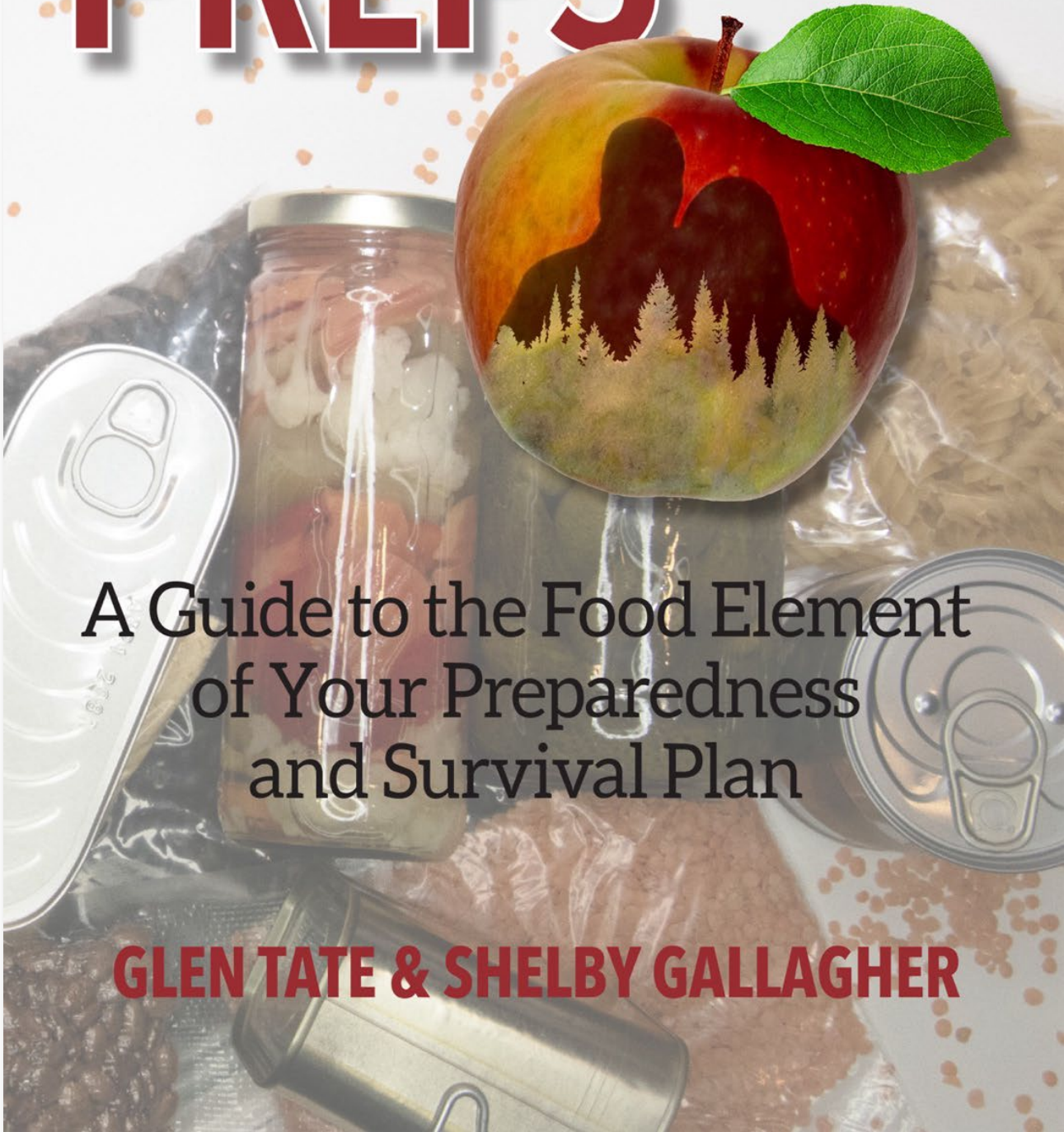


FOOD PREPS 2.0



A Guide to the Food Element
of Your Preparedness
and Survival Plan

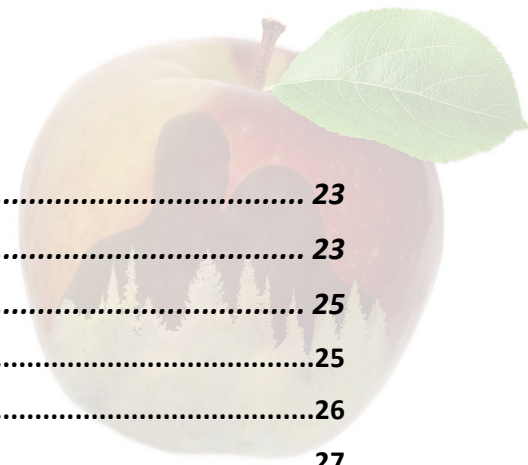
GLEN TATE & SHELBY GALLAGHER



Table of Contents

Books	4
General Canning	5
Pressure canning.....	6
Curing books.....	6
Fermenting books	6
Root Cellars	7
General Preservation	7
Cookbooks.....	7
Smoking and Jerky	8
Livestock and Wild Game	8
Foraging and Plant Identification	9
Side Business	10
Buckets, Mylar, and More	10
Buckets and Lids	10
Oxygen Absorbers and Desiccant Packs.....	11
Bag Sealer Vacuum Sealer and Bags.....	12
Tubs with Lids	13
Storage Racks.....	13
Water Storage.....	14
Rehydration Salts	14
Imitation salt	15
Curing and Aging.....	15
Home Brewing.....	17
Smoker.....	17
Canning.....	18
Canners	18
Jars, and Lids.....	18
Canning Accessories.....	19
Dehydrators	20
Freeze-Dried Meals and Components	20

FOOD PREPS 2.0



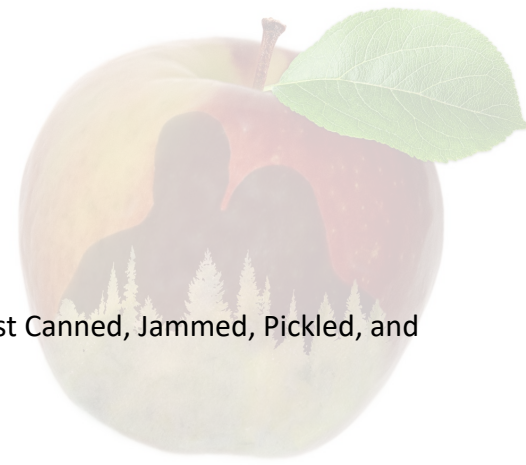
<i>Water Treatment and Purification</i>	23
<i>Alternative Cooking</i>	23
<i>Bulk Food</i>	25
Rice, Beans, Etc.	25
Sugar, Salt, and Fats	26
Fruits and Vegetables	27
Meat	29
Soups and Stews	29



A Note About Our Amazon Affiliate Links

As an Amazon Associate, we earn a small percentage from qualifying purchases made with the links in these pages.

All Amazon links within these pages are Affiliate Links.



