TheEpicenter.com
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GOURMET RESERVES
PRIMARY SYSTEMS™

Primary System – One Month for One Person

# Cans		Servings per Can
	FRUITS / DESSERTS	
1	Apples, Diced (Dehydrated, 2 1/2 can)	9
1	Blueberries (FD, 2 1/2 can)	12, ¼ oz
	DAIRY / EGGS / BREAKFAST	
1	Nonfat Dry Milk Powder (Instant)	10 qts
1	Scrambling Omelet Egg Mix (2 1/2 can)	16 eggs
	VEGETABLES	
1	Corn (2 1/2 can)	6
1	Potatoes, Mashed (Instant, 2 1/2 can)	10
1	Vegetable Mix	32
	BEANS / GRAINS / PEAS	
1	Cornmeal*	11
1	Lentils*	11
1	Oats, Rolled (Regular)*	10
1	Pearled Barley*	12
6	Pinto Beans (Regular)*	9
1	Rice, White (Long Grain)*	12
2	Wheat, Hard*	11
	MISCELLANEOUS	
1	Honey, Pure (5 lb)	320 tsp
1	Seasoning Blend (2 1/2 can)	630 tsp
1	Columbian Coffee, Spray Dried	185 cups

Calories per person per day (approx): 2,150
Total calories: 64.507
Number of cans: 17
Approx. shipping weight: 56 lbs
Shipping dimensions (storage area): 2'x1.5'x1'

System includes: Plastic lids, can opener, and cookbook.
All products are packaged by weight not volume.

* = Cooking Required

The manufacturer reserves the right to make substitutions of items of equal or greater value in this food system.

Epicenter Item Code: "GR-Primary3"