



# Prepping Shopping List:



BEANS

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RICE

---

LENTILS

---

CANNED MEAT

---

CANNED VEGETABLE

---

CANNED FRUIT

---

YEAST

---

WATER

---

CANNED BROTH

---

BOUILLON

---

COFFEE

---

TEA

---

PASTA

---

CORN MEAL

---

FLOUR

---

SUGAR

---

BAKING SODA

---

BAKING POWDER

---

OATS

---

LARD, GHEY, OR TALLOW

---

FAVORITE SEASONS

---

POTATO FLAKES

---

POPCORN

---

NUT BUTTER

---

JELLIES

---

CANNED DAIRY

---

POWDERED DAIRY

---

JERKY

---

ALCOHOL

---

SAUCES AND GRAVY

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# Prepping Shopping List:



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