

30-Day & 45-Day Meal Planner

With Single-Serving Prep Instructions

Prep Tips: Before preparing meals, remove and discard oxygen absorbers from pouches and shake well to distribute ingredients. Serving suggestions shown below. Adjust water for desired consistency.



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.



Buttermilk Pancake & Waffle Mix
1. Preheat oiled skillet to 375°F.
2. Mix 1/3 cup with 1/4 cup water. Batter will be slightly lumpy, do not over mix.
3. Cook pancakes 1 to 1 1/2 minutes per side or until golden brown, turning only once. Makes about 3 pancakes (4" diameter).



Strawberry-Flavored Creamy Wheat
1. Bring 1 cup of water to a boil.
2. Slowly whisk in 1/4 cup of creamy wheat cereal, stirring frequently.
3. Return to a boil and reduce heat to low.
4. Cook for 10 minutes or until thickened, stirring.



Creamy Rice and Vegetables
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.



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.



Spanish Rice
1. Combine 2/3 cups water with 1/4 cup mix and bring to a boil.
2. Cover with lid and reduce heat to low.
3. Cook for 20 to 25 minutes.



Fettuccine Alfredo
1. Stir 2/3 cup of mix into 1 1/2 cups boiling water.
2. Reduce heat to medium, cook for 10 to 12 minutes, stirring frequently.
3. Remove from heat, let stand 7 to 10 minutes to thicken before serving.



Macaroni & Cheese
1. Stir 1/3 cup pasta into 1 1/2 cups boiling water, return to boil.
2. Cook uncovered 10 to 15 minutes, stir frequently.
3. Drain, return to pan.
4. In small bowl, mix 2 tbsp. cheese powder with 2/3 tsp. water.
5. Stir cheese mixture into pasta.



Lasagna Style Marinara
1. Whisk 2/3 cup of mix into 1 1/4 cups of boiling water.
2. Reduce heat to medium, stirring frequently.
3. Cook for 15-18 minutes or until noodles are at desired doneness.
4. Remove from heat and let sit for 5 minutes before serving.



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.



Cheesy Broccoli Soup
1. Whisk 1/3 cup soup mix into 1 1/8 cups of boiling water. Bring it up to a boil.
2. Reduce heat to medium-low and cook for 12-15 minutes or until the broccoli is cooked through.
3. Turn off the heat and let sit for 3-5 minutes as it continues to thicken.



Vegetable Stew
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.



Chocolate Pudding
1. Shake pouch well to evenly distribute ingredients.
2. Combine 1/3 cup pudding mix with 1/2 cup cold water.
3. Mix until smooth, 5 to 7 minutes.
4. Chill for approximately 30 minutes before serving.



Whey Milk Drink
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.

Plan Your Meals Carefully*

In an emergency situation, it is critical that your food is carefully prepared to ensure you have a balanced number of calories each day for an extended period of time. Augason Farms takes the guesswork out of daily meal preparation with this unique Meal Planner.

If there's a chance an emergency might go beyond 30 days, the 45-day planner on the reverse is an important tool to help you spread the food across additional days.

It's safe to say this meal planner could make a critical difference in your ability to manage through an emergency. Be sure to keep it inside the pail for easy reference.

30-DAY MEAL PLANNER

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
Breakfast	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Buttermilk Pancake & Waffle Mix 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Buttermilk Pancake & Waffle Mix 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Buttermilk Pancake & Waffle Mix 2 servings Whey Milk Drink 1 serving	Strawberry-Flavored Creamy Wheat 2 servings Whey Milk Drink 1 serving	Strawberry-Flavored Creamy Wheat 2 servings Whey Milk Drink 1 serving
Lunch	Cheesy Broccoli Rice 2 servings	Spanish Rice 2 servings	Creamy Rice and Vegetables 2 servings	Spanish Rice 2 servings	Cheesy Broccoli Rice 2 servings	Spanish Rice 2 servings	Cheesy Broccoli Rice 2 servings	Spanish Rice 2 servings
Dinner	Creamy Potato Soup 2 servings	Fettuccine Alfredo 1 serving Creamy Potato Soup 1 serving	Creamy Potato Soup 2 servings	Creamy Rice and Vegetables 2 servings	Creamy Potato Soup 2 servings	Vegetable Stew 2 servings	Creamy Potato Soup 2 servings	Creamy Rice and Vegetables 2 servings

