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GOURMET RESERVES VERSATILE SYSTEM THREE MONTHS

Highlights

- High degree of preparation versatility
- Expanded variety of menu options
- Higher calorie values
- Foods which cover needs in both short-term and long-term emergency situations
- Includes meatless entrees
- A 56% no cook feature
- Designed for one person for three months

# Cans	Servings per Can	# Cans	Servings per Can										
ENTREES		BEANS / GRAINS / PEAS											
1	12	1	11										
1	12	1	11										
SOUPS		1	7										
1	20	2	10										
BREAKFASTS		2	12										
1	8	1	32										
1	30	1	9										
FRUITS / DESSERTS		1	32										
1	20	2	12										
1	48	1	12										
1	28	1	9										
1	12	1	11										
DAIRY / EGGS		VEGETABLES											
1	20	1	21										
3	32	1	21										
1	44	1	21										
SNACKS / READY-TO-EAT		1	81										
1	108	MISCELLANEOUS											
2	25	1	50										
3	33	2	185										
<table border="1" style="margin: auto; border-collapse: collapse;"> <tr> <td>Calories per person per day (approx):</td> <td>2,161</td> </tr> <tr> <td>Total calories:</td> <td>194,528</td> </tr> <tr> <td>Number of cans:</td> <td>44</td> </tr> <tr> <td>Approx. shipping weight:</td> <td>136 lbs</td> </tr> <tr> <td>Shipping dimensions (storage area):</td> <td>3'x2'x1.5'</td> </tr> </table>				Calories per person per day (approx):	2,161	Total calories:	194,528	Number of cans:	44	Approx. shipping weight:	136 lbs	Shipping dimensions (storage area):	3'x2'x1.5'
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FD = Freeze Dried		System includes: Plastic lids, can opener, and cookbook.											
* = Cooking Required		All products are packaged by weight not volume.											

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