

	A	B	C	D	E	F	G	H	I	J
1	<b>The Ready Store</b>					8/31/2014				
2		<b>Ready Prep 2400</b>				<b>Ready Prep 2000</b>	<b>FLEX prep 2000</b>	<b>CLASSIC prep 2000</b>	<b>LDS Church</b>	<b>Dan Rec from LDS &amp; others</b>
3	<b>Description</b>	<b>Cans</b>	<b>Category</b>	<b>Years</b>		<b>Cans</b>	<b>Cans</b>	<b>Cans</b>	<b>Cans</b>	<b>Cans</b>
4	Scrambled Eggs	4	Breakfast	30		2	1			
5	Granola w/blueberries & milk	8	Breakfast	30		4	2			
6	Strawberry drink	3	Breakfast	30			1			
7	Granola w/Apples & milk	8	Breakfast	30		4	2			
8	Scrambled Eggs w/Sausage	6	Breakfast	30		2	1			
9	Oatmeal w/peaches & cream	8	Breakfast	30		4				
10	Chocolate breakfast drink	3	Breakfast	30		2	2			
11	Oatmeal - rolled oats		Breakfast	30			8	8	8	12
12	Noodles & chicken	2	Entrees	30		2	1			
13	Chicken teriyaki	2	Entrees	30		2	1			
14	Rice pilaf	2	Entrees	30						
15	Rice & chicken	6	Entrees	30		4	2			
16	Bacon potato chowder	6	Entrees	30		6	3			
17	Beef Stroganoff	4	Entrees	30		2	1			
18	Lasagna w/ meat sauce	2	Entrees	30		2				
19	Spaghetti w/meat sauce	2	Entrees	30		2	1			
20	Chicken fettuccine alfredo	1	Entrees	30		1	1			
21	Hearty beef rotini	4	Entrees	30		2	1			
22	Creamy torilla soup	6	Entrees	30		3	1			
23	Chicken a la king	2	Entrees	30		2				
24	Beef & mashed potatoes	3	Entrees	30		3	2			
25	Sweet & sour stri fry w/rice	3	Entrees	30		2	1			
26	Lasagna	3	Entrees	30			1			
27	Mac n cheese	3	Entrees	30		2	1			
28	Broccoli cheddar soup	6	Entrees	30		3	1			
29	Pasta primavera	4	Entrees	30		2				
30	Pasta parmesan alfredo	4	Entrees	30		3	1			
31	Beef stew	2	Entrees	30		1				
32	Sweet & sour Pork w/ Rice	2	Entrees	30						
33	Sweet corn	6	Veg	30		3	2			
34	Green peas	4	Veg	30		3	2			
35	Green beans	2	Veg	30		2	1			
36	Onions	2	Veg	30		1				
37	Potato chunks	2	Veg	30		2				
38	Broccoli	2	Veg	30		1	1			
39	Diced cinnamon apples	4	Fruit	30		2	1			12
40	Strawberry slices	4	Fruit	30		2	1			
41	Whole blueberries	2	Fruit	30		2	1			
42	Peach slices	2	Fruit	30		2	1			
43	Banana slices	4	Fruit	30		2	1			
44	Whole raspberries	2	Fruit	30		2	1			
45	Instant white rice	9	Sides	30		12				
46	Pilot break crackers	9	Sides	30		12	6			
47	Mashed potatoe granules	10	Sides	30		8	4			
48	Egg noodles	10	Sides	30		8	6	12		
49	Spaghetti noodles		Sides	30						6
50	Macaroni		Sides	30			4		12	12
51	Marinara Sauce	1	Sauces	30		1	1			
52	Beef gravy	1	Sauces	30		1				
53	Creamy soup base	2	Sauces	30		1				
54	Alfredo sauce	1	Sauces	30		1				
55	Chicken gravy	1	Sauces	30		1	1			

