



EMERGENCY NUTRITION

72 HOUR MEAL PLANING GUIDE



***STICK TO YOUR MEAL PLANS!**

Emergencies have different effects on different people. Some will eat more under stress and activity, and others will eat less and do less.

Forever Farms developed this meal plan as your guide to evenly ration nutrition and calories, and help support your body and mind through challenging times.

PLEASE KEEP IT WITH YOU AS A GUIDE. PACE YOURSELF AND THRIVE!

*Age, gender, and activity level significantly impact daily caloric requirements.

MEAL	BREAKFAST		LUNCH		DINNER	
	Food	Servings	Food	Servings	Food	Servings
DAY 1 1880 Calories	Maple Brown Sugar Oatmeal	1	Cheesy Chive Mashed Potatoes	1	Creamy Chicken Flavored Mashed Potatoes	1
	Chocolate Protein Shake	1	Shepherd's Pie Mashed Potatoes	1	Shepherd's Pie Mashed Potatoes	1
DAY 2 1890 Calories	Maple Brown Sugar Oatmeal	1	Creamy Chicken Flavored Mashed Potatoes	1	Cheesy Chive Mashed Potatoes	1
	Vanilla Protein Shake	1	Shepherd's Pie Mashed Potatoes	1	Creamy Chicken Flavored Mashed Potatoes	1
DAY 3 2170 Calories	Maple Brown Sugar Oatmeal	1	Creamy Chicken Flavored Mashed Potatoes	1	Cheesy Chive Mashed Potatoes	1
			Shepherd's Pie Mashed Potatoes	1		
	Chocolate Protein Shake	1	Cheesy Chive Mashed Potatoes	1	Shepherd's Pie Mashed Potatoes	1



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4 DAY MEAL PLANING GUIDE



25
YEAR
SHELF LIFE*



JUST ADD
WATER

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MEAL	BREAKFAST		SNACK		LUNCH		DINNER	
	Food	Servings	Food	Servings	Food	Servings	Food	Servings
DAY 1 2270 Calories	Maple Brown Sugar Oatmeal	2	Banana Chips	2	Creamy Potato Soup	2	Creamy Stroganoff	1
					Creamy Chicken Flavored Rice	2	Hearty Vegetable Chicken Flavored Soup	2
DAY 2 2270 Calories	Maple Brown Sugar Oatmeal	2	Banana Chips	2	Creamy Potato Soup	2	Creamy Stroganoff	1
					Creamy Chicken Flavored Rice	2	Hearty Vegetable Chicken Flavored Soup	2
DAY 3 2390 Calories	Maple Brown Sugar Oatmeal	3	Banana Chips	2	Creamy Potato Soup	2	Creamy Stroganoff	1
					Creamy Chicken Flavored Rice	2	Hearty Vegetable Chicken Flavored Soup	2
DAY 4 2390 Calories	Maple Brown Sugar Oatmeal	3	Banana Chips	2	Creamy Potato Soup	2	Creamy Stroganoff	1
					Creamy Chicken Flavored Rice	2	Hearty Vegetable Chicken Flavored Soup	2