	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19
Breakfast	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Buttermilk Pancake & Waffle Mix 2 servings Whey Milk Drink 1 serving	Strawberry-Flavor Creamy Wheat 1 serving	Buttermilk Pancake & Waffle Mix 2 servings Whey Milk Drink 1 serving	Strawberry-Flavor Creamy Wheat 1 serving	Buttermilk Pancake & Waffle Mix 2 servings Whey Milk Drink 1 serving	Strawberry-Flavor Creamy Wheat 1 serving	Buttermilk Pancake & Waffle Mix 2 servings Whey Milk Drink 1 serving	Strawberry-Flavor Creamy Wheat 2 servings Whey Milk Drink 1 serving	Buttermilk Pancake & Waffle Mix 2 servings Whey Milk Drink 1 serving
Lunch	Cheesy Broccoli Soup 2 servings	Spanish Rice 2 servings	Creamy Rice and Vegetables 2 servings	Spanish Rice 2 servings	Cheesy Broccoli Rice 2 servings	Spanish Rice 2 servings	Creamy Rice and Vegetables 2 servings	Spanish Rice 2 servings	Cheesy Broccoli Rice 2 servings	Spanish Rice 2 servings	Creamy Rice and Vegetables 2 servings
Dinner	Vegetable Stew 1 serving	Vegetable Stew 2 servings	Creamy Potato Soup 1 serving	Vegetable Stew 1 serving Creamy Potato Soup 2 servings	Creamy Rice and Vegetables 2 servings	Creamy Potato Soup 1 serving Creamy Rice and Vegetables 2 servings	Vegetable Stew 2 servings	Vegetable Stew 1 serving Creamy Rice and Vegetables 2 servings	Creamy Rice and Vegetables 1 serving	Creamy Potato Soup 2 servings	Vegetable Stew 1 serving

	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Breakfast	Strawberry-Flavor Creamy Wheat 1 serving Whey Milk Drink 1 serving	Strawberry-Flavored Creamy Wheat 2 servings	Strawberry-Flavor Creamy Wheat 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Strawberry-Flavor Creamy Wheat 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings	Brown Sugar Oatmeal 2 servings
Lunch	Spanish Rice 2 servings	Cheesy Broccoli Rice 2 servings	Spanish Rice 2 servings	Cheesy Broccoli Rice 2 servings	Spanish Rice 2 servings	Creamy Rice and Vegetables 2 servings	Cheesy Broccoli Rice 2 servings	Cheesy Broccoli Rice 2 servings	Creamy Rice and Vegetables 2 servings	Cheesy Broccoli Rice 2 servings	Cheesy Broccoli Rice 2 servings
Dinner	Fettuccine Alfredo 1 serving Creamy Potato Soup 1 serving	Creamy Potato Soup 1 serving Creamy Rice and Vegetables 1 serving	Fettuccine Alfredo 1 serving	Vegetable Stew 1 serving Creamy Potato Soup 1 serving	Vegetable Stew 1 serving Creamy Potato Soup 1 serving	Vegetable Stew 2 servings	Creamy Potato Soup 1 serving	Creamy Potato Soup 2 servings	Fettuccine Alfredo 1 serving	Vegetable Stew 2 servings	Creamy Potato Soup 2 servings

*Your daily calorie needs may vary depending on your age, gender and activity level.

