



One Week, One Prep – Week 2: Build a Food Reserve

Beginner Checklist

- Build a 3-day supply of shelf-stable food (9 meals per person).

Staple Carbs:

- Pasta
- Rice
- Oats
- Noodles
- Couscous

Proteins:

- Tinned tuna
- Beans
- Lentils
- Peanut butter

Vegetables:

- Tinned tomatoes
- Mixed veg
- Other canned veg

Fruits:

- Canned fruit
- Dried fruit

Extras:

- UHT milk
- Cereal
- Crackers
- Soup

Morale Boosters:

- Tea
- Coffee
- Chocolate
- Crisps
- Store in a cool, dark, dry place & rotate (oldest first).
- Write down what you've stored.

Suggested Portions per Person

Staple Carbs

Rice – 100g dry
Pasta – 75–100g dry
Oats – 40–50g dry
Noodles – 1 pack (~85g)
Couscous – 80g dry

Proteins

Tinned tuna – 120–150g
Beans (tinned) – 200g drained
Lentils (dry) – 75g
Peanut butter – 30g (2 tbsp)

Vegetables

Tinned tomatoes – 200g
Mixed veg – 80–100g
Other canned veg – 80–100g

Fruits

Canned fruit – 150g
Dried fruit – 30g

Extras

UHT milk – 200ml/day
Cereal – 30–40g
Crackers – 3–4
Soup – 1 tin (400g)

Morale Boosters

Tea – 1 bag
Coffee – 1–2 tsp
Chocolate – 25–30g
Crisps – 25g packet