix thoroughly. Pour into a greased eight- by eight-inch pan.
- 3.) In a separate bowl, mix oats, brown sugar or honey, spices, and vanilla.
- 4.) Cut the mixture into the ghee. Sprinkle mixture over top of the fruit.
- 5.) Bake at 375 degrees for thirty minutes.

Lunch

White Chicken Chili - Serves 4

Ingredients:

3 - 15 oz cans of northern beans

1 qt chicken broth

1 can chicken

1 can Rotel

1 can corn

1 T freeze Dried onions (or more if you like your soup 'oniony')

¼ C Freeze dried celery

1 tsp garlic powder

1 tsp salt

1 T taco seasoning mix

Optional Serving Suggestions:

Tortilla Chips
Mozzarella Cheese
Sour Cream

Directions:

- 1.) Combine all ingredients in a pot on the stove (or in a slow cooker)
- 2.) Heat until warm and Serve.

Dinner

Chinese Surprise (serves 4)

Ingredients:

2-20 oz cans pineapple chunks (in juice)
½ C ketchup
½ C brown sugar
½ C vinegar (I've used both white and apple cider vinegar)
2 T arrowroot powder
2 T Worcestershire (You can purchase worchestershire powder on amazon for food storage purposes)
½ tsp mustard powder
1 tsp ginger
1 can chicken
4 C prepared rice

Optional Serving Suggestions

⅓ cashews or peanuts
¼ C shredded coconut

Directions:

- 1.) Start preparing your rice. I like to use instant rice from Aldi.
- 2.) Drain the juice from the cans of pineapple into a measuring cup. Reserve the chunks. The juice should equal 1 ½ C. If not, add enough water to the juice so that the liquid equals 1 ½ C.
- 3.) Heat the juice/juice +water in a large/deep skillet. Add ketchup, brown sugar, vinegar, Worcestershire, mustard, and ginger into the skillet and stir with a whisk.
- 4.) Once the mixture heats up and starts to give off wisps of steam, remove one cup of liquid from skillet. Add the arrowroot powder to this liquid with a fork until it forms a 'liquidy' paste. Pour this back into the skillet whisking steadily. This will thicken your mixture.
- 5.) Once your sauce has begun to thicken, add the can of chicken (drained and crumbled into the skillet) and the pineapple chunks.

6.) Serve over the prepared rice. Garnish with optional serving suggestions.

Friday

Breakfast

Chocolate Peanut Butter Muffins

2 C white flour
2 C wheat flour (fresh ground is best)
½ C egg powder
2 T+1 tsp Non-fat dry milk powder
1 ½ C water
1 T + 1 tsp baking powder
1 tsp salt
¼ C ghee or butter
1 ⅓ C creamy peanut butter
2 C packed brown sugar
2 C chocolate chips

Directions:

- 1.) Preheat the oven (or herc oven) to 350. A solar oven will work too.
- 2.) Mix the flours, baking powder, and salt together in one bowl.
- 3.) Beat ghee, peanut butter, and brown sugar together in a second bowl until well incorporated.
- 4.) To the second bowl, add egg powder, milk powder, and water.
- 5.) Add the flours to the second bowl.
- 6.) Once thoroughly mixed together, add chocolate chips.
- 7.) Bake at 350 for 10-12 minutes or until a toothpick comes out clean.

Lunch

Smoothies - Serves 2 large or 4 small smoothies

4 C water
¼ C + 2T non-fat dry milk powder
¼ C cocoa powder
¼ C Peanut butter (or peanut butter powder)
¼ tsp stevia powder
(optional) ¼ C protein powder
1 tsp vanilla
2 C ice

Directions:

- 1.) Add water, milk powder, cocoa powder, peanut butter (or peanut butter powder), stevia, and vanilla to a blender. Blend well.
- 2.) Add ice and blend again.
- 3.) If using protein powder, add now and blend again, letting it go for about 1 minute. This will aerate the smoothie and it will increase in volume.
- 4.) Serve

Dinner

Tortilla Soup - Serves 4

Ingredients:

15 oz cans black beans
15 oz cans pinto beans
15 oz cans kernel corn
2 - 15 oz cans chicken broth
1 can chicken
3 - 6 oz can tomato sauce

Optional Serving Suggestions

Tortilla Chips
Shredded Cheddar Cheese
Sour Cream

Directions:

- 1.) Add all ingredients to a pot (or a slow cooker).
- 2.) Heat until warm and serve.

Saturday

Breakfast

Granola

When I make granola, we make enough for 2 weeks, so there should either be plenty left over from Monday. The other option is that you make the other kind of granola suggested on Monday.

Lunch

PB&J and chips - If you don't know how to make bread or you have no bread in your freezer, you could substitute tortillas or crackers. When my kids were little, we used to make PB&J tortilla wraps. And while tortillas are time consuming, they are easier to make than bread is.

Dinner

Chicken Alfredo - Serves 4

Ingredients:

1 box linguine noodles
2 C water
1 C Magic Mix (This recipe can be found in the Freebie "10 Best Recipes from My Book")
½ C (green can type) parmesan cheese
1 tsp garlic powder
½ tsp onion powder
1 can chicken

Directions:

- 1.) Prepared linguini according to directions on the box.
- 2.) Mix water, magic mix, parmesan cheese, garlic powder, and onion powder together in a saucepan on the stove top or butane burner.
- 3.) Open and drain the liquid off the can of chicken. Crumble the chicken into the sauce.
- 4.) Serve over the cooked linguine.