Books

General Canning

The All New Ball Book Of Canning And Preserving: Over 350 of the Best Canned, Jammed, Pickled, and Preserved Recipes

<https://amzn.to/3vADnL0>

Ball Canning: A Comprehensive Guide to Home Preserving Techniques and Recipes for Beginners and Beyond

<https://amzn.to/3SiXbeL>

Ball Canning Back to Basics: A Foolproof Guide to Canning Jams, Jellies, Pickles, and More

<https://amzn.to/3Si1RS4>

Bernardin Complete Book of Home Preserving: 400 Delicious and Creative Recipes for Today, Judi Kingry, Lauren Devine

<https://amzn.to/3O2geaB>

Complete Guide to Home Canning and Preserving

<https://amzn.to/3Shnjql>

Canning Full Circle: From Garden to Jar to Table, Revised and Expanded Edition, Diane Deveraux

<https://amzn.to/3TXxX6Y>

Beginner's Guide to Canning: 90 Easy Recipes to Can, Savor, and Gift, Diane Deveraux

<https://amzn.to/3TWVogD>



Pressure canning

The Complete Guide to Pressure Canning: Everything You Need to Know to Can Meats, Vegetables, Meals in a Jar, and More, Diane Deveraux

<https://amzn.to/48T2XsZ>

Pressure Canning for Beginners and Beyond: Safe, Easy Recipes for Preserving Tomatoes, Vegetables, Beans and Meat, Angi Schneider

<https://amzn.to/3tJyaQJ>

Curing books

The Complete Guide to Smoking and Salt Curing: How to Preserve Meat, Fish, and Game

