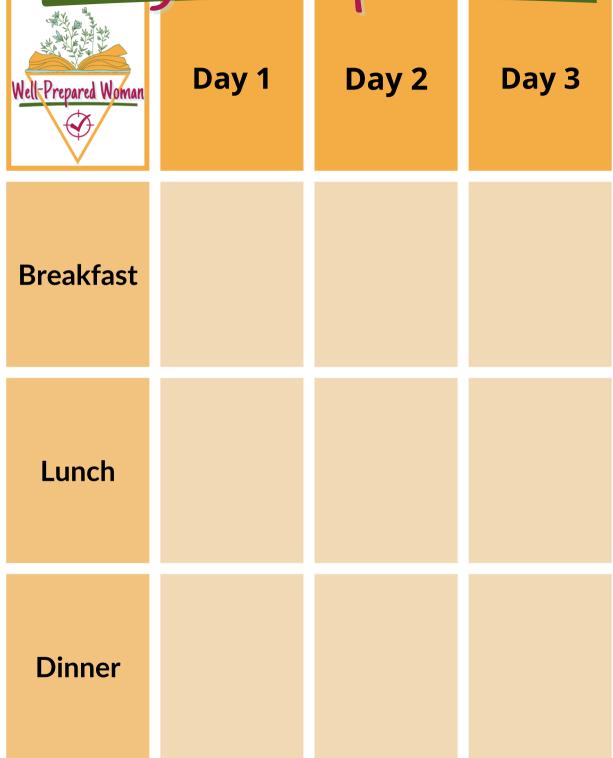
## Three-Day Food Prep Meal Planner



Well-Prepared Woman Well-Prepared Woman	r Grocery List
3 Days X 1 Gallon Water X # People	Grains
Canned/Dried Fruits	
	Canned/Dried Meats
Canned/Dried Vegetables	
	Treats
Healthy Fats	Others