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**EMERGENCY NUTRITION
7 DAY MEAL PLANNING GUIDE**



25
YEAR
SHELF LIFE*



JUST ADD
WATER

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MEAL	BREAKFAST		SNACK		LUNCH		DINNER	
	Food	Servings	Food	Servings	Food	Servings	Food	Servings
DAY 1 2260 Calories	Whole Egg	2	Milk Mix	1	Sweet Corn	4	Hearty Vegetable Chicken Flavored Soup	3
	Sliced Strawberries	5	Banana Chips	1	Creamy Potato Soup	3	Sweet Corn	4
	Milk Mix	2	Sliced Strawberries	3				
DAY 2 2280 Calories	Whole Egg	3	Milk Mix	1	Spanish Rice	3	Hearty Vegetable Chicken Flavored Soup	3
	Sliced Strawberries	5	Banana Chips	1			Sweet Corn	4
	Milk Mix	2	Sliced Strawberries	3				
DAY 3 2305 Calories	Maple Brown Sugar Oatmeal	3	Milk Mix	1	Broccoli Rice & Cheese	2	Spanish Rice	2
	Milk Mix	2	Banana Chips	2			Broccoli Rice & Cheese	1
			Sliced Strawberries	3	Sweet Corn	1	Sweet Corn	3
DAY 4 2305 Calories	Maple Brown Sugar Oatmeal	3	Milk Mix	1	Hearty Vegetable Chicken Flavored Soup	2	Creamy Potato Soup	1
	Milk Mix	2	Banana Chips	1	Creamy Potato Soup	1	Spaghetti Marinara	2
			Sliced Strawberries	3	Sweet Corn	1	Sweet Corn	3
DAY 5 2320 Calories	Maple Brown Sugar Oatmeal	4	Milk Mix	1	Broccoli Rice & Cheese	2	Spaghetti Marinara	3
	Sliced Strawberries	2	Banana Chips	1			Sweet Corn	3
	Milk Mix	1	Sliced Strawberries	2				
DAY 6 2370 Calories	Whole Egg	3	Milk Mix	1	Spaghetti Marinara	3	Creamy Potato Soup	3
	Sliced Strawberries	5	Banana Chips	1			Sweet Corn	2
	Milk Mix	2	Sliced Strawberries	3				
DAY 7 2400 Calories	Whole Egg	2	Milk Mix	1	Spanish Rice	3	Broccoli Rice & Cheese	3
	Sliced Strawberries	3	Banana Chips	1			Sweet Corn	3
	Milk Mix	2	Sliced Strawberries	3	Sweet Corn	3	Whole Egg	2

