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GOURMET RESERVES VERSATILE SYSTEM
ONE YEAR

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 year for one person

# Cans		Servings per Can
	ENTREES	
1	Mountain Chili	12
1	Mushroom Pilaf w/ Vegetables	12
1	Potatoes & Cheddar w/ Chives	18
2	Santa Fe Black Beans & Rice	12
2	Spaghetti Marinara w/ Mushrooms	12
	SOUPS	
1	Alpine Minestrone Soup	20
1	Creamy Potato Cheddar Soup	20
	BREAKFASTS	
1	5-Grain Fruit & Nut Instant Cereal	22
2	Blueberry Honey Granola w/ Milk	8
6	Granola, Fat Free	30
	FRUITS / DESSERTS	
1	Apple Almond Crisp	20
2	Apple Flakes (Dehydrated)	36
2	Apples, Diced (Dehydrated)	48
2	Date Pieces	28
	DAIRY / EGGS	
1	Cheddar Cheese Powder	36
12	Nonfat Dry Milk Powder (Instant)	32
3	Scrambling Omelet Egg Mix	44
	SNACKS / READY-TO-EAT	
3	Cheese Spread (1 oz pouches)	25
4	Honey, Pure (5 lb)	108
3	Peanut Butter (1.12 oz pouches)	25
9	Royal Crème Crackers	33

# Cans		Servings per Can
	BEANS / GRAINS / PEAS	
6	Cornmeal*	11
2	Couscous (Precooked)	20
6	Lentils (Dehydrated)	32
2	Lentils (Regular)*	11
2	Pasta (Instant)	7
6	Oats, Rolled (Regular)*	10
6	Pearled Barley*	12
2	Pinto Beans (Dehydrated)	32
6	Pinto Beans (Regular)*	9
2	Rice, White (Cooked, Instant)	32
9	Rice, White (Long Grain)*	12
6	Split Peas, Green*	12
2	Textured Vegetable Protein (TVP)	9
12	Wheat, Hard*	11
	VEGETABLES	
2	Carrots, Diced (Dehydrated)	55
2	Corn, Sweet (FD)	21
1	Onions, Chopped (Dehydrated)	40
2	Peas (FD)	21
2	Potatoes, Diced (Dehydrated)	43
2	Potatoes, Mashed (Instant)	21
1	Tomato Powder	81
2	Vegetable Mix	32
	MISCELLANEOUS	
1	Sea Salt (7 lb)	100
4	Columbian Coffee, Spray Dried	185

Calories per person per day (approx):	**2,045**
Total calories:	**746,433**
Number of cans:	**148**
Approx. shipping weight:	**695 lbs**
Shipping dimensions (storage area):	**3.25'x3.25'x3'**

FD = Freeze Dried
* = Cooking Required

System includes: Plastic lids, can opener, and cookbook.
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.