



One Week, One Prep – Week 2: Advanced Reference

Calorie Benchmarks

Adult daily intake: ~2,000–2,500 kcal

Child: ~1,600–2,000 kcal

Emergency planning: 6,000–7,500 kcal per week per adult

Shelf Life Guide (approx.)

Tinned foods: 2–5 years

White rice (sealed in mylar bags with oxygen absorbers): 25–30 years

Pasta (sealed in mylar bags with oxygen absorbers): 20+ years

Flour: 1 year (5+ years if sealed properly)

Dried beans: 20–25 years (cooking time increases)

Freeze-dried meals: 25+ years

Fuel & Cooking

Gas canister stove: 8–10 boils per 230g canister

Alcohol stove: ~30g fuel boils 500ml water

Wood: ~1kg burns ~1 hour

Plan 1,500–2,000 BTUs per person per meal

Storage Environment

Ideal: cool, dark, under 20°C

Avoid: damp garages, hot lofts

Use airtight containers against pests

Practical Ratios

Carbs: 50–60% of calories

Protein: 15–20%

Fat: 20–30%

Fibre: 25–30g/day