

Top 10 Foods to Stock Up on Now

Here is a list of the top 10 foods you should buy from your grocery store. Plan your purchases over the next 4 weeks by writing in what you want to buy. As your budget allows, add 2 or more of these foods to your cart each week until you have stocked the supply you need.

Date _____



	Item	Week 1	Week 2	Week 3	Week 4
1	Beans - Dried and canned				
	<i>Example entry</i>	<i>Dried Pinto Beans (x2)</i>	<i>Canned Chickpeas (x4)</i>	<i>Dried Lentils (x2)</i>	<i>Canned Baked Beans (x4)</i>
2	Canned Goods - Tomatoes, other vegetables, fruits, and canned meat, chicken, and fish				
3	Fats - Shelf-stable, including ghee, coconut oil, and olive oil				
4	Milk - Powdered/Dried, preferably low temp dried (Note: Non-fat powdered/dried milk will be the most shelf stable.)				
5	Nut Butters (Note: Preferably ones made with only roasted nuts and salt.)				
6	Pasta - Dried, all shapes and sizes				
7	Rice - White rice, such as long grain or basmati, will be the most shelf-stable				
8	Salt - Both iodized salt and sea salts				
9	Sugar - White, Dried Cane Juice, Honey, Molasses, Maple Syrup, etc.				
10	Wheat Products - All-purpose flour or bread flour, as well as the actual whole grain				
	& Bread Baking Needs - Including packaged yeast, baking powder, baking soda, and barley malt				

Create Your Prepper Pantry

- [How to Stock Your Prepper Pantry with Real Food](#)
- [How to Stock Your Prepper Pantry for \\$5 a Week](#)
- [Download my free 36-page Traditional Foods Pantry List](#)

More Free Downloads

- [Top 10 Foods to Stock Up on Now](#) (explaining this shopping list)
- [Fight Rising Grocery Prices with Free Checklist](#)
- [Four-Corners Pantry Inventory Worksheets](#)

Additional Resources

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