



Hurricane Preparedness Grocery List & Meal Plan

Non-Perishable Produce

Fruit: 2-3 Servings per day per person
Veggies: 1-2 servings per day per person

- Apples
- Oranges
- Bananas
- Canned Fruit packed in its own juice/water
- Raisins or dried fruit
- Avocado
- Carrots
- Broccoli
- Cauliflower
- Canned Green Beans

Pantry

Protein: 1-3 per meal/snack

- Pinto/Black/Kidney/Lima/Garbanzo Beans (look for NO SALT ADDED cans)
- Lentils
- Peanut Butter
- Nut Mix
- Sunflower Seeds
- Canned Tuna/Salmon or pre-seasoned packets
- Shelf Stable Milk
- Whey Protein Powder
- Protein Bars
- Pudding

Starches: 1-3 per meal/snack

- Oats
- Brown Rice
- Whole Grain Cereal such as Kashi Go Lean or Honey Bunches of Oats
- Whole Wheat or Chickpea Pasta
- Whole Wheat Tortilla/Pita/Loaf Bread
- Whole Wheat Pretzels/Crackers
- Canned Pumpkin/Yams
- Canned Corn

Seasonings & Extras

- Olive Oil
- Red Wine Vinegar
- Red Pepper
- Garlic Powder
- Onion Powder
- Cinnamon
- Honey
- Jelly

Day 1

Breakfast - Cereal

- 1 cup Kashi Go Lean or Honey Bunches of Oats with Almonds
- 1 cup Milk
- 1/4 cup dried fruit

Snack

- 1 Banana
- 1 TBS Peanut Butter

Lunch - Pita with Tuna

- 1 Whole Wheat Pita
- 3 oz. Canned Tuna
- 1 TBS Olive Oil
- 2 TBS Avocado

Dinner - Burrito

- 1 Whole Wheat Tortilla
- 1/2 cup Refried Beans or Black Beans
- 2 TBS Avocado
- 1/2 can Green Beans

Day 2

Breakfast - Avocado Toast

- 2 slices Whole Wheat Toast
- 1/2 Avocado
- 1-2 eggs (if you have access to grill)
- 1 cup Milk

Snack

- 1 Pudding
- Serving of Fruit

Lunch - Banana Peanut Butter Wrap

- 1 Whole Wheat Tortilla
- 2-4 TBS Peanut Butter
- 1 Banana
- 1/2 cup Carrots
- Serving of Pretzels

Dinner - Build your own Burrito Bowl

- 1 cup Rice
- 1/2 cup Black Beans
- 1/2 cup Corn
- Choice of Vegetable
- 1 TBS Olive Oil
- Red Pepper Flakes or Seasoning of Choice

Day 3

Breakfast - Protein Pack

- 1 Protein Bar
- 1 cup Milk (opt add scoop of Protein Powder)
- 1 piece of Fruit
- Handful of Nuts

Snack

- 1 Banana
- 1 TBS Peanut Butter

Lunch - PB & J

- 2 slices of Whole Wheat Toast
- 2-4 TBS Peanut Butter
- 2 TBS Jelly
- 1 Apple

Dinner - Poke Bowl

- 3 oz. Canned Salmon or Tuna
- 1/2 Avocado
- 1/2 cup Lima Beans or Bean of Choice
- 1/2-1 cup chopped Bell Pepper, Shredded Carrot or Shredded Cabbage
- 1 cup Rice
- 1 TBS Red Wine Vinegar
- Soy Sauce and Red Pepper Flakes to taste
- Optional to top with canned, drained Mandarin Oranges and Sunflower Seeds