

Two Week RV Food and Cooking Guide

Five Year Emergency Food Plan for Two People



This guide combines a complete shopping checklist, a 14 day menu, simple one pot recipes, water planning, and storage instructions for an RV emergency food supply. The plan provides 84 meal servings for two adults and favors foods that need no refrigeration.

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How to Use This Guide

The shopping list is a starting point for two adults for 14 days. It assumes approximately 2,000 calories per person per day, or about 56,000 calories for the complete period. Actual needs vary with age, health, weather, and activity. Check package nutrition labels and add food if either person normally requires more than this amount.

For the five year reserve, buy commercially packaged foods whose printed shelf life is at least five years. Grocery store bags of rice, oats, pasta, beans, and powdered foods are not automatically five year products. Long term packaging should be unopened, undamaged, and clearly dated.

The Best RV Approach

- ☐ Keep the long term reserve sealed until an emergency or scheduled replacement date.
- ☐ Carry a smaller rotating pantry of ordinary canned and packaged foods for everyday trips.
- ☐ Choose lentils, instant rice, and freeze dried meals when propane or water is limited.
- ☐ Store food inside the coolest dark cabinet available and away from exterior RV walls.
- ☐ Write the purchase date and replacement date on every container.

Important Storage Limits

Heat is the greatest problem in an RV. Shelf life ratings are generally based on controlled storage, not a closed trailer sitting in summer heat. If the RV will be stored hot, keep the main reserve at home and load it before travel. Never use food from leaking, swollen, badly rusted, punctured, or deeply dented containers. Follow the package directions after opening.

Five Year Shopping Checklist

Buy the quantities below in long term packaging rated for at least five years. Package sizes vary, so use the quantity or serving count as the target and confirm that the combined labels provide about 56,000 calories.

Buy	Food	Target	Use
☐	Rolled or quick oats	3 lb	Breakfast base
☐	Freeze dried eggs	28 servings	Breakfast protein
☐	Powdered milk	2 lb	Drinks and cooking
☐	Powdered peanut butter	2 lb	Breakfasts and snacks
☐	Freeze dried fruit	28 servings	Breakfasts and snacks
☐	White or instant white rice	8 lb	Main meal base
☐	Lentils	3 lb	Fast cooking protein
☐	Dry beans	2 lb	Use when fuel is available
☐	Pasta	3 lb	Main meal base
☐	Freeze dried chicken or beef	28 servings	Main meal protein
☐	Two serving freeze dried meals	8 pouches	5 menu dinners plus 3 backups
☐	Dehydrated mixed vegetables	28 servings	Soups and main meals
☐	Dehydrated potato flakes	2 lb	Breakfasts and dinners
☐	Tomato powder	12 oz	Sauce and chili
☐	Cheese powder	12 oz	Pasta, eggs, and potatoes
☐	Soup base or bouillon	One container	Flavoring
☐	Dried onions and peppers	One container each	Flavoring
☐	Honey	2 lb	Sweetener and calories
☐	White sugar	2 lb	Sweetener and calories

Seasonings Drinks and Equipment

Seasonings and Drinks

- ☐ Salt and black pepper
- ☐ Garlic powder and dried onion
- ☐ Chili powder and taco seasoning
- ☐ Italian seasoning and cinnamon
- ☐ Powdered drink mix
- ☐ Instant coffee, tea, or cocoa
- ☐ Hard candy or another heat tolerant comfort food

Cooking and Storage Equipment

- ☐ Propane stove or RV cooktop with enough fuel
- ☐ Medium saucepan with a tight fitting lid
- ☐ Small frying pan
- ☐ Manual can opener
- ☐ Measuring cup and measuring spoons
- ☐ Long handled spoon and heat resistant spatula
- ☐ Insulated food jar for soaking foods while conserving fuel
- ☐ Food grade water containers
- ☐ Permanent marker and inventory labels

Rotating Items

Cooking oils and many ordinary crackers do not reliably belong in a five year RV reserve. Keep a small bottle of cooking oil and favorite everyday snacks in the rotating pantry, check them before each trip, and replace them by their printed dates.

