

## Prepper Essentials: 30 Minute Prepper Pantry Meals: Delicious, quick, easy to make meals using canned and packaged supplies from your prepper pantry



If you're prepping and you're rotating stock you need this recipe book! Experienced preppers have a good mix of long-term storable foods like dehydrated or freeze-dried food that can last years and shorter shelf-life foods, like grains or canned goods. Then there are the goods bought at your local grocery store that can be stored in the freezer or fridge, which may last only days or a few months. But buying to food is only part of the story. Having enough to feed the family for months if the SHTF is great, but you have to rotate all your stock on a regular basis to maximize its shelf-life and preserve the highest capacity for nutrition, or you're really just wasting money. The simple principle of stock rotation is First in-First out. Basically, when you purchase more groceries, you need a system to put the newest in the back and move the oldest stock to the front so you can use it first. Along with this is regularly checking for stores that are expiring. A lot of dates are guidelines, rather than hard and fast rules, but you don't want to find yourself stuck with a whole lot of food that is out of date by several years when the SHTF. This book is the result of my efforts to rotate my stock. The meals in this book are both quick to prepare and a great way to rotate that stock around. I've also included a list of the supplies used by the recipes in this book, to help you supplement your own stocks. There may be some foods in there you haven't thought of including in your stores. Happy Prepping Stevie Driver

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