

# Simplified Food Ration Chart



## Fats, Oils & Sweeteners

We keep honey, olive oil, coconut oil avocado oil, sunflower oil, lard and fat from wild hogs and homegrown chickens (that we render ourselves) as healthier cooking fats. High-quality butter and sweeteners like Sucanat or Organic cane sugar are staples!



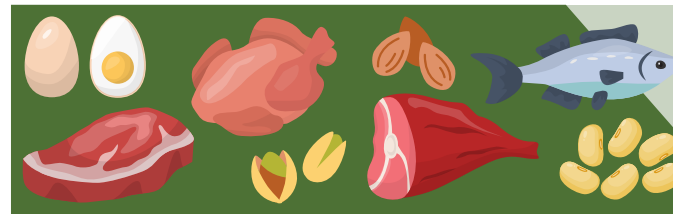
## Dairy

We consume raw milk, cream, and make homemade yogurt and soft cheeses (like Velveeta, cottage cheese, or Framers' Cheese). I stock hard cheeses in quantities or blocks. My favorite sour cream is Daisy brand, unless I make my own.



## Meat

We like leaner meat from venison and wild hogs. I often cook with homegrown chickens and like to cook it whole to make homemade broth. Plan tacos once a week to get those beans in. Eggs go best for breakfast with homemade breakfast sausage, bacon, or ham. Fish is limited at our farmhouse.



## Fruits

Fruits are enjoyed in smaller portions than veggies. I get boxes of fruit and go picking for strawberries and blueberries in the summer. We like to can peaches and grape juice to get our fruit servings year round. Freezing fruit is great for smoothies, cobblers, and pies. Use that fruit!



## Vegetables

These are the vegetables we grow or make sure to have in our fridge. I like to stock up on frozen veggies for a quick side. Canning vegetables to preserve the harvest is wise. We can corn, green beans, tomatoes for sauces, and use cabbage to make sauerkraut. Potatoes are used fresh and should be stored away from onions in a cool place.



## Bread

Whole grains is the base to our meals. I plan many of our meals based off of breads. For example tortillas go with Mexican food, whole wheat sandwich bread with sandwiches, millet for breakfast porridge, and etc...I buy wholemeal pastas and brown rice to get the most nutrition.

