

Disaster Kit Planner

1 Week Custom Meal Plan

Day	Breakfast	Lunch	Dinner	Snacks
1				
2				
3				
4				
5				
6				
7				

Abbreviations:

MH = Mountain House

AF = Augason Farms

s = serving

Notes: Click [HERE](#) for help creating a Meal Plan for your Disaster Kit.

Meals are in #10 cans with approximately 10 1-cup servings per can.

Can must be eaten within a week of opening.

Datrex Package has 18 individually wrapped 200-calorie bars/servings within it.

Visit [Disaster Kit Planner Store](#) to see Freeze Dried Meal Options (including special diets)