45-DAY EXTENDED MEAL PLANNER

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11
Breakfast	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Buttermilk Pancake & Waffle Mix 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Strawberry-Flavored Creamy Wheat 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Buttermilk Pancake & Waffle Mix 2 servings Whey Milk Drink 1 serving	Strawberry-Flavored Creamy Wheat 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Buttermilk Pancake & Waffle Mix 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Strawberry-Flavored Creamy Wheat 2 servings Whey Milk Drink 1 serving
Lunch	Cheesy Broccoli Rice 1 serving	Creamy Potato Soup 1 serving	Creamy Rice and Vegetables 1 serving	Creamy Rice and Vegetables 1 serving	Cheesy Broccoli Rice 1 serving	Cheesy Broccoli Rice 1 serving	Vegetable Stew 1 serving	Macaroni and Cheese 1 serving	Cheesy Broccoli Rice 1 serving	Macaroni and Cheese 1 serving	Creamy Rice and Vegetables 1 serving
Dinner	Creamy Potato Soup 2 servings Chocolate Pudding 1 serving	Fettuccine Alfredo 1 serving Lasagna Style Marinara 1 serving	Creamy Potato Soup 2 servings	Creamy Rice and Vegetables 2 servings	Creamy Potato Soup 2 servings	Vegetable Stew 2 servings Chocolate Pudding 1 serving	Creamy Potato Soup 2 servings	Creamy Rice and Vegetables 2 servings	Vegetable Stew 1 serving Creamy Rice and Vegetables 1 serving Cheesy Broccoli Soup 1 serving	Vegetable Stew 1 serving Creamy Rice and Vegetables 1 serving	Vegetable Stew 1 serving Creamy Potato Soup 1 serving Chocolate Pudding 1 serving
	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21	DAY 22
Breakfast	Strawberry-Flavored Creamy Wheat 2 servings Whey Milk Drink 1 serving	Buttermilk Pancake & Waffle Mix 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Buttermilk Pancake & Waffle Mix 2 servings Whey Milk Drink 1 serving	Strawberry-Flavored Creamy Wheat 2 servings Whey Milk Drink 1 serving	Buttermilk Pancake & Waffle Mix 2 servings Whey Milk Drink 1 serving	Strawberry-Flavored Creamy Wheat 2 servings Whey Milk Drink 1 serving	Buttermilk Pancake & Waffle Mix 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Strawberry-Flavored Creamy Wheat 2 servings Whey Milk Drink 1 serving
Lunch	Creamy Rice and Vegetables 1 serving	Cheesy Broccoli Rice 1 serving	Cheesy Broccoli Rice 1 serving	Creamy Rice and Vegetables 1 serving	Creamy Rice and Vegetables 1 serving	Cheesy Broccoli Rice 1 serving	Creamy Rice and Vegetables 1 serving	Creamy Rice and Vegetables 1 serving	Fettuccine Alfredo 1 serving	Cheesy Broccoli Rice 1 serving	Cheesy Broccoli Rice 1 serving
Dinner	Vegetable Stew 1 serving Creamy Potato Soup 2 servings	Creamy Rice and Vegetables 2 servings	Creamy Potato Soup 2 servings Creamy Rice and Vegetables 1 serving	Vegetable Stew 2 servings Cheesy Broccoli Soup 1 serving	Vegetable Stew 1 serving Creamy Rice and Vegetables 2 servings	Creamy Rice and Vegetables 2 servings	Creamy Potato Soup 2 servings	Vegetable Stew 1 serving Cheesy Broccoli Soup 1 serving	Creamy Potato Soup 2 servings	Creamy Potato Soup 2 servings	Fettuccine Alfredo 1 serving Creamy Rice and Vegetables 1 serving
	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33
Breakfast	Buttermilk Pancake & Waffle Mix 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Strawberry-Flavored Creamy Wheat 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving
