



# The Prepper's Cookbook: 300 Recipes to Turn Your Emergency Food into Nutritious, Delicious, Life-Saving Meals

By Tess Pennington

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**The Prepper's Cookbook: 300 Recipes to Turn Your Emergency Food into Nutritious, Delicious, Life-Saving Meals** By Tess Pennington

## STOCK YOUR PANTRY TO SURVIVE ANY DISASTER

When a catastrophic collapse cripples society, grocery store shelves will empty within days. But if you follow this book's plan for stocking, organizing and maintaining a proper emergency food supply, your family will have plenty to eat for weeks, months or even years, with meals such as:

- \* French Toast
- \* Black Bean Soup
- \* Chicken Pot Pie
- \* Beef Stroganoff
- \* Fish Tacos
- \* Potatoes Croquette
- \* Asian Ramen Salad
- \* Quinoa Tabouli
- \* Rice Pilaf
- \* Buttermilk Biscuits
- \* Peach Cobbler

Packed with tips for off-grid cooking, canning charts for over 20 fruits and vegetables, and checklists for the best emergency pantry items, *The Prepper's Cookbook* will have you turning shelf-stable, freeze-dried and dehydrated foods into delicious, nutritious dishes your family will love eating.

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## Editorial Review

Review

**The Prepper's Cookbook is an excellent resource and foundation that covers many topics of preparation. Especially helpful for the seeker and the new-to-prepping...**

--*Real Food Living*

**Not only is it a must-have for any survival bookshelf - but you can use it daily to create fantastically healthy and great-tasting meals for the whole family!**

--*SHTF Plan*

**The Prepper's Cookbook gets to the heart of a preparedness pantry!**

--*The Organic Prepper*

**The beauty of this cookbook is that basic prep information is contained in one easy-to-read, well-organized book...**

--*Survival Blog*

**It's more than a cookbook. It's also a handy guide for beginning preppers who have wondered, "So what do I actually do with all this extra food I'm buying?"**

-- *The Survival Mom*

About the Author

Tess Pennington is the founder of ReadyNutrition.com, a popular prepping website with over 160,000 readers a month. She is a lifelong prepper who lives in the Pacific Northwest where she and her family are taking steps to live a more self reliant lifestyle.

## Users Review

**From reader reviews:**

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**Joyce Pippin:**

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**Peggy Dunn:**

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