

✅ 1-Week No-Cook Survival Menu

For when you need to get through the week with no fridge, no stove, and very little money.

All items are shelf-stable and available at Dollar Tree, gas stations, Walmart, or discount grocers.

🔧 Supplies You'll Need:

- Plastic fork/spoon
 - Can opener (unless everything is pop-top)
 - Wet wipes or napkins
 - Access to clean drinking water
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📅 DAY 1

Breakfast: 2 Pop-Tarts + Shelf-stable milk box

Lunch: Tuna salad snack kit + crackers

Snack: Granola bar + juice box

Dinner: Canned chili + bag of tortilla chips

📅 DAY 2

Breakfast: Carnation Instant Breakfast drink + bagel

Lunch: Vienna sausages + peanut butter crackers

Snack: Nut mix or sunflower seeds

Dinner: Chef Boyardee can (ravioli, spaghetti) + applesauce cup

📅 DAY 3

Breakfast: Oatmeal packet (eat dry or with milk box) + trail mix

Lunch: Potted meat on crackers + shelf cheese pouch

Snack: Pudding cup + granola bar

Dinner: Canned beans in BBQ sauce + tortilla

DAY 4

Breakfast: Peanut butter on rice cakes

Lunch: Chicken salad snack kit + juice box

Snack: Snack-size candy bar + sunflower seeds

Dinner: Canned chili or meat stew + crackers

DAY 5

Breakfast: Instant oatmeal + shelf milk + banana (if possible)

Lunch: Deviled ham + tortillas

Snack: Trail mix + pudding cup

Dinner: Canned soup with noodles + snack-size chips

DAY 6

Breakfast: Granola bar + chocolate milk box

Lunch: Spam single + bagel

Snack: Cheese crackers + peanut butter

Dinner: Chef Boyardee + juice pouch

DAY 7

Breakfast: Pop-Tarts + protein bar

Lunch: Tuna salad kit + pretzels or crackers

Snack: Nuts + pudding cup

Dinner: Canned beans + tortilla + candy bar for dessert

Tips:

- Swap items as needed depending on budget and availability.
 - Prioritize **high-calorie, high-fat, and protein** foods when money is tight.
 - Avoid anything that must be refrigerated after opening unless you can eat it in one go.
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