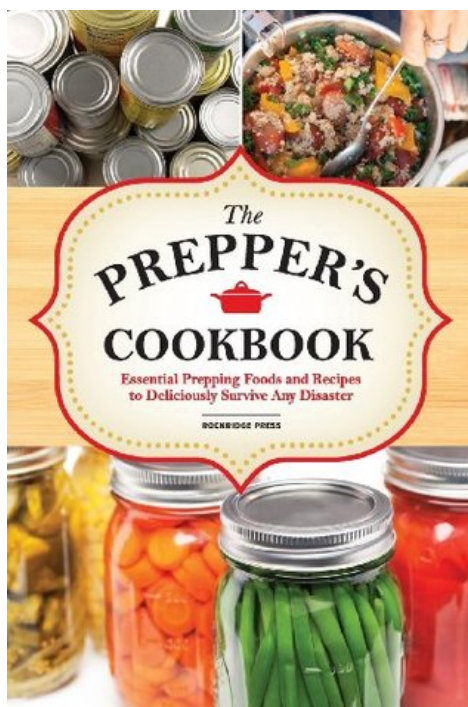


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Cookbook: Essential Prepping Foods and Recipes to  
Deliciously Survive Any Disaster

By John Chatham



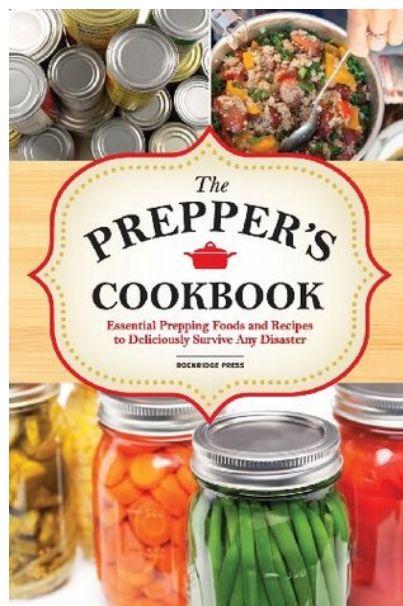
## Books Details

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## Books Descriptions

Build an emergency food supply for your family with nutritious, low-cost recipes. 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. With the help of The Prepper's Cookbook you'll be able to: Get started with handy checklists and instructions to begin preparing immediately. Quickly learn and start using different food-preservation methods such as canning, pickling, and dehydrating. Choose from delicious recipes 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. 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

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