

Sample Long-Term Food Plan for One Adult

CALORIE CALCULATOR

Family Needs	Per 30 Days	Goal Amount (1 Year)	Purchased	Need To Purchase
<i>Grains (lbs)</i>	10.25	125	125	0
<i>Fruit/veg (lbs)</i>	4.5	55	32.1	23
<i>Dairy (lbs)</i>	6	73	25	48
<i>Protein (lbs)</i>	8	97	65	32
<i>Fats/Oils (cups)</i>	4.7	57	57	0
<i>Sweeteners (lbs)</i>	1.5	18	18	0

TOTAL CALORIES NEEDED

<i>Yearly Requirement (calories)</i>	766,500
<i>Amount Stockpiled</i>	580,680
<i>Amount to Buy</i>	185,820

GRAINS/CARBS				
	Bought (lbs)	Goal Amount	Calories On Hand	Need to Purchase (lbs)
<i>Oats</i>	5	5	8,500	0
<i>Cereal</i>	10	10	13,500	0
<i>Pasta</i>	25	25	42,000	0
<i>White rice</i>	25	25	41,400	0
<i>Potato flakes</i>	10	10	17,600	0
<i>White flour</i>	50	50	82,500	0
Total Grains:	125	125		0

FRUITS AND VEGGIES				
	Bought (lbs)	Goal Amount	Calories On Hand	Need to Purchase (lbs)
<i>Apples</i>	0	5	0	5
<i>Banana chips</i>	4	5	10,400	1
<i>Raspberries</i>	1	5	1,700	4
<i>Blueberries</i>	1.5	5	2,340	3.5
<i>Tomato powder</i>	3.6	10	4,800	6.4
<i>Carrots</i>	2	5	3,600	3
<i>Onion</i>	10	10	15,100	0
<i>Peas</i>	5	5	7,600	0
<i>Stew mix</i>	5	5	8,000	0
Total Fruit & Veg:	32.1	55		22.9

DAIRY				
	Bought (lbs)	Goal Amount	Calories On Hand	Need to Purchase (lbs)
<i>Powdered milk</i>	14	53	21,200	39
<i>Colby cheese powder</i>	5	10	8000	5
<i>Cheese blend powder</i>	6	10	10,200	4
Total Dairy:	25	73		48

PROTEINS				
	Bought (lbs)	Goal Amount	Calories On Hand	Need to Purchase (lbs)
<i>Pinto beans</i>	15	20	23,600	5
<i>Peanut butter</i>	10	10	26,700	0
<i>Beef, freeze-dried</i>	10	20	23,400	10
<i>Lentils</i>	10	20	16,000	10
<i>Chicken, freeze-dried</i>	10	10	22,700	0
<i>Egg powder</i>	10	10	28,800	0
<i>Black beans</i>	0	7	0	7
Total Proteins:	65	97		32

ESSENTIALS				
	Bought (lbs)	Goal Amount	Calories On Hand	Need to Purchase (lbs)
<i>Oil/cooking fat (cups)</i>	57	57	109,440	0
<i>Sugar/sweeteners</i>	18	18	31,600	0
<i>Seasonings</i>	1	1	*	0
<i>Salt</i>	5	5	*	0
<i>Dry yeast</i>	6	6	*	0
<i>Baking powder</i>	7.5	7.5	*	0
<i>Baking soda</i>	15	15	*	0
<i>Egg replacer</i>	15	15	*	0
<i>Vinegar (cups)</i>	24	24	*	0
<i>Multi-vitamins</i>	365	365	*	0
<i>Coffee</i>	12	12	*	0
<i>Tea (sachets)</i>	365	365	*	0

LUXURY ITEMS				
	Bought (lbs)	Goal Amount	Calories On Hand	Need to Purchase (lbs)
<i>Flavored creamers</i>	*	*	*	0
<i>Chocolate</i>	*	*	*	0
<i>Cookies</i>	*	*	*	0
<i>Candies</i>	*	*	*	0
<i>Alcohol/spirits</i>	*	*	*	0