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2		<b>Ready Prep 2400</b>				<b>Ready Prep 2000</b>	<b>FLEX prep 2000</b>	<b>CLASSIC prep 2000</b>	<b>LDS Church</b>	<b>Dan Rec from LDS &amp; others</b>
3	<b>Description</b>	<b>Cans</b>	<b>Category</b>	<b>Years</b>		<b>Cans</b>	<b>Cans</b>	<b>Cans</b>	<b>Cans</b>	<b>Cans</b>
56	Cheese sauce mix		Sauces	30			1			
57	Chicken diced	2	Protein	30		2	1			
58	Beef diced	2	Protein	30		2	1			
59	Taco Mix TVP		Protein	30			1			
60	Beef crumbles TVP		Protein	30			1			
61	Check Bits TVP		Protein	30			1			
62	Sloppy Joe Mix TVP		Protein	30			1			
63	Instant Milk	9	Drinks	20		9	18	20	20	20
64	Orange drink	4	Drinks	30		6	3	3	6	6
65	Apple Drink	4	Drinks	30		6	3	3		
66	Fruit Punch	4	Drinks	30		6				
67	Long Grain Rice		Grains	30			12	12	12	18
68	Wheat - Hard Red Winter		Grains	30			7	14	14	14
69	Wheat - Hard White Winter		Grains	30			7	14	14	14
70	White Flour		Grains	30			3	6	6	6
71	Yellow Cornmeal		Grains	30			3	6		6
72	Black Beans dried		Beans	30			2	4		
73	Pinto Beans dried		Beans	30			1	2	10	10
74	Kidney Beans dried		Beans	30			1	2		
75	Navy Beans		Beans	30				2		
76	Sugar		Basics	30			1	1	2	2
77	Sugar - Brown		Basics	30				1		
78	Butter Powder		Dairy	20			4	4		2
79										
80										
81										
82	Total Cans	214				162	142	114	104	140
83										
84	Cost	\$ 4,446				\$ 3,072	\$ 2,109	\$ 1,401	\$ 428	\$ 600
85	Per can	\$ 20.78				\$ 18.96	\$ 14.85	\$ 12.29	\$ 4.12	\$ 4.29
86										
87										
88	<b>Summary</b>									
89	Entrees	69				44	19	0	0	0
90	Breakfast	40				18	17	8	8	12
91	Veg & Fruit	36				24	12	0	0	12
92	Sides	38				40	20	12	12	18
93	Sauces	6				5	3	0	0	0
94	Proteins	4				4	6	0	0	0
95	Drinks	21				27	24	26	26	26
96	Grains	0				0	32	52	46	58
97	Beans	0				0	4	10	10	16
98	Basics	0				0	1	2	2	2
99	Dairy	0				0	4	4	2	0