<https://amzn.to/41Wqjfa>

Home Production of Quality Meats and Sausages

<https://amzn.to/3U0FH8u>

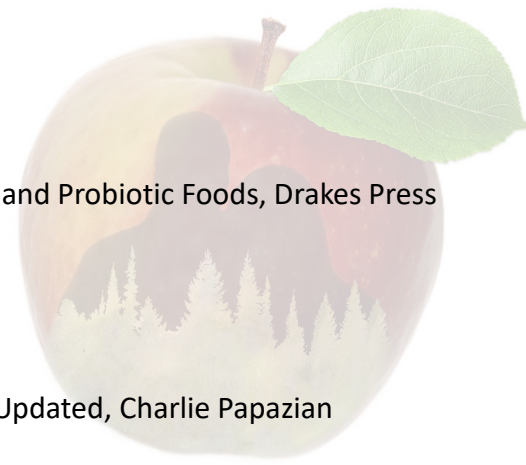
The River Cottage Curing and Smoking Handbook, Steven Lamb

<https://amzn.to/4aXhXb9>

Fermenting books

The Art of Fermentation, Sandor Ellix Katz

<https://amzn.to/4aTN07M>



Fermentation for Beginners: The Step-by-Step Guide to Fermentation and Probiotic Foods, Drakes Press

<https://amzn.to/3O0ySQ8>

The Complete Joy of Homebrewing Fourth Edition: Fully Revised and Updated, Charlie Papazian

<https://amzn.to/3HkYweS>

The New Complete Joy of Home Brewing, Charlie Papazian

<https://amzn.to/41WU4wq>

Root Cellars

Root Cellaring: Natural Cold Storage of Fruits & Vegetables, Mike Bubel, Nancy Bubel

<https://amzn.to/3HjOydO>

The Complete Guide to Your New Root Cellar How to Build an Underground Root Cellar and Use It for Natural Storage of Fruits and Vegetables, Julie Fryer

<https://amzn.to/3HgT7W6>

General Preservation

Ball Canning Back to Basics: A Foolproof Guide to Canning Jams, Jellies, Pickles, and More

<https://amzn.to/3O1yLUF>

Cookbooks

The Complete One Pot: 400 Meals for Your Skillet, Sheet Pan, Instant Pot®, Dutch Oven, and More



<https://amzn.to/3TZLhHS>

The Complete Slow Cooker: From Appetizers to Desserts - 400 Must-Have Recipes That Cook While You Play (or Work)

<https://amzn.to/47yQl9p>

Smoking and Jerky

Meat Smoking Magnet Covers 47 Meats with Smoker Time & Target Temperature

<https://amzn.to/41ZyivV>

The Jerky Bible: How to Dry, Cure, and Preserve Beef, Venison, Fish, and Fowl, Kate Fiduccia

<https://amzn.to/4aOwRjU>

Jerky: The Fatted Calf's Guide to Preserving and Cooking Dried Meaty Goods, Taylor Boetticher

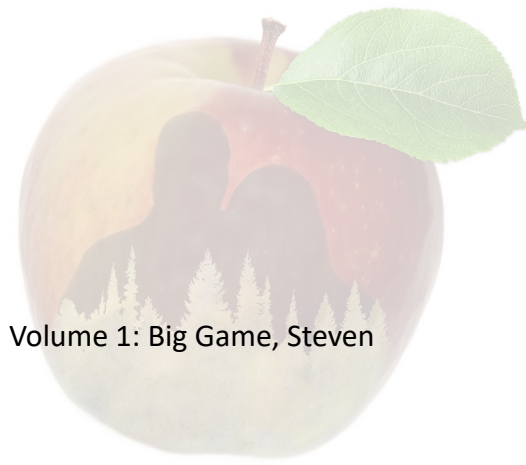
<https://amzn.to/420BzqF>

Livestock and Wild Game

Butchering Poultry, Rabbit, Lamb, Goat, and Pork: The Comprehensive Photographic Guide to Humane Slaughtering and Butchering, Adam Danforth

<https://amzn.to/3vCi241>

The MeatEater Fish and Game Cookbook: Recipes and Techniques for Every Hunter and Angler, Steven Rinella



<https://amzn.to/4aXSOxe>

The Complete Guide to Hunting, Butchering, and Cooking Wild Game: Volume 1: Big Game, Steven Rinella

<https://amzn.to/48zsoA0>

The Complete Guide to Hunting, Butchering, and Cooking Wild Game: Volume 2: Small Game and Fowl, Steven Rinella

