

Self-quarantine Menu, Food Supply Management, and Inventory Plan:

| | A | B | C | D | E | F | G |
|--------------------------------------|--|--|---|--|--|--|--|
| Portions per person per day | Prepared food ½ can | Canned Veggies ½ can | Canned Fruit ½ can | Canned Meat ½ can | Dry food ¼ cup x 2 | Fillers 1 per day | Necessities |
| Ten day supply for two people | 10 cans | 10 cans | 10 cans | 4 cans plus 3 lbs. | 5 lbs | 10 items | as needed |
| Options: | beans corn chili ravioli bbq beans refried beans garbanzos madras lentils corned beef hash Dinty Moore tamales | tomatoes green beans carrots peas sauerkraut hominy greens beets Veg 9 soup 1 soup 2 | peaches pineapple berries pears applesauce grapefruit fruit cocktail mangos apricots Fruit 9 Fruit 10 | tuna can chicken can spam kippers Frozen Meat 4 oz chicken fish sausage burgers shrimp | rice oatmeal pasta grits flour lentils bulgur quinoa dry beans split peas cereal | egg nutritional drink walnuts peanut butter protein bar cheese chocolate bar Mixed nuts Nutella Jello crackers | cooking oil coffee tea salt pepper garlic hot sauce sugar / Splenda vitamins powdered milk tonic |
| Intro: | This list was developed to supply two elderly sedentary adults with no dietary restrictions for at least ten days consisting of about 1,400 calories per day each with roughly 30% fat, 40% carbs, and 30% protein. Tap water is assumed to be available. Utilities are assumed to be on, but the only things that require cooking are frozen meats and the dry goods (other than oatmeal and bulgur, which can be soaked and eaten without cooking) | | | | | | |
| Menu: | Select one portion from each column each day. Divide the selections into three meals and a snack. Doing that will provide a good nutrition mix, a reasonable amount of calories, and a wide variety of tastes, textures, and flavors. Do not randomly select items across columns, but stay with the sequence. If you are inadvertently gaining or losing weight on this plan, either skip the high calorie filler or have an extra one. | | | | | | |
| Supply Management: | Do not randomly select items across columns, but stay with the sequence. When making substitutions – adding things you like and deleting things you don't – try to stay within the same category to maintain the balance of nutrition and calories. Take note of what you use so you can replace it with the right amount of the right things when restocking. Do not buy large quantities of any one thing. | | | | | | |
| Inventory: | The cans of fruit, vegetables and prepared foods are intended as the standard size 15 oz, (425 gram), size. The canned tuna is the 5 oz., 142 gram size. The canned chicken is a 12 oz, 354 gram size. Most of the dry goods are a 2 lb or 2 kg size, which is enough for quite a long time. For restocking, you will need to get about 10 cans of each of A, B, and C; 3 cans of D and restock the dry food and other necessities when necessary. | | | | | | |