Lunch	Cheesy Broccoli Rice 1 serving	Creamy Potato Soup 2 servings	Creamy Rice and Vegetables 2 servings	Cheesy Broccoli Rice 1 serving	Cheesy Broccoli Rice 1 serving	Creamy Rice and Vegetables 2 servings	Cheesy Broccoli Rice 2 servings	Cheesy Broccoli Rice 1 serving	Macaroni and Cheese 2 servings	Spanish Rice 2 servings	Macaroni and Cheese 2 servings
Dinner	Vegetable Stew 1 serving Creamy Potato Soup 2 servings	Vegetable Stew 1 serving Cheesy Broccoli Soup 1 serving	Vegetable Stew 1 serving Cheesy Broccoli Soup 1 serving	Creamy Potato Soup 2 servings Cheesy Broccoli Soup 1 serving	Creamy Potato Soup 2 servings Cheesy Broccoli Soup 1 serving Chocolate Pudding 1 serving	Fettuccine Alfredo 1 serving	Vegetable Stew 2 servings	Creamy Potato Soup 2 servings Cheesy Broccoli Soup 1 serving	Creamy Rice and Vegetables 2 servings	Fettuccine Alfredo 1 serving Spanish Rice 1 serving	Lasagna Style Marinara 1 serving
	DAY 34	DAY 35	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42	DAY 43	DAY 44
Breakfast	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Brown Sugar Oatmeal 2 servings Whey Milk Drink 1 serving	Strawberry-Flavored Creamy Wheat 2 servings Whey Milk Drink 1 serving	Strawberry-Flavored Creamy Wheat 2 servings Whey Milk Drink 1 serving	Strawberry-Flavored Creamy Wheat 2 servings Whey Milk Drink 1 serving	Strawberry-Flavored Creamy Wheat 2 servings Whey Milk Drink 1 serving	Strawberry-Flavored Creamy Wheat 2 servings Whey Milk Drink 1 serving	Strawberry-Flavored Creamy Wheat 2 servings Whey Milk Drink 1 serving	Strawberry-Flavored Creamy Wheat 2 servings Whey Milk Drink 1 serving	Strawberry-Flavored Creamy Wheat 2 servings Whey Milk Drink 1 serving
Lunch	Spanish Rice 2 servings	Macaroni and Cheese 2 servings	Spanish Rice 2 servings	Macaroni and Cheese 1 serving	Spanish Rice 2 servings	Macaroni and Cheese 2 servings	Spanish Rice 2 servings	Macaroni and Cheese 2 servings	Spanish Rice 2 servings	Macaroni and Cheese 2 servings	Spanish Rice 2 servings
Dinner	Fettuccine Alfredo 1 serving Spanish Rice 1 serving	Creamy Rice and Vegetables 2 servings	Fettuccine Alfredo 1 serving Spanish Rice 1 serving	Lasagna Style Marinara 1 serving Spanish Rice 1 serving Chocolate Pudding 1 serving	Fettuccine Alfredo 1 serving Spanish Rice 1 serving	Creamy Rice and Vegetables 2 servings	Lasagna Style Marinara 1 serving Spanish Rice 1 serving	Lasagna Style Marinara 1 serving Spanish Rice 1 serving	Lasagna Style Marinara 1 serving Spanish Rice 1 serving	Lasagna Style Marinara 1 serving Spanish Rice 1 serving	Lasagna Style Marinara 1 serving Spanish Rice 1 serving
	DAY 45										
Breakfast	Brown Sugar Oatmeal 2 servings										
Lunch	Macaroni and Cheese 1 serving Cheesy Broccoli Rice 1 serving										
Dinner	Creamy Potato Soup 2 servings										

*Your daily calorie needs may vary depending on your age, gender and activity level.



STORMS



EARTHQUAKES



FIRES



FLOODS



HURRICANES



CAMPING

PREPARE FOR DELICIOUS

Be ready for anything with Augason Farms' Meals kit. Whether you're preparing for the unexpected at home or heading out on a camping trip, our easy-to-prepare, great-tasting kit is perfect for staying nourished and focused in any situation. Just add water and cook*, and you'll have hearty meals on hand—whenever and wherever you need them. For peace of mind and self-sufficiency, trust Augason Farms and Prepare for Delicious!

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