<https://amzn.to/48NOWg4>

Foraging and Plant Identification

The Forager's Harvest: A Guide to Identifying, Harvesting, and Preparing Edible Wild Plants, Samuel Thayer

<https://amzn.to/4aXeMQF>

Sam Thayer's Field Guide to Edible Wild Plants: of Eastern and Central North America, Samuel Thayer

<https://amzn.to/47Ci4WX>

Nature's Garden: A Guide to Identifying, Harvesting, and Preparing Edible Wild Plants, Samuel Thayer

<https://amzn.to/3tSav0g>

Incredible Wild Edibles, Samuel Thayer

<https://amzn.to/3Hhn9cr>

Ancestral Plants Volume 1: A Primitive Skills Guide To Important Edible, Medicinal, and Useful Plants of

FOOD PREPS 2.0



the Northeast, Arthur Haines

<https://amzn.to/3O7pVoj>

Edible Wild Plants: Eastern/Central North America (Peterson Field Guides)

<https://amzn.to/3RQBW2A>

A Peterson Field Guide To Western Medicinal Plants And Herbs

<https://amzn.to/48SIPIJ>

The Complete Guide to Edible Wild Plants

<https://amzn.to/3Hk85KY>

Side Business

Entrepreneurship For Survival: Gain Freedom with a Home-Based Business, Forrest Garvin

<https://amzn.to/48PTzGE>

Buckets, Mylar, and More

Buckets and Lids

5-Gallon Bucket with Lid - Set of 6 - Food Grade Storage

<https://amzn.to/4aXT3Z6>

Ropak USA 3.5-gallon Food Grade White Plastic Bucket with Handle & Lid - Set of 6

#PaidLinks

FOOD PREPS 2.0



<https://amzn.to/3Hk8BIU>

6 Pcs 5-Gallon Plastic Pail Lid 5 Gallon Bucket Lid for 3.5, 5, 6, and 7-Gal Buckets with 2 Plastic Bucket Lid Opener

<https://amzn.to/41Yv0VK>

Gamma Seal Lid, Assorted Colors, 5 Pack

<https://amzn.to/3tStg3E>

Oxygen Absorbers and Desiccant Packs

Wisedry Mylar Bags 5 Gallon 12 Pack, Paired with 24 Pack 1000cc Oxygen Absorbers

<https://amzn.to/3tLadIK>

15 Mil 5-Gallon Mylar Bags for Food Storage with 2500cc Oxygen Absorbers - 55 Pack Mylar Bags 5-Gallon, 1-Gallon, 1-Quart 3 Size, 100 Pcs Labels and 500cc Oxygen Absorbers

<https://amzn.to/3tYslcw>

120 Packs 500CC Food Grade Oxygen Absorbers (10 Pack in Individual Vacuum Bag)

<https://amzn.to/3vwOHHX>

5 Gram [60 Packs] Food Grade Silica Gel Packs Rechargeable Desiccant Dehumidifiers Pouches

<https://amzn.to/3tZpndd>



Bag Sealer Vacuum Sealer and Bags

SEELAUGH Impulse Sealer 16-inch Heat Sealer for Plastic Bags, Metal Plastic Bag Sealer Heat Seal, Mylar Bag Sealer

<https://amzn.to/3vtyUcY>

Weston Brands Vacuum Sealer Machine for Food Preservation & Sous Vide, Extra-Wide Bar, Sealing Bags up to 16", 935 Watts, Commercial Grade Pro 2300 Stainless Steel

<https://amzn.to/48K17e2>

FoodSaver Vacuum Sealing Machine | PowerVac Compact Vacuum Sealer

<https://amzn.to/3U1d2jt>

FoodSaver V4400 2-in-1 Vacuum Sealer Machine

<https://amzn.to/47v3IYl>

FoodSaver Quart Vacuum Seal Bags, BPA-Free for Food Storage and Sous Vide, 120 Count

<https://amzn.to/48t1Wbk>

O2frepak 100 Gallon Size 11" x 16" Vacuum Sealer Bags

<https://amzn.to/47CrwJR>

Syntus Vacuum Sealer Bags, 6 Pack 3 Rolls 11" x 20' and 3 Rolls 8" x 20' Commercial Grade

