

Day Meal Planning Chart

Food: Take this chart with you to the grocery store. If you buy a box of cereal or a box of graham crackers, for example, see how many servings are in each box. The number of servings will help you estimate how many breakfasts or snacks a box will supply. You can do this for all kinds of foods. You can buy Ziploc bags and trail mix and break it down into a certain number of high-energy snacks. Foods that need little or no preparation or heating are the best. Remember that you might not be able to refrigerate any leftovers, so it is also a good idea to buy food in small containers. Be sure you have a manual can opener. Choose foods you like to eat.

Water: It is generally accepted that you will need at least one gallon (4 liters or 4 quarts) *per person per day* to cover sanitation, hygiene, and hydration. *The total is 14 gallons per person.* Store the water in a cool, dry place away from sunlight.

Meals	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast ...	_____	_____	_____	_____	_____
Lunch.....	_____	_____	_____	_____	_____
Snack	_____	_____	_____	_____	_____
Dinner	_____	_____	_____	_____	_____
Dessert	_____	_____	_____	_____	_____

Meals	Day 6	Day 7	Day 8	Day 9	Day 10
Breakfast ...	_____	_____	_____	_____	_____
Lunch.....	_____	_____	_____	_____	_____
Snack	_____	_____	_____	_____	_____
Dinner	_____	_____	_____	_____	_____
Dessert	_____	_____	_____	_____	_____

Meals	Day 11	Day 12	Day 13	Day 14
Breakfast ...	_____	_____	_____	_____
Lunch.....	_____	_____	_____	_____
Snack	_____	_____	_____	_____
Dinner	_____	_____	_____	_____
Dessert	_____	_____	_____	_____

