



Prepper's Pantry: 55 Most Popular Convenience Food for Tasty Life Saving Meals (Prepper's Pantry Books, Prepper's Pantry, Prepper survival)

Melvin Garcia

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Who says that your emergency food stockpile has to be filled with bland, flavorless junk? With the right advice and the right amount of ingenuity, you can recreate a familiar, delicious, nutritious, and most of all comfortable variety for your family. Even in the worst disaster, you can use the act of preparing and eating meals to offer a slice of normalcy and comfort to your entire family. Nutrition is important, but it's just as critical to make sure that you can provide that comfort to your family in a stressful emergency situation.

Circumstances can often make many of those "comfort foods" unavailable, but fortunately there are more shelf-stable options available for preppers than ever before! Just because you are living off of emergency rations does not mean that you will be eating beans and rice every day. This book will offer suggestions that will add flavor and variety to your emergency food storage! This book will teach you about:

This book will teach you about:

- How to incorporate a variety of different fruits into your diet when they're not available fresh
- Enhancing and increasing the quality of convenience foods
- Finding a balance between ready-to-eat meals and shelf-stable ingredients
- Maximizing your family's comfort in an emergency situation through food
- Being creative and flexible with what you have on hand
- Much, much more!

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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