



One Week, One Prep – Week 2: Advanced Food Reserve

Advanced Checklist

- Expand supply to 2–4 weeks (goal: 3–6 months).
- Ensure ~2,000 calories per adult per day.
- Balance nutrition: carbs, protein, fats, fibre, vitamins.
- Add supplements: multivitamins, powdered milk, dried fruit.
- Store quick-cook & no-cook foods for energy saving.
- Use mylar bags, oxygen absorbers, vacuum sealing, food-safe buckets.
- Stock spices, sauces, comfort foods for morale.
- Include special dietary foods (gluten-free, baby, pet food).
- Add barter foods: sugar, coffee, chocolate.
- Test run: 3-day blackout drill using only preps.

Advanced Challenges of the Week

- The New Food Challenge – Buy one shelf-stable food you've never tried before and cook with it.
- The 3-Day Pantry Test – Spend 72 hours eating only from your stored food. Identify gaps.
- The No-Cook Challenge – Build a stash of foods requiring no cooking at all.
- The Barter Item Hunt – Add a few 'luxury trade items' (coffee, sugar, chocolate).
- The Ingredient Kit – Build a full meal kit from your preps and cook it entirely from stock.