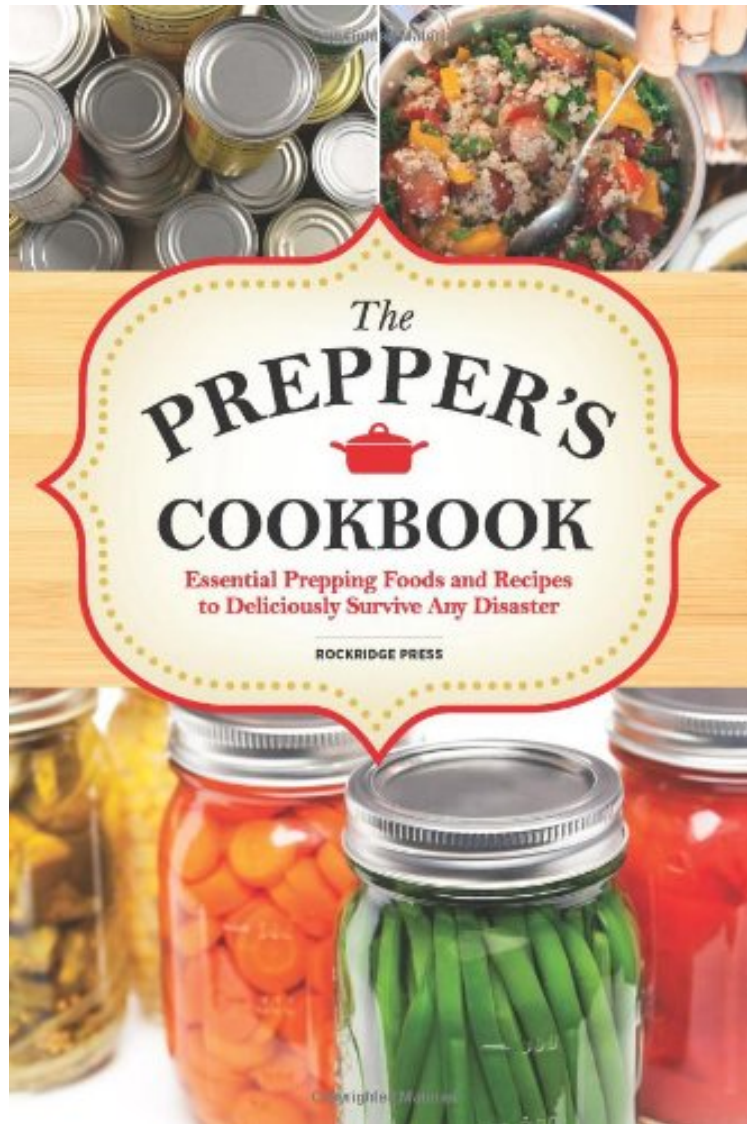


[Free] The Preppers Cookbook: Essential Prepping Foods and Recipes to Deliciously Survive Any Disaster

The Preppers Cookbook: Essential Prepping Foods and Recipes to Deliciously Survive Any Disaster

Rockridge Press

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Rockridge Press : The Preppers Cookbook: Essential Prepping Foods and Recipes to Deliciously Survive Any Disaster before purchasing it in order to gage whether or not it would be worth my time, and all praised The Preppers Cookbook: Essential Prepping Foods and Recipes to Deliciously Survive Any Disaster:

0 of 1 people found the following review helpful. Be Prepared to Eat HealthyBy Donna M. HermannBe Prepared and Eat HealthyThe Prepper's Cookbook: Essential Prepping Foods and Recipes to Deliciously Survive Any Disaster is an

excellent resource for preparing for natural or economic disasters, or even for the camping enthusiast. The book starts with why you should prep, how you should prep, and gives instructions on food storage, canning, drying, and water safety. We learn how to figure out how much food and water we will need for our family and how to pack a "bug out bag". The beginner and the experienced will benefit from reading this book. We learn the different ways to can, how to dehydrate food, and how to cook all this food without modern conveniences. All instructions are step-by-step and easy to follow, including all the mouthwatering recipes. You can start with the recipe for Poor Man's Skillet, add Survivalist Bread, and finish with Campfire Cobbler. The book even includes "recipes" for homemade toothpaste, deodorant, and body soap. With all the information in this book, your neighbors will want to be stranded with you when/if a disaster happens. My advice is to buy this book and get started building your food storage supply now. It's never too early to be prepared. 0 of 1 people found the following review helpful. Great info on emergency preparation

By Lauriefan
The Prepper's Cookbook is a great resource for people who would like to be prepared in the event of a serious emergency. It provides clear, easy to follow charts throughout the first section that layout a handy checklist for supplies, common caloric needs for individuals as well as major nutrient needs. If you live in tornado alley like I do, being prepared is a necessity. If the power is out for days, you need to know how to provide for yourself and your family. Besides being prepared for an emergency, this book is also handy for campers. Most recipes can be made over a campfire. I am looking forward to trying out the recipe for Herbed Flatbread the next time I am camping with my family. I have a food dehydrator (that I love) so I used that to make the recipe for Strawberry Almond trail mix. It was super delicious and WAY cheaper than any trail mix that I have bought in the store. I would recommend this book to everyone. We rely too much on the conveniences of modern life so it is important to educate ourselves on how to survive without power, lights and take out pizza. 0 of 1 people found the following review helpful. How to Fill your Cabinets with a Combination of Different Survivalist Foods

By Joe
The Preppers Cookbook: Essential Prepping Foods and Recipes to Deliciously Survive Any Disaster will teach readers how to fill their cabinets with a combination of canned and dried goods and also dehydrated products. Not much of an investment is required to prepare yourself, if you just buy a little more next time you're at the store. Remember to store three days' worth of food, and at least a gallon of water a day per person. Alternative ways of cooking include nearly anything that you can heat up such as a camp stove or barbecue grill. Condiments were a surprising read, but it seems that if food shortages truly did occur that these would prove to be valuable. Valuable recipes and cooking methods are included. Written are ways to preserve jellies; among a few tasty recipes Nutty Pecan Jam was my favorite. A pressure canning guide is included, along with how to make and store salsas, and drying recipes. The Preppers Cookbook: Essential Prepping Foods and Recipes to Deliciously Survive Any Disaster provides a necessary guide to living in a time of food shortages.

Build an emergency food supply for your family with nutritious, low-cost recipes with the handy Preppers Cookbook. Prepping your own food--choosing the right ingredients, in the right quantities, with the right methods--is the best way to ensure that you and your family will be ready for any disaster. This is the ultimate prepper's cookbook for preparing in a safe and smart way. With the help of The Preppers Cookbook you'll be able to: Get started with handy checklists and instructions to begin preparing immediately Use The Preppers Cookbook to quickly learn and start using different food-preservation methods such as canning, pickling, and dehydrating Choose from delicious recipes from the The Preppers Cookbook for every meal and situation, including breakfast, dessert, and snacks Keep track of your calories, water supply, and macronutrients using proper guidelines Easily organize your disaster response with helpful tips and suggestions from The Preppers Cookbook Regardless of what reality TV would have you believe, most preppers are real-world people just like you, who simply want to be prepared to survive any emergency that may arise. Advance preparation will be crucial to making it through a disaster, even if it's for only a few days. With dozens of useful recipes, and with tutorials on crucial topics such as alternate food sources, reliable cooking methods, and water purification, The Preppers Cookbook will help get your family prepared for any situation.