	A	B	C	D	E	F	G
1	<b>Emergency Essentials - <a href="http://www.BePrepared.com">www.BePrepared.com</a></b>						8/31/2014
2		<b>Gourmet 2000</b>				<b>Gourmet 1600</b>	
3	<b>Description</b>	<b>Cans</b>	<b>Category</b>	<b>Years</b>		<b>Cans</b>	
4	<b>Mountain House Entrees</b>						
5	Beef Stew	6	Entrée	25		3	
6	Beef Stroganoff w/noodles	6	Entrée	25		6	
7	Breakfast Skillet	9	Entrée	25		6	
8	Chicken A La King w/noodles	3	Entrée	25		3	
9	Chicken Stew	6	Entrée	25		6	
10	Chicken Teriyaki w/Rice	6	Entrée	25		3	
11	Chili Mac	6	Entrée	25		6	
12	Lasagna w/Meat Sauce	6	Entrée	25		6	
13	Macaroni & Cheese	6	Entrée	25		3	
14	Noodles & Chicken	6	Entrée	25		6	
15	Pasta Primavera	6	Entrée	25		3	
16	Rice & Chicken	6	Entrée	25		6	
17	Scrambled Eggs w/Bacon	6	Entrée	25		6	
18	Scrambled Eggs w/Ham	6	Entrée	25		6	
19	Spaghetti w/Meat Sauce	6	Entrée	25		3	
20	Sweet & Sour Pork w/Rice	3	Entrée	25		3	
21	Turkey Tetrazzini	6	Entrée	25		3	
22	Vegetable Stew w/Beef	6	Entrée	25		3	
23							
24	<b>Provident Pantry Entrees</b>		Entrée	25			
25	Macaroni & Cheese w/Beef	3	Entrée	25		3	
26	Creamy Pasta w/ Beef	6	Entrée	25		6	
27	Fettucini Alfredo w/chicken	3	Entrée	25		3	
28	Granola w/Milk & Blueberries	6	Entrée	25			
29	Mac & Cheese	6	Entrée	25		3	
30	Pasta w/Alfredo Sauce	3	Entrée	25		3	
31	Rotini w/ Beef	3	Entrée	25		3	
32	Spiral Pasta Primavera	3	Entrée	25		3	
33							
34	Instant Milk	12	Drink	20		9	
35	Hot Cocoa Mix	2	Drink	25		2	
36	Apple Drink	4	Drink	25		3	
37	Orange Drink	4	Drink	25		3	
38	Peach Drink	3	Drink	25		3	
39	Ice Cream Sandwiches	3	Dessert	25		3	
40	Mint Chocolate Chip Ice Cream	6	Dessert	25		3	
41	Neapolitan Ice Cream	3	Dessert	25		3	
42	Raspberry Crumble	6	Dessert	25		3	
43	Cinnamon Almond Granola	9	Snack	25		6	
44	Pilot Crackers	6	Snack	25		6	
45	Cinnamon Apples	3	Fruit Veg	30		3	
46	Bananas	3	Fruit Veg	25		3	
47	Sweet Corn	2	Fruit Veg	30		3	
48	Green Peas	3	Fruit Veg	25		3	

	A	B	C	D	E	F	G
49	Peaches	3	Fruit Veg	25		3	
50	Strawberries	6	Fruit Veg	25		6	
51	Ground Beef	2	Protein	25			
52	Chicken	3	Protein	25		1	
53							
54		221				171	
55							
56	Cost	\$ 4,500				\$ 3,500	
57	Per can	\$ 20.36				\$ 20.47	
58							

	A	B	C	D	E	F	G
1	Costco - 1 year / 1 person (Self Reliance brand)						10/8/2014
2							
3	Description	Cans	Category	Years			
4	Wheat	12	Grains	25			
5	Rice	12	Grains	25			
6	Barley pearls	4	Grains	8			
7	Whole wheat flour	3	Grains	5			
8	White flour	3	Grains	5			
9	Cornmeal	3	Grains	25			
10	Macaroni	2	Grains	8			
11	Potato chunks	8	Fruit Veg	25			
12	Sweet Corn FD	7	Fruit Veg	25			
13	Carrot dices	3	Fruit Veg	8			
14	Broccoli FD	2	Fruit Veg	25			
15	Onions FD	1	Fruit Veg	25			
16	Apple slices	4	Fruit Veg	25			
17	Strawberries FD	2	Fruit Veg	25			
18	Bananans FD	2	Fruit Veg	25			
19	Raspberries	2	Fruit Veg	25			
20	Powdered Milk	8	Dairy	25			
21	Instant Milk	4	Dairy	25			
22	Cheese Blend	3	Dairy	15			
23	Chocolate Drink	2	Dairy	25			
24	Egg powder	6	Protein	3			
25	Chicken TVP	5	Protein	10			
26	Beef TVP	4	Protein	10			
27	Taco TVP	2	Protein	10			
28	Pinto Beans	2	Protein	25			
29	Lentils	2	Protein	25			
30	White sugar	3	Basics	25			
31	Iodized Salt	1	Basics	25			
32	Chicken Boullion	1	Basics	5			
33	Apple Drink	2	Basics	3			
34	Orange Drink	2	Basics	3			
35	Peach Drink	2	Basics	3			
36		119					
37							
38	Cost	\$1,499					
39	Per can	\$12.60					