SECURE FOODS

EMERGENCY NUTRITION 14 DAY MEAL PLANING GUIDE



25
YEAR
SHELF LIFE*



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WATER

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MEAL	BREAKFAST		SNACK		LUNCH		DINNER	
	Food	Servings	Food	Servings	Food	Servings	Food	Servings
DAY 1 2255 Calories	Whole Egg	1	Sliced Strawberries	1	Hearty Veggie Chicken Flavored Soup	2	Spanish Rice	1
	Milk Mix	2	Banana Chips	1	Creamy Stroganoff	1	Broccoli Rice & Cheese	2
	Maple Brown Sugar Oatmeal	2			Sweet Corn	2	Sweet Corn	2
DAY 2 2270 Calories	Whole Egg	2	Sliced Strawberries	2	Fettuccine Alfredo	1	Hearty Veggie Chicken Flavored Soup	2
	Milk Mix	2			Broccoli Rice & Cheese	2	Spanish Rice	2
	Strawberry Flavored Creamy Wheat	1					Sweet Corn	4
DAY 3 2330 Calories	Whole Egg	2	Sliced Strawberries	2	Creamy Potato Soup	2	Spanish Rice	1
	Milk Mix	2			Spanish Rice	2	Creamy Chicken Flavored Rice	1
	Strawberry Flavored Creamy Wheat	1					Broccoli Rice & Cheese	2
DAY 4 2340 Calories	Whole Egg	3	Sliced Strawberries	1	Creamy Potato Soup	1	Creamy Stroganoff	1
	Milk Mix	2	Banana Chips	1	Broccoli Rice & Cheese	2	Broccoli Rice & Cheese	2
	Sliced Strawberries	3			Sweet Corn	2	Sweet Corn	2
DAY 5 2375 Calories	Whole Egg	1	Sliced Strawberries	3	Hearty Veggie Chicken Flavored Soup	2	Creamy Potato Soup	1
	Milk Mix	2			Creamy Chicken Flavored Rice	2	Spanish Rice	2
	Strawberry Flavored Creamy Wheat	1			Sweet Corn	1	Sweet Corn	3
	Sliced Strawberries	2			Whole Egg	1	Whole Egg	2
DAY 6 2400 Calories	Whole Egg	1	Maple Brown Sugar Oatmeal	1	Creamy Potato Soup	2	Creamy Stroganoff	2
	Milk Mix	2			Spanish Rice	2	Creamy Chicken Flavored Rice	1
	Strawberry Flavored Creamy Wheat	1					Sweet Corn	2
	Sliced Strawberries	4						
DAY 7 2420 Calories	Milk Mix	2	Banana Chips	1	Fettuccine Alfredo	2	Creamy Potato Soup	2
	Maple Brown Sugar Oatmeal	2			Sweet Corn	3	Broccoli Rice & Cheese	2
	Sliced Strawberries	2			Whole Egg	2		
DAY 8 2435 Calories	Maple Brown Sugar Oatmeal	2	Sliced Strawberries	1	Creamy Potato Soup	2	Hearty Veggie Chicken Flavored Soup	2
	Strawberry Flavored Creamy Wheat	1	Banana Chips	1	Spanish Rice	2	Fettuccine Alfredo	1
	Sliced Strawberries	2			Sweet Corn	2	Sweet Corn	2
							Whole Egg	1
DAY 9 2445 Calories	Whole Egg	2	Sliced Strawberries	3	Creamy Potato Soup	2	Creamy Potato Soup	2
	Milk Mix	2			Spanish Rice	2	Broccoli Rice & Cheese	2
	Maple Brown Sugar Oatmeal	1			Sweet Corn	3	Sweet Corn	2
DAY 10 2505 Calories	Milk Mix	2	Sliced Strawberries	1	Hearty Veggie Chicken Flavored Soup	2	Creamy Chicken Flavored Rice	1
	Strawberry Flavored Creamy Wheat	2	Banana Chips	1	Broccoli Rice & Cheese	2	Broccoli Rice & Cheese	2
							Sweet Corn	4
DAY 11 2645 Calories	Whole Egg	3	Sliced Strawberries	1	Spanish Rice	2	Creamy Stroganoff	2
	Milk Mix	2	Banana Chips	1	Creamy Potato Soup	2	Broccoli Rice & Cheese	2
	Sliced Strawberries	4						
DAY 12 2680 Calories	Whole Egg	1	Maple Brown Sugar Oatmeal	1	Hearty Veggie Chicken Flavored Soup	2	Creamy Stroganoff	2
	Maple Brown Sugar Oatmeal	3	Banana Chips	1	Creamy Chicken Flavored Rice	3	Sweet Corn	3
	Sliced Strawberries	2						
DAY 13 2685 Calories	Maple Brown Sugar Oatmeal	3	Maple Brown Sugar Oatmeal	2	Hearty Veggie Chicken Flavored Soup	2	Creamy Chicken Flavored Rice	2
	Strawberry Flavored Creamy Wheat	1	Sliced Strawberries	3	Creamy Chicken Flavored Rice	2	Broccoli Rice & Cheese	2
DAY 14 2695 Calories	Whole Egg	2	Sliced Strawberries	1	Hearty Veggie Chicken Flavored Soup	2	Creamy Chicken Flavored Rice	1
	Maple Brown Sugar Oatmeal	3	Banana Chips	1	Creamy Chicken Flavored Rice	3	Broccoli Rice & Cheese	2
	Sliced Strawberries	2					Sweet Corn	2