<https://amzn.to/48EoLsU>



Tubs with Lids

CX BLACK & YELLOW®, 27-Gallon Heavy Duty Tough Storage Container & Snap-Tight Lid, (14.3" H x 20.6" W x 30.6" D)

<https://amzn.to/3vwOPax>

Buckhorn AR2717120204000 Industrial Plastic Stackable Storage KeepBox Tote Container with Hinged Attached Lid, 27-Inch L x 17-Inch W x 12-Inch H

<https://amzn.to/47uJv4M>

Akro-Mils 39120GREEN 39120 Industrial Plastic Storage Tote with Hinged Attached Lid, (21-Inch L by 15-Inch W by 12-Inch H)

<https://amzn.to/47zIHvx>

Storage Racks

YYkokocat 6-Tier Wire Shelving Unit 2100Lb Capacity Adjustable Storage Shelves

<https://amzn.to/4aVQxT2>

REIBII Garage Shelving Heavy Duty Loads 2000LBS,72" Garage Storage Shelves

<https://amzn.to/3tS2Sa7>

WORKPRO 5-Tier Metal Shelving Unit, 48" W x 24" D x 72" H, Heavy Duty Adjustable Storage Rack, 4000 lbs. Load Capacity (Total)

<https://amzn.to/4aZDiRw>

FOOD PREPS 2.0



Water Storage

MOOACE 5 Gallon Water Bottle Holder, 5 Tier Water Jug Rack

<https://amzn.to/3O3GDEW>

Saratoga Farms 5-Gallon Stackable Water Storage Containers

<https://amzn.to/3tSq8ox>

WaterBOB Bathtub Storage Emergency Drinking Water Container

<https://amzn.to/41X5rnY>

Rehydration Salts

Liquid I.V. Hydration Multiplier - Hydration Powder Packets

<https://amzn.to/3tRsILy>



TRIORAL Rehydration Electrolyte Powder Packs - WHO New Hydration Supplement Salts Formula

<https://amzn.to/3RQrF6k>

G Powder 10ct Orange

<https://amzn.to/41VOctJ>

Gatorade Thirst Quencher Powder, 50.9 oz

<https://amzn.to/3S1xi1X>

Imitation salt

Morton Salt Substitute, Sodium Free, 3.12 Ounce

<https://amzn.to/3Sgub7A>

Earthborn Elements Sodium-Free Salt Substitute, 1 Gallon Bucket, Potassium Chloride

<https://amzn.to/3vywvhb>

Curing and Aging

UMAi Dry Charcuterie Kit - Dry Curing Meat Kit Incl. 3 Large & 2 Small Dry Age Bags for Meat

<https://amzn.to/3HkskZ5>



Hoosier Hill Farm Prague Powder No.1 Pink Curing Salt, 2.5 Pound

<https://amzn.to/3tUCQTH>

Hoosier Hill Farm Prague Powder No. 2 Pink Curing Salt 2.5 Pound

<https://amzn.to/3HDKR2R>

25 ct x 3/4 lb each capacity. Summer Sausage Casings. Each casings holds 3/4 lb. Permeable for smoking

<https://amzn.to/3SfAd8i>

The Sausage Maker - Salami Sausage Casing Kit, Tied and Looped 76mm (3") Dia. x 24" Mahogany Fibrous Casings (20ct) with Sausage Pliers and Casing Rings

<https://amzn.to/3O5oTJE>

The Sausage Maker - Bactoferm F-RM-52 (Lactobacillus sakei and Staphylococcus carnosus)

<https://amzn.to/3SgAXu2>

The Sausage Maker - Bactoferm T-SPX

<https://amzn.to/3OqwS4f>

The Sausage Maker - Powdered Dextrose, 1 lb. 8 oz.

