# Disaster Meal Plan

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
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</thead>
</table>
| **Breakfast:**  
- Power Almond Butter Breakfast Wrap  
- ½ cup Unsweetened Applesauce | **Breakfast:**  
- Whole Grain Cereal With Shelf-Stable Milk  
- ¾ cup Canned Pineapple | **Breakfast:**  
- Chocolate and Mango Oatmeal  
- ¼ cup Canned Cherries |
| **AM Snack:**  
- 1 cup Canned Peaches | **AM Snack:**  
- 1 cup Canned Pears | **AM Snack:**  
- ½ cup Applesauce |
| **Lunch:**  
- Tahini Tuna With Crackers  
- Sweet Beet Salad  
- ½ cup Canned Cherries | **Lunch:**  
- Hearty Bruschetta Focaccia  
- 1 cup Parsley Green Beans  
- ¾ cup Canned Mandarin Oranges | **Lunch:**  
- 2 Southwest Tacos  
- ½ cup Canned Refried Beans  
- ½ cup Canned Peaches |
| **PM Snack:**  
- ¼ cup Tropical Paradise Trail Mix  
- 1 c. Shelf-Stable Milk | **PM Snack:**  
- Coconut Rolled Dates  
- 1 cup Shelf-Stable Milk | **PM Snack:**  
- 2 Lemon Blueberry Energy Bites  
- 1 cup Shelf-Stable Milk |
| **Dinner:**  
- Pita Pizza Pocket  
- ½ cup Black Bean and Chickpea Salad  
- ½ cup Canned Pears | **Dinner:**  
- 2 oz. Sweet Chili Salmon Stir-Fry  
- Hearty Marinated Salad  
- ¾ cup canned fruit cocktail | **Dinner:**  
- Jerky Green Bean Salad  
- ½ cup Parmesan Peas  
- ½ cup Canned Mandarin Oranges |
| **Snack:**  
- Fluff-a-Nutter  
- 1 cup Shelf-Stable Milk | **Snack:**  
- 5 Graham Crackers  
- 1 cup Shelf-Stable Milk | **Snack:**  
- 8 Vanilla Wafers  
- 1 cup Shelf-Stable Milk |
| **Total kcal:** 2030  
 CHO: 303g  
 Protein: 71g  
 Fat: 65g  
 Sodium: 2160 mg  
 Fiber: 44g | **Total kcal:** 1950  
 CHO: 252g  
 Protein: 81g  
 Fat: 75g  
 Sodium: 2250 mg  
 Fiber: 39g | **Total kcal:** 2020  
 CHO: 286 g  
 Protein: 81 g  
 Fat: 71 g  
 Sodium: 2130 mg  
 Fiber: 47 g |

- Family of 4  
- Requires no refrigeration or hot preparation