

Food Storage: Meal Planning Worksheet

Food storage can get a little overwhelming—keeping inventory, rotating, and replacing are just a few factors to consider.

This worksheet is just one way to keep track of your food storage.

- The idea is to store by meal.
- The goal is to store enough ingredients to make each meal at least seven times. (A week's worth)
- The result will be 70 meals (just over two months worth) to provide you with the peace of mind to feed your family food they will eat.

This adventure will probably take a while depending on your budget.

- Do your best.
- Don't go into debt.
- Sacrifice other things like: eating out, going to a movie, or other things so you can add to your food storage.



Hi. I'm Wendi Bergin and I am devoted to teaching moms homesteading skills which allows them to feel confident in caring for their family during uncertain times but also drives their need for creativity and self-care.

I have homeschooled seven children for over a decade, while growing gardens, preserving food, hatching chicks, and raising dairy goats to go along with many other adventures.

I've rolled down the mountain of accomplishment so many times that I have skinned knees, grass in my teeth and sticks in my hair. All of these mistakes have actually allowed me to become more confident in my knowledge and skills.

And as a bonus – you'll get to learn from my mistakes without the tumble.

Food Storage: Meal Planning Worksheet



Step 1: List the top 10 meals you know your family will eat.

Step 2: For each meal, list the ingredients

Step 3: Take inventory of which ingredients you need (total), have & need to add

Step 4: Start with Meal 1- gather a week's worth (7 days) of ingredients

Step 5: Move on to Meal 2 and so forth.

Meals

Recipe Resource

Ex: Spaghetti and Meat Sauce

Taste of Home Cookbook

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Ingredients List

Ex: Meal 1: Spaghetti and Meat Sauce

Ingredient	Need	Have	Add
2 lbs Spaghetti	14 lbs	10 lbs	4 lbs
1 lb ground beef	7 lbs	5 lbs	2 lbs
1 qt jar sauce	7 jars	6 jars	1 jar
Salt & Pepper			
1 TB Basil	7 TB	1 cup	
1-2 Tb Garlic	14 TB	2 cups	
1 TB Onion	7 TB	2 cups	
1/2 c Tomato Powder	3 1/2 cups	4 cups	-

Meal 1: _____

Ingredient	Need	Have	Add

Meal 2: _____

Ingredient	Need	Have	Need

Meal 3: _____

Ingredient	Need	Have	Need

Meal 4:_____

Ingredient	Need	Have	Add

Meal 6:_____

Ingredient	Need	Have	Add

Meal 5:_____

Ingredient	Need	Have	Add

Meal 7:_____

Ingredient	Need	Have	Add

Meal 8:_____

Ingredient	Need	Have	Add

Meal 9:_____

Ingredient	Need	Have	Add

Meal 10:_____

Ingredient	Need	Have	Add

Thank you for downloading the Food Storage Meal Planning Worksheet.

You're invited to join my free Facebook group: Prepare Every Needful Thing to connect with other prep-minded people.