EMERGENCY NUTRITION
30 DAY MEAL PLANING GUIDE



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MEAL	DAY 1 - 2270 Cals	SERVINGS	DAY 2 - 2300 Cals	SERVINGS	DAY 3 - 2290 Cals	SERVINGS	DAY 4 - 2260 Cals	SERVINGS	DAY 5 - 2290 Cals	SERVINGS
BREAKFAST	Whole Eggs Milk Mix	3 2	Milk Mix Maple Brown Sugar Oatmeal	2 2	Whole Eggs Milk Mix	3 2	Milk Mix Maple Brown Sugar Oatmeal	1 2	Whole Eggs Milk Mix	3 2
SNACKS	Strawberry Flavored Creamy Wheat	1	Banana Chips	1	Strawberry Flavored Creamy Wheat	1	Banana Chips	1	Strawberry Flavored Creamy Wheat	1
LUNCH	Spaghetti Marinara	3	Milk Mix Elbow Macaroni Cheese Mix	2 3 3	Spaghetti Marinara	3	Hearty Veggie Chicken Flavored Soup Spanish Rice	2 2	Spaghetti Marinara	3
DINNER	Milk Mix Elbow Macaroni Cheese Mix Hearty Veggie Chicken Flavored Soup	2 2 2 2	Whole Eggs Hearty Veggie Chicken Flavored Soup Creamy Chicken Flavored Rice	1 2 2	Whole Eggs Elbow Macaroni Cheese Mix Hearty Veggie Chicken Flavored Soup	2 2 2 2	Whole Eggs Hearty Veggie Chicken Flavored Soup Creamy Chicken Flavored Rice	1 2 2	Whole Eggs Elbow Macaroni Cheese Mix Hearty Veggie Chicken Flavored Soup	2 2 2 2
DAY 6 - 2260 Cals	SERVINGS	DAY 7 - 2270 Cals	SERVINGS	DAY 8 - 2270 Cals	SERVINGS	DAY 9 - 2300 Cals	SERVINGS	DAY 10 - 2270 Cals	SERVINGS	
BREAKFAST	Milk Mix Maple Brown Sugar Oatmeal	1 2	Whole Eggs Milk Mix	3 2	Whole Eggs Milk Mix	3 2	Milk Mix Maple Brown Sugar Oatmeal	1 2	Whole Eggs Milk Mix	3 2
SNACKS	Banana Chips	1	Strawberry Flavored Creamy Wheat	1	Strawberry Flavored Creamy Wheat	1	Banana Chips	1	Strawberry Flavored Creamy Wheat	1
LUNCH	Hearty Veggie Chicken Flavored Soup Spanish Rice	2 2	Spaghetti Marinara	3	Spaghetti Marinara	3	Hearty Veggie Chicken Flavored Soup Spanish Rice	2 2	Spaghetti Marinara	3
DINNER	Whole Eggs Hearty Veggie Chicken Flavored Soup Creamy Chicken Flavored Rice	1 2 2	Milk Mix Elbow Macaroni Cheese Mix Hearty Veggie Chicken Flavored Soup	2 2 2 2	Milk Mix Elbow Macaroni Cheese Mix Hearty Veggie Chicken Flavored Soup	2 2 2 2	Whole Eggs Creamy Potato Soup Spanish Rice	2 2 2	Milk Mix Elbow Macaroni Cheese Mix Hearty Veggie Chicken Flavored Soup	2 2 2 2
DAY 11 - 2250 Cals	SERVINGS	DAY 12 - 2270 Cals	SERVINGS	DAY 13 - 2250 Cals	SERVINGS	DAY 14 - 2270 Cals	SERVINGS	DAY 15 - 2290 Cals	SERVINGS	
BREAKFAST	Milk Mix Maple Brown Sugar Oatmeal	1 2	Whole Eggs Milk Mix	3 2	Milk Mix Maple Brown Sugar Oatmeal	1 2	Whole Eggs Milk Mix	3 2	Milk Mix Strawberry Flavored Creamy Wheat	1 2
SNACKS	Banana Chips	1	Strawberry Flavored Creamy Wheat	1	Banana Chips	1	Strawberry Flavored Creamy Wheat	1	Banana Chips	1
LUNCH	Broccoli Rice & Cheese	3	Spaghetti Marinara	3	Broccoli Rice & Cheese	3	Spaghetti Marinara	3	Broccoli Rice & Cheese	3
DINNER	Whole Eggs Creamy Potato Soup Creamy Chicken Flavored Rice	1 2 2	Creamy Chicken Flavored Rice	4	Whole Eggs Creamy Potato Soup Creamy Chicken Flavored Rice	1 2 2	Creamy Chicken Flavored Rice	4	Creamy Potato Soup Creamy Chicken Flavored Rice	2 2
