



How Much Wheat Am I Really Going to Eat?: Charting Your Way to Food Storage Success

By Anne McFadden



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How Much Wheat Am I Really Going to Eat?: Charting Your Way to Food Storage Success By Anne McFadden

The ONLY Food Storage Book that can tell you whether you have enough stored for short-term, long-term or the apocalypse!

A MUST HAVE in Every Prepper Library!

Do You Know IF You Really Have Enough?

Is your diet balanced or are you prepared with basic starvation rations?

Do you have a plan on what, when and how you will consume your storage?

Have you ever wished you could just look at a chart, or plug in some numbers and know - REALLY Know?

~ Your wish has been granted ~

"How Much Wheat Am I Really Going to Eat?", is filled with over 40 charts that will show you EXACTLY how much food you will need to feed your family for any length of time you choose.

The Charts also include the plugin formulas to boot ~ the same unique formulas used to develop each chart.

You'll be able to know exactly how much, and what, you will need to fill in the gaps.

This is a MUST HAVE BOOK for any serious and beginning prepper.

Written on the premise: Eat What You Store - Store What You Eat, "How Much Wheat Am I Really Going to Eat?", is designed for ANY PREPPER, on ANY DIET, in ANY COUNTRY or province, to successfully create a food store based upon their own unique dietary needs.

Broken down into bite sized increments, the beginning prepper will be able to easily learn and use the knowledge within these pages to quickly establish a properly packed and balanced food storage for themselves and their family.

Perfect for the seasoned prepper - all you need is a chart, and some simple math skills, to help you fill in the gaps of your food and non-food essentials.

Guidance about Non-food essentials, must-have tools, life-saving 'survival-hacks' and live food storage, is also included in this volume.

Food storage is NOT a one-size-fits-all survival glove left to hunker in the basement waiting for the apocalypse. It is a living storage that you use, rotate and enjoy. Food storage is your grocery store at home, and someday, it might be your only store. Make sure you store food you can eat, and you will want to eat, in tough times.

How Much Wheat Am I Really Going to Eat? Is a book written to encourage and inspire everyone to learn to sustain themselves, because conscientious self-reliant citizens are the foundation of a free people and a strong country.

Enjoy this book and May the Storage Be With You. :)

p.s.: Yes, a companion 'App' in the works.....

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Editorial Review

About the Author

Anne McFadden has been practicing the 'art' of food storage for nearly 30 years.

Inspired by her grandmother's stories of the great depression, her worn historic war-ration booklets and her nudging advice. Visions of limited sugar, shoes, flour, cheese, butter, fruit, meat, etc., haunted her memories.

Later in life, Anne was asked to fulfill a voluntary assignment in her local church to be a "Home Storage Specialist" from 2007 – 2010. Her primary service was to teach and inspire members, and non-members, of the congregation to be self sufficient through stocking up and properly storing food.

In 2008, Anne bravely stepped off the food storage 'merry-go-round' and began teaching an 'Eat-what-you store ~ Store-what-you-eat' diet mentality, and answering to two of the oldest of all food storage questions:

"Do I Have the Foods I Need to Sustain My Family?" and "How Much Wheat Am I Really Going to Eat?"

She began encouraging preppers to plan their storage needs based upon food usage instead of the number of people in their home.

Anne states in her book:

"I believe that food storage is a 'living storage' to be consumed and rotated in everyday living, instead of lurking in the basement like a hunkeying beast waiting for the apocalypse."

By consistently following the simple advice, referring to the charts in this book and seeing your pantry as your personal grocery store - you will, in a short period of time, be able to proclaim: "I Know I Have Enough".

Happy Storing. :) Anne McFadden resides in Missouri and enjoys her family, friends, hobbies and 'prepping', of course.

To preview this book visit Amazon.com and search under author name: Anne McFadden. Remember to return to THIS page to use your coupon code - code is specifically linked to the checkout button on THIS page.

Users Review

From reader reviews:

Charles Duda:

Hey guys, do you would like to finds a new book to see? May be the book with the title How Much Wheat Am I Really Going to Eat?: Charting Your Way to Food Storage Success suitable to you? Typically the book was written by popular writer in this era. The book untitled How Much Wheat Am I Really Going to Eat?: Charting Your Way to Food Storage Success is a single of several books that will everyone read now. That

book was inspired many people in the world. When you read this reserve you will enter the new age that you ever know previous to. The author explained their strategy in the simple way, thus all of people can easily to be aware of the core of this book. This book will give you a large amount of information about this world now. To help you to see the represented of the world in this book.

Erin Mohammad:

Reading a reserve tends to be new life style in this particular era globalization. With studying you can get a lot of information that may give you benefit in your life. With book everyone in this world may share their idea. Textbooks can also inspire a lot of people. A great deal of author can inspire their very own reader with their story or perhaps their experience. Not only the storyplot that share in the publications. But also they write about the knowledge about something that you need illustration. How to get the good score toefl, or how to teach children, there are many kinds of book that you can get now. The authors nowadays always try to improve their skill in writing, they also doing some study before they write on their book. One of them is this How Much Wheat Am I Really Going to Eat?: Charting Your Way to Food Storage Success.

Dustin Kellett:

The reason why? Because this How Much Wheat Am I Really Going to Eat?: Charting Your Way to Food Storage Success is an unordinary book that the inside of the book waiting for you to snap that but latter it will zap you with the secret that inside. Reading this book close to it was fantastic author who write the book in such remarkable way makes the content inside of easier to understand, entertaining means but still convey the meaning fully. So , it is good for you for not hesitating having this nowadays or you going to regret it. This book will give you a lot of rewards than the other book include such as help improving your talent and your critical thinking technique. So , still want to hesitate having that book? If I have been you I will go to the reserve store hurriedly.

Ernesto Harrell:

In this particular era which is the greater individual or who has ability to do something more are more precious than other. Do you want to become considered one of it? It is just simple approach to have that. What you should do is just spending your time not much but quite enough to possess a look at some books. One of the books in the top collection in your reading list is actually How Much Wheat Am I Really Going to Eat?: Charting Your Way to Food Storage Success. This book and that is qualified as The Hungry Hillside can get you closer in growing to be precious person. By looking right up and review this publication you can get many advantages.

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