Fourteen Day Menu

Portions are for two people. Adjust seasoning and serving size as needed. Meals marked pouch use one commercial two serving freeze dried entree. The shopping list includes five planned pouches plus three emergency backup pouches.

Day	Breakfast	Lunch	Dinner
1	Fruit oatmeal	Lentil rice bowls	Chicken vegetable rice
2	Eggs and potatoes	Peanut butter oatmeal	Freeze dried entree pouch
3	Cinnamon oatmeal	Chicken rice soup	RV lentil chili
4	Eggs with peppers	Rice and beans	Cheesy chicken pasta
5	Fruit oatmeal	Leftover chili	Freeze dried entree pouch
6	Eggs and potatoes	Tomato lentil soup	Beef vegetable rice
7	Peanut butter oatmeal	Cheesy rice bowl	One pot pasta primavera

Second Week

Day	Breakfast	Lunch	Dinner
8	Fruit oatmeal	Chicken rice soup	Freeze dried entree pouch
9	Eggs and potatoes	Lentil rice bowls	Shepherd bowl
10	Cinnamon oatmeal	Peanut butter oatmeal	Chicken tomato pasta
11	Eggs with peppers	Rice and beans	Freeze dried entree pouch
12	Fruit oatmeal	Tomato lentil soup	Beef and potato bowl
13	Eggs and potatoes	Chicken rice soup	RV lentil chili
14	Peanut butter oatmeal	Use remaining portions	Freeze dried entree pouch

Snack plan: divide the freeze dried fruit, powdered peanut butter, powdered milk drinks, hard candy, and any extra oatmeal into daily portions. Use honey or sugar when additional calories are needed.

Breakfast Recipes

Fruit Oatmeal

Serves two

Ingredients 1 cup oats • 2 cups water • 1/4 cup powdered milk • 1/2 cup freeze dried fruit • honey or sugar • cinnamon

Directions Bring the water to a boil. Stir in the oats and powdered milk. Reduce the heat and cook for the time on the oat package. Stir in the fruit during the final two minutes. Sweeten to taste.

Peanut Butter Oatmeal

Serves two

Ingredients 1 cup oats • 2 cups water • 1/3 cup powdered peanut butter • 2 tablespoons powdered milk • honey or sugar

Directions Cook the oats in water. Remove the pan from the heat. Stir in the powdered peanut butter and powdered milk. Add a little water if it becomes too thick.

Eggs and Potatoes

Serves two

Ingredients freeze dried eggs for two • 1 cup potato flakes • dried onions or peppers • 2 cups water, divided • salt and pepper

Directions Prepare the eggs according to their package directions. Rehydrate the onions or peppers with the eggs. Prepare the potatoes separately with hot water, then divide everything between two bowls.

Breakfast Rice Bowl

Serves two

Ingredients 1 cup cooked rice • freeze dried eggs for two • 1/4 cup vegetables • cheese powder • salt and pepper

Directions Rehydrate the vegetables and eggs according to their packages. Warm the rice, combine all ingredients, and sprinkle with cheese powder.

Lunch and Dinner Recipes

Chicken Vegetable Rice

Serves two

Ingredients 1 cup rice • freeze dried chicken for two • 1/2 cup vegetables • 1 teaspoon bouillon • water required by the packages

Directions Rehydrate the chicken and vegetables. Add the rice, bouillon, and required water. Bring to a boil, cover, and cook according to the rice package. Let stand for five minutes before serving.

RV Lentil Chili

Serves four with two portions reserved for Day 5 lunch

Ingredients 2 cups lentils • freeze dried beef for four • 6 tablespoons tomato powder • 1/2 cup dried onion • chili powder • 6 cups water

Directions Combine everything except the beef. Bring to a boil, cover, and simmer until the lentils are tender, usually 20 to 25 minutes. Rehydrate and add the beef near the end. Add water if the chili becomes too thick. Serve two portions for dinner and promptly cool and refrigerate the remaining two portions for Day 5 lunch. If refrigeration is unavailable, prepare only half the recipe and replace the leftover meal with an unopened entree pouch.

