



Instructions

The three-month supply worksheets allow you to plan meals for three months and tally up the quantity of items you need to purchase. You decide how many different meals you want to plan and then adjust the math to equal 90 days worth of meals. There are two sheets, the Menu Plan Sheet, and the Inventory Sheet. (you may also view a tutorial on how to use these sheets at <http://foodstoragemadeeasy.net/babysteps/step-3-three-months-of-normal-food/>)

Menu Plan Sheet:

1. Print out as many Menu Plan pages as you need (there are 2 days of plans per page)
 - depending on how much variety your family likes plan anywhere from 10-90 days of menus
 - if you plan only 10 days you will multiply your ingredients needed by 9 to get 90 days
2. Input the ingredients you will need for each meal for the number of days you have printed

Inventory Sheet:

3. Input each ingredient you need from your menus in the Ingredient List on your Inventory Sheet
4. Go through each day and tally the number quantity of each ingredient you will need
5. Fill out the # needed for 3 months column on the Inventory Sheet from your tallies
6. Use the Inventory Sheet to:
 - track prices
 - keep track of your food on hand
 - tell you how many of each item you still need to purchase



<http://foodstoragemadeeasy.net>

step 3:



3 month food supply

DAY:

MEAL:			
BREAKFAST	Item	Size	Quantity
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			

MEAL:			
LUNCH	Item	Size	Quantity
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			

MEAL:			
DINNER	Item	Size	Quantity
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			

MEAL:			
SNACK	Item	Size	Quantity
Ingredient			
Ingredient			
Ingredient			

MENU PLAN

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DAY:

MEAL:			
BREAKFAST	Item	Size	Quantity
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			

MEAL:			
LUNCH	Item	Size	Quantity
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			

MEAL:			
DINNER	Item	Size	Quantity
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			
Ingredient			

MEAL:			
SNACK	Item	Size	Quantity
Ingredient			
Ingredient			
Ingredient			



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