DAY 16 - 2320 Cals	SERVINGS	DAY 17 - 2290 Cals	SERVINGS	DAY 18 - 2260 Cals	SERVINGS	DAY 19 - 2290 Cals	SERVINGS	DAY 20 - 2310 Cals	SERVINGS	
BREAKFAST	Whole Eggs Milk Mix	3 2	Milk Mix Strawberry Flavored Creamy Wheat	1 2	Whole Eggs Milk Mix	3 2	Milk Mix Strawberry Flavored Creamy Wheat	1 2	Whole Eggs Milk Mix	3 2
SNACKS	Maple Brown Sugar Oatmeal Milk Mix	1 1	Banana Chips	1	Maple Brown Sugar Oatmeal Milk Mix	1 1	Banana Chips	1	Maple Brown Sugar Oatmeal Milk Mix	1 1
LUNCH	Spaghetti Marinara	3	Broccoli Rice & Cheese	3	Spaghetti Marinara	3	Broccoli Rice & Cheese	3	Hearty Veggie Chicken Flavored Soup Spanish Rice	2 2
DINNER	Whole Eggs Creamy Potato Soup Creamy Chicken Flavored Rice	1 2 2	Creamy Potato Soup Creamy Chicken Flavored Rice	2 2	Creamy Potato Soup Broccoli Rice & Cheese	2 2	Creamy Potato Soup Creamy Chicken Flavored Rice	2 2	Creamy Potato Soup Broccoli Rice & Cheese	2 2
DAY 21 - 2280 Cals	SERVINGS	DAY 22 - 2290 Cals	SERVINGS	DAY 23 - 2310 Cals	SERVINGS	DAY 24 - 2290 Cals	SERVINGS	DAY 25 - 2310 Cals	SERVINGS	
BREAKFAST	Strawberry Flavored Creamy Wheat	2	Whole Eggs Milk Mix	3 2	Milk Mix Strawberry Flavored Creamy Wheat	1 2	Whole Eggs Milk Mix	3 2	Strawberry Flavored Creamy Wheat	2
SNACKS	Banana Chips	1	Maple Brown Sugar Oatmeal Milk Mix	1 1	Banana Chips	1	Maple Brown Sugar Oatmeal Milk Mix	1 1	Milk Mix Banana Chips	1 1
LUNCH	Broccoli Rice & Cheese	3	Hearty Veggie Chicken Flavored Soup Spanish Rice	2 2	Broccoli Rice & Cheese	3	Hearty Veggie Chicken Flavored Soup Spanish Rice	2 2	Broccoli Rice & Cheese	3
DINNER	Whole Eggs Spaghetti Marinara Spanish Rice	1 2 2	Creamy Potato Soup Broccoli Rice & Cheese	2 2	Creamy Potato Soup Broccoli Rice & Cheese	2 2	Creamy Potato Soup Creamy Chicken Flavored Rice	2 2	Creamy Potato Soup Broccoli Rice & Cheese	2 2
DAY 26 - 2290 Cals	SERVINGS	DAY 27 - 2310 Cals	SERVINGS	DAY 28 - 2300 Cals	SERVINGS	DAY 29 - 2300 Cals	SERVINGS	DAY 30 - 2370 Cals	SERVINGS	
BREAKFAST	Whole Eggs Milk Mix	3 2	Strawberry Flavored Creamy Wheat	2	Whole Eggs Milk Mix	3 1	Strawberry Flavored Creamy Wheat	2	Milk Mix Maple Brown Sugar Oatmeal	2 2
SNACKS	Banana Chips	1	Maple Brown Sugar Oatmeal Milk Mix	1 2	Banana Chips	1	Banana Chips	1	Banana Chips	1
LUNCH	Hearty Veggie Chicken Flavored Soup Spanish Rice	2 2	Broccoli Rice & Cheese	3	Hearty Veggie Chicken Flavored Soup Spanish Rice	2 2	Broccoli Rice & Cheese	3	Hearty Veggie Chicken Flavored Soup Spanish Rice	2 2
DINNER	Creamy Potato Soup Creamy Chicken Flavored Rice	2 2	Creamy Potato Soup Broccoli Rice & Cheese	2 2	Hearty Veggie Chicken Flavored Soup Fettuccine Alfredo	2 2	Hearty Veggie Chicken Flavored Soup Fettuccine Alfredo	2 2	Whole Eggs Creamy Potato Soup Spanish Rice	2 2 2