<https://amzn.to/3tSxZm1>

FOOD PREPS 2.0



Home Brewing

Home Brew Ohio 5 Gallon Glass Carboy

<https://amzn.to/3O7zgfR>

Brewing Airlock Kit

<https://amzn.to/3tVczEY>

Hydrometer and Test Jar

<https://amzn.to/48WqOrZ>

Northern Brewer Deluxe Homebrew Starter Kit

<https://amzn.to/3NY9nyT>

Red Ale Homebrew Beer Ingredient Kit

<https://amzn.to/3O4XxmS>

Smoker

Traeger Grills Pro Series 34 Electric Wood Pellet Grill and Smoker

<https://amzn.to/3vANHme>

Weber 14.5 -inch Smokey Mountain Cooker, Charcoal Smoker

<https://amzn.to/48QPCS7>

FOOD PREPS 2.0



Fire & Flavor Premium All Natural Wood Chips for Smoking

<https://amzn.to/3TYS9VY>

ThermoPro Wireless Meat Thermometer of 650FT for Smoker Oven

<https://amzn.to/48X9bbv>

Canning

Canners

Granite Ware Enamel on Steel 15.5-Quart Water Bath Canner with lid & Jar Rack

<https://amzn.to/47CzKld>

15-quart Jar Stove Top Water Bath Canner

<https://amzn.to/47GsEff>

All American 1930: 30qt Pressure Cooker/Canner

<https://amzn.to/48Xoxgd>

Presto 01784 23-Quart Induction Compatible Pressure Canner

<https://amzn.to/47zZ772>

Jars, and Lids

Ball Regular Mouth Canning Jars 1 Quart (12 Jars)

FOOD PREPS 2.0



<https://amzn.to/4aXryib>

Ball Wide Mouth Mason Jars 32 oz. (12 Pack) - Quart Size Jars

<https://amzn.to/4aV82mw>

Ball Regular Mouth 16-Ounces Pint Mason Jar with Lids and Bands

<https://amzn.to/420vJps>

Ball 16 Oz. Wide Mouth Pint 12 Pieces Jars (2 Pack)

<https://amzn.to/4aTVc86>

Wide Mouth 64 oz (half gallon) mason Jars with Lids and Bands (12-Pack)

<https://amzn.to/3vD66yY>

Ball Vintage Lids, Canning, Regular, Silver, 120-Count

<https://amzn.to/3S0eoYZ>

Canning Accessories

Catcan 4 PCS Canning Tools and Equipment Include 2 Pack Canning Magnetic Lid Lifter with 2 Pack Canning Bubble Popper Heat Resistant Home Easy Canning Kits

<https://amzn.to/3RX9A6M>

Ball Secure-Grip Jar Lifter

<https://amzn.to/4aY1t2E>



Fermenting Lids for wide mouth mason jars. 4 waterless airlock fermentation lids kit

<https://amzn.to/4aOFYB8>

Ball Fermentation Lids and Springs, 32oz, Metal

<https://amzn.to/41YeuF7>

Eleganttime 9 Packing Fermentation Glass Weights with Easy Grip Grooved Handles Heavy Fermenting Lids Kit For Wide Mouth Mason Jar

<https://amzn.to/42eXE5j>

Dehydrators

Excalibur 3926TB Electric Food Dehydrator

<https://amzn.to/4bajcUL>

Septree Food Dehydrator for Jerky, Fruit, Meat, Veggies, Dog Treats, Herbs, 6 Stainless Steel Trays

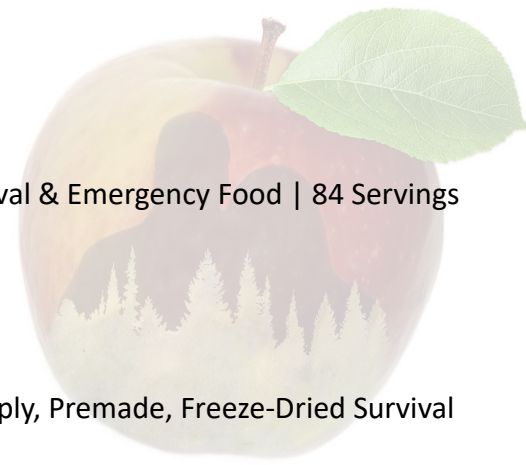
<https://amzn.to/48yd8DE>

Freeze-Dried Meals and Components

Harvest Right Freeze Dryer

<https://harvestright.com>

FOOD PREPS 2.0



Mountain House 14-Day Emergency Food Supply | Freeze Dried Survival & Emergency Food | 84 Servings

<https://amzn.to/47ApauP>

Variety Pack Bucket, 104 Servings, Emergency, MRE Meal & Drink Supply, Premade, Freeze-Dried Survival Food

