

Long Term Food Inventory Planner

CALORIE CALCULATOR

Family Needs	Per 30 Days	Goal Amount (1 Year)	Purchased	Need To Purchase
<i>Grains (lbs)</i>				
<i>Fruit/veg (lbs)</i>				
<i>Dairy (lbs)</i>				
<i>Protein (lbs)</i>				
<i>Fats/Oils (cups)</i>				
<i>Sweeteners (lbs)</i>				

TOTAL CALORIES NEEDED

<i>Yearly Requirement (calories)</i>	
<i>Amount Stockpiled</i>	
<i>Amount to Buy</i>	

GRAINS/CARBS				
	Bought (lbs)	Goal Amount	Calories On Hand	Need to Purchase (lbs)
Total Grains:				

FRUITS AND VEGGIES				
	Bought (lbs)	Goal Amount	Calories On Hand	Need to Purchase (lbs)
Total Fruit & Veg:				

DAIRY				
	Bought (lbs)	Goal Amount	Calories On Hand	Need to Purchase (lbs)
Total Dairy:				

PROTEINS				
	Bought (lbs)	Goal Amount	Calories On Hand	Need to Purchase (lbs)
Total Proteins:				

ESSENTIALS

	Bought (lbs)	Goal Amount	Calories On Hand	Need to Purchase (lbs)
<i>Oil/cooking fat (cups)</i>				
<i>Sugar/sweeteners</i>				
<i>Seasonings</i>				
<i>Salt</i>				
<i>Dry yeast</i>				
<i>Baking powder</i>				
<i>Baking soda</i>				
<i>Egg replacer</i>				
<i>Vinegar (cups)</i>				
<i>Multi-vitamins</i>				
<i>Coffee</i>				
<i>Tea</i>				

LUXURY ITEMS				
	Bought (lbs)	Goal Amount	Calories On Hand	Need to Purchase (lbs)