Cheesy Chicken Pasta

Serves two

Ingredients 1 1/2 cups pasta • freeze dried chicken for two • 1/2 cup vegetables • 1/4 cup cheese powder • 3 cups water

Directions Rehydrate the chicken and vegetables. Cook the pasta until tender. Drain only if necessary, stir in the chicken and vegetables, then add the cheese powder gradually until creamy.

Tomato Lentil Soup

Serves two

Ingredients 3/4 cup lentils • 1/2 cup vegetables • 2 tablespoons tomato powder • 1 teaspoon bouillon • dried onion and garlic • 4 cups water

Directions Combine all ingredients. Bring to a boil, cover, and simmer until the lentils are tender. Stir occasionally and add water as needed.

More One Pot Meals

Rice and Beans

Serves two

Ingredients 1 cup rice • 1 cup cooked beans • 1/2 cup vegetables • taco seasoning • water required for the rice

Directions Use beans that were soaked and fully cooked. Prepare the rice with vegetables and seasoning, then stir in the beans and heat thoroughly. Lentils may replace beans when time or propane is limited.

One Pot Pasta Primavera

Serves two

Ingredients 1 1/2 cups pasta • 3/4 cup vegetables • 2 tablespoons tomato powder • Italian seasoning • 3 cups water

Directions Combine the pasta, vegetables, tomato powder, seasoning, and water. Simmer uncovered, stirring often, until the pasta is tender and the sauce thickens. Add water in small amounts if needed.

Shepherd Bowl

Serves two

Ingredients freeze dried beef for two • 1 cup vegetables • 1 1/2 cups prepared potatoes • 1 teaspoon bouillon • dried onion

Directions Rehydrate and heat the beef and vegetables with the bouillon and onion. Divide between bowls and top with prepared mashed potatoes.

Chicken Rice Soup

Serves two

Ingredients freeze dried chicken for two • 1/2 cup rice • 3/4 cup vegetables • 1 teaspoon bouillon • 5 cups water

Directions Combine all ingredients and bring to a boil. Cover and simmer until the rice is tender. For instant rice, cook the vegetables first and add the rice for only the time stated on its package.

Freeze Dried Entree Pouch

Serves two

Ingredients one two serving entree pouch • the exact amount of water printed on the pouch

Directions Heat the measured water, pour it into the pouch, stir thoroughly, seal, and wait for the printed time. Stir again before dividing. Check calories on the label and add rice, fruit, or a drink if the entree is too small for two adults.

Additional Menu Recipes

Cinnamon Oatmeal

Serves two

Ingredients 1 cup oats • 2 cups water • 1/4 cup powdered milk • 1 teaspoon cinnamon • honey or sugar

Directions Bring the water to a boil. Stir in the oats, powdered milk, and cinnamon. Reduce the heat and cook for the time printed on the oat package. Sweeten to taste.

Eggs with Peppers

Serves two

Ingredients freeze dried eggs for two • 1/4 cup dried peppers or peppers and onions • water required by the packages • salt and pepper

Directions Rehydrate the peppers until tender. Prepare the eggs according to their package directions, stir in the peppers, and season to taste.

Lentil Rice Bowls

Serves two

Ingredients 3/4 cup lentils • 1/2 cup rice • 1/2 cup vegetables • 1 teaspoon bouillon • 4 cups water • taco seasoning or garlic

Directions Combine the lentils, vegetables, bouillon, seasoning, and water. Simmer until the lentils are nearly tender. Add the rice at the time required by its package so both finish together. Divide between two bowls.