<https://amzn.to/3Hh21Tw>

60 Large Servings - Freeze Dried Meal Assortment - 18 Lbs. - Emergency Preparedness Supply Kit

<https://amzn.to/47QoBgR>

Mountain House Cooked Diced Chicken | Freeze Dried | #10 Can

<https://amzn.to/3HkTteA>

Mountain House Diced Beef | Freeze Dried | #10 Can

<https://amzn.to/3HhwX5Y>

Mountain House Fettuccine Alfredo with Chicken | Freeze-Dried | #10 Can

<https://amzn.to/4b061ph>

Mountain House Scrambled Eggs with Bacon | Freeze-Dried | #10 Can

<https://amzn.to/3vEKeTW>

Mountain House Lasagna with Meat Sauce | Freeze-Dried | #10 Can

<https://amzn.to/4aUcbqN>

FOOD PREPS 2.0



Mountain House Rice & Chicken | Freeze-Dried | #10 Can

<https://amzn.to/3Sk5qHm>

Mountain House Beef Stroganoff with Noodles | Freeze-Dried | #10 Can

<https://amzn.to/4aVY8Ry>

READYWISE - Emergency Food Supply, Fruit Bucket, 120 Servings

<https://amzn.to/3SsGH45>

READYWISE - Meat Variety Bucket, 60 Servings

<https://amzn.to/3tVcNfi>

Augason Farms Freeze Dried Sliced Strawberries | #10 Can

<https://amzn.to/3ShKWPH>

Augason Farms Banana Chips | #10 Can

<https://amzn.to/3Sji2Pi>

Augason Farms Freeze Dried Whole Blueberries | #10 Can

<https://amzn.to/3HiGXvT>

Augason Farms Dehydrated Potato Slices | #10 Can

<https://amzn.to/3O2YVGs>

FOOD PREPS 2.0



Augason Farms Dehydrated Potato Shreds | #10 Can

<https://amzn.to/3vszMhZ>

Augason Farms Dehydrated Diced Carrots | #10 Can

<https://amzn.to/47DpLMp>

Augason Farms Dehydrated Chopped Onions | #10 Can

<https://amzn.to/48NGZs1>

Water Treatment and Purification

Royal Berkey Gravity-Fed Stainless Steel Countertop Water Filter System 3.25 Gallon

<https://amzn.to/3S06r63>

ProOne Big+ Gravity Water Filter

<https://prooneusa.com/product/big-plus/>

Alternative Cooking

All-American Sun Oven | Outdoor Solar Oven

<https://amzn.to/3HiH8al>

GOSUN Fusion Solar Oven and Cooker | Hybrid Electric Grill

<https://amzn.to/3O302Gf>

#PaidLinks

FOOD PREPS 2.0



GasOne B-5200K Outdoor Cooker

<https://amzn.to/3tHUudu>

EcoZoom Rocket Stove

<https://amzn.to/3TVJB2j>

Ironclad Supply Rocket Stove

<https://amzn.to/48NY7x2>

Coleman Classic 1-Burner Butane Stove, Portable Camping Stove

<https://amzn.to/3O3O1Aa>

Camp Chef EX60LW Explorer 2 Burner Outdoor Camping Modular Cooking Stove

<https://amzn.to/3SiS8uS>

Coleman Propane Fuel Case of 6

<https://amzn.to/48UuQki>

GASPRO 1lb Propane Tank Refill Adapter Kit | 3ft Hose with Safety Shutoff Valve

<https://amzn.to/48UuRom>

VEVOR X-Marks Fire Pit Grill Grate, Foldable Round Cooking Grate

<https://amzn.to/3TX4YQD>



Bulk Food

Rice, Beans, Etc.

