

3-Day Emergency Diet Plan

	Day 1	Day 2	Day 3
Breakfast	1/4 cup evaporated milk with 1/4 cup distilled water 1 box of cereal 1/2 can (2 oz.) of canned peaches (drained)	1/4 cup evaporated milk with 1/4 cup distilled water 1 box of cereal 1/2 can (2 oz.) of canned pears (drained)	1/4 cup evaporated milk with 1/4 cup distilled water 1 box of cereal 1/2 cup of cherries (drained)
Snack	Vanilla wafers (5) or graham crackers (1-1/2 squares)	1/2 cup canned applesauce	Vanilla wafers (5) or graham crackers (1-1/2 squares)
Lunch	Peanut butter and jelly sandwich: 2 slices of bread 2 tbsp. peanut btr. 2 tbsp. jelly 1/2 cup canned pears (drained) 1/2 cup (4 oz.) pre-made powdered fruit drink	Chicken Sandwich: 2 slices of bread 1/4 cup (1 oz.) canned low sodium chicken* 1 tbsp. mayo.* 1/2 cup pineapple (drained) 1/2 cup pre-made powdered fruit drink	Peanut butter and jelly sandwich: 2 slices of bread 2 tbsp. peanut btr. 2 tbsp. jelly or honey 1/2 cup canned peaches (drained) 1/2 cup cranberry juice
Snack	1/2 cup canned applesauce	1/2 cup canned applesauce	1/2 cup canned applesauce
Dinner	Chicken sandwich: 2 slices of bread 1/2 can (2 oz.) canned low sodium chicken* 2 tbsp. mayo.* 1/2 cup canned low sodium carrots (drained) 1/2 cup cranberry juice	Tuna Sandwich: 2 slices of bread 1/2 can (2 oz.) canned low sodium tuna* 1-2 tbsp. mayo.* 1/2 cup canned low sodium peas (drained) 1/2 cup cranberry juice	Salmon sandwich: 2 slices of bread 1/2 can (2 oz.) canned low sodium salmon* 1-2 tbsp. mayo.* 1/2 cup of canned low sodium green beans (drained) 1/2 cup of soft drink
Snack	Vanilla wafers (5) or graham crackers (1-1/2 squares)	Vanilla wafers (5) or graham crackers (1-1/2 squares)	Vanilla wafers (5) or graham crackers (1-1/2 squares)

*Perishable item: Throw away unused food in open containers if not refrigerated or used within 4 hours.