Beef Vegetable Rice

Serves two

Ingredients 1 cup rice • freeze dried beef for two • 1/2 cup vegetables • 1 teaspoon bouillon • water required by the packages

Directions Rehydrate the beef and vegetables. Add the rice, bouillon, and required water. Bring to a boil, cover, and cook according to the rice package. Let stand for five minutes before serving.

Cheesy Rice Bowl

Serves two

Ingredients 1 cup rice • 1/2 cup vegetables • 1/4 cup cheese powder • water required by the rice and vegetables • salt and pepper

Directions Cook the rice and vegetables according to their package directions. Remove from the heat and stir in the cheese powder. Add a little hot water if needed for a creamy texture.

Additional Menu Recipes Continued

Chicken Tomato Pasta

Serves two

Ingredients 1 1/2 cups pasta • freeze dried chicken for two • 1/2 cup vegetables • 2 tablespoons tomato powder • Italian seasoning • 3 cups water

Directions Rehydrate the chicken. Combine the pasta, vegetables, tomato powder, seasoning, and water. Simmer, stirring often, until the pasta is tender and the sauce thickens. Stir in the chicken and heat thoroughly.

Beef and Potato Bowl

Serves two

Ingredients freeze dried beef for two • 1 cup vegetables • 1 1/2 cups prepared potatoes • 1 teaspoon bouillon • dried onion

Directions Rehydrate and heat the beef and vegetables with the bouillon and onion. Divide between bowls and serve with the prepared potatoes.

Water and Fuel Plan

The minimum emergency water target is one gallon per person per day. For two people over 14 days, that equals 28 gallons. Twenty eight gallons weighs approximately 234 pounds. Adding a 5 to 7 gallon cooking reserve raises the water weight to approximately 275 to 292 pounds. Count all carried water against the RV cargo capacity, the tow vehicle payload, and applicable axle limits. Never overload the RV or tow vehicle. Hot weather, medical needs, physical work, pets, and dry foods may require more. When carrying the entire supply is not safe or practical, identify dependable refill locations and carry a suitable treatment method.

Purpose	Target	Notes
Drinking and basic emergency use	28 gallons minimum	Two people for 14 days
Extra cooking reserve	Add 5 to 7 gallons if space permits	Dry staples and freeze dried meals
Water treatment	Filter plus backup method	Use only as directed for the water source
Daily check	Record gallons remaining	Reduce surprises and leaks

Ways to Save Propane

- ☐ Use instant white rice instead of regular rice when practical.
- ☐ Choose lentils more often than dry beans.
- ☐ Soak beans overnight and cook them only when fuel is plentiful.
- ☐ Bring food to a boil, cover the pan, and use the lowest safe simmer.
- ☐ Use an insulated food jar only with recipes and food safety directions designed for it.
- ☐ Prepare two portions at once and promptly handle leftovers according to food safety guidance.

Water and Food Safety

Use clean water from a known safe source or water treated by an appropriate method. Keep dry food dry, wash hands and utensils, and avoid cross contamination. Once rehydrated or cooked, shelf stable food must be treated like ordinary prepared food and should not remain at unsafe temperatures.

RV Food Inventory

Record each sealed package as it is added. Replace food before its printed date or sooner if storage conditions have been hot.

Food	Amount	Purchased	Replace By	Location

Before Every Trip

- ☐ Check food packages for damage, moisture, pests, and expired dates.
- ☐ Confirm a safe water plan that accounts for approximately 8.34 pounds per gallon and stays within all cargo, payload, and axle limits.
- ☐ Check propane and the backup cooking method.
- ☐ Pack medications, pet food, and any medically required foods separately.
- ☐ Confirm that the manual can opener and cooking utensils are aboard.

Notes and Personal Changes

Foods we like

Foods to replace or avoid

Medical diet needs and allergies

Planning References

Ready.gov Food <https://www.ready.gov/food>

Ready.gov Water <https://www.ready.gov/water>

USDA Shelf Stable Food Safety <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/shelf-stable-food>

Shelf life and preparation directions vary by manufacturer. The printed instructions on each purchased product control over the general directions in this guide.

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