Premium 50 lbs. Long Grain White Rice

<https://amzn.to/3U01xcb>

Long Grain Rice - 50 lbs. - CASE PACK OF 4

<https://amzn.to/3tLiZqa>

Pinto Beans, Premium Quality, Grown in USA Triple Cleaned, 50 lbs

<https://amzn.to/48QAt36>

Torino Black Beans Michigan 1/50Lbs bag Dry beans

<https://amzn.to/47Gthp7>

Torino Chickpeas 1/50Lbs bag

<https://amzn.to/4bajllF>

North Lily Small Red Beans, Non-GMO, Kosher, 50 lbs

<https://amzn.to/4aTVwUm>

Great Northern Beans Dry Beans, 25 Pound Bag

<https://amzn.to/3vCX4Sz>

FOOD PREPS 2.0



Brown Lentils | 25 LBS

<https://amzn.to/41VEykl>

Oats In Bulk for Oatmeal 25 or 50 Bundles

<https://amzn.to/4aTVVGm>

Masabrosa Maseca Corn Flour, 25 Pound

<https://amzn.to/3RUS17v>

Coarse-Ground Yellow Corn Meal, Bulk 50 Lb. Case

<https://amzn.to/3RXea58>

Premium Hybrid White 50-lb Bag - Butterfly Style Popping Corn

<https://amzn.to/41UPwXr>

Sugar, Salt, and Fats

Domino Pure Cane Extra Fine Granulated Sugar, 50 Pound Bag

<https://amzn.to/3vwXA4h>

Salt Hi Grade Evaporated Salt, 50 Pound

<https://amzn.to/48UQjtu>

FOOD PREPS 2.0



Superb No Additive Canola Oil, 35 Pound

<https://amzn.to/4aQCMVT>

California Olive Ranch 80/20 Chef's Blend, 5 Gallon Box

<https://amzn.to/47vj9zG>

Crisco All-Vegetable Shortening, 48 Ounce

<https://amzn.to/48zBFrO>

Fruits and Vegetables

Black Beans, 15.5 Ounce (Pack of 8)

<https://amzn.to/47Cr4vd>

Cannellini Beans, 15.5 Ounce (Pack of 24)

<https://amzn.to/47Gtxo5>

Cut Green Beans Canned Vegetables, 14.5 Ounce (Pack of 12)

<https://amzn.to/47GtxV7>

Canned Golden Sweet Whole Kernel Corn No Salt Added, 15.25 Ounce (Pack of 24)

<https://amzn.to/3vBcoir>

Fresh Cut Sliced Carrots, 14.5 Ounce (Pack of 24)

FOOD PREPS 2.0



<https://amzn.to/3vB6zS8>

Canned Extra Long Asparagus Spears, 15 Ounce (Pack of 12)

<https://amzn.to/47B3E9r>

Diced Canned Potatoes, Canned Vegetables, 12 Pack, 14.5 oz Can

<https://amzn.to/3HjOcdr>

Mashed Potatoes Complete Instant 5.43 Lbs

<https://amzn.to/3tSctJg>

Sliced Bartlett Pears in Heavy Syrup, Canned Fruit, 15.25 Ounce (Pack of 12)

<https://amzn.to/3Hkhylu>

Sliced Yellow Peaches in Extra Light Syrup, 15 Ounce (Pack of 12)

<https://amzn.to/3ShrdPY>

Canned Fruit Cocktail in 100% Fresh Juice, 15 Ounce (Pack of 12)

<https://amzn.to/3tRBol6>

Canned Pineapple Slices in 100% Juice, Canned Fruit, 12 Pack, 20 oz Can

<https://amzn.to/420wzm6>

Canned Mandarin Oranges, 8.25 Ounce (Pack of 12)

FOOD PREPS 2.0



<https://amzn.to/3vHZmj3>

Meat

Chunk Light Tuna In Water, 5 oz Cans (Pack of 24)

<https://amzn.to/47F4odw>

Chunk White Chicken in Water, 5 oz Can (Pack of 24)

<https://amzn.to/3tSCIEa>

Pack of 15 Harvest Creek Pulled Pork in Water 12oz Cans

<https://amzn.to/3RWT4Uf>

Roast Beef NET WT 12 oz (pack of 4)

<https://amzn.to/47IXHYc>

Fully Cooked Bacon, Ready to Eat, 80 Slices Per Pack / Case, 10 Year Shelf Life

<https://amzn.to/3Hkdlcc>

Soups and Stews

Chunky Steak & Potato Soup, 18.8 oz. Can (Pack of 12)

<https://amzn.to/48yl8TV>

FOOD PREPS 2.0



Roasted Chicken Soup with Country Vegetables, 18.8 Oz Can (Case of 12)

<https://amzn.to/48VkJQUH>

Minestrone with Italian Sausage, 18.8 Ounce (pack of 12)

<https://amzn.to/48VkJS2u>

Chili With Beans 15 Oz (8 Pack)

<https://amzn.to/3O4hkTh>

Beef with Vegetables & Barley Soup, 10.5 Ounce Can (Pack of 12)

<https://amzn.to/48KGGOG>

SpaghettiOs Original Canned Pasta Plus Calcium, 15.8 oz Can (Pack of 12)

<https://amzn.to/3NZMs6s>

Dinty Moore Beef Stew, Hearty Meals, 15-Ounce Cans (Pack of 12)

<https://amzn.to/3U0G42F>