








	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Lifeline?	no	no	no	Yes—gas stove	Yes	Yes	Yes
Morning	Sweet braised chicken stew (C) Kiriboshi daikon (C) Okayu (P)	Veggie juice Bread (C)	Veggie juice Cereal	Spinach soup (F) Bread (C)	Sausage and veggie stewed in broth (C) Congee (P)	Seasoned seaweed Congee (P)	Chicken and veggie soup (P) Bread (C)
Midday	<a href="#">Sato-imo</a> (C) Mackerel in miso (C) Congee (P)	Sato-imo (C) Sweet-grilled sardine <a href="#">kabayaki</a> (C) Congee (P)	Kiriboshi daikon (C) Mackerel in miso (C) Re-constituted “alpha” rice	Simmered seaweed ( <a href="#">tsukudani</a> , C) Eggplant miso soup (F) Re-constituted “alpha” rice	Veggie juice Spinach soup (F) Pasta carbonara (?)	Veggie juice Eggplant miso soup (F) Rice with healthy grains (P)	Veggie and egg soup (F) <a href="#">Sato-imo</a> (C) Bonito and daikon stew (C)
Evening	Potato salad (C) Curry (P) Re-constituted “alpha” rice	Stewed veggies ( <a href="#">kinpira</a> , C) Salty grilled saury (sanma, C) Re-constituted “alpha” rice	Tuna and corn (C) Stew and rice	Veggie and egg soup (F) Clam and tomato sauce pasta	Greens (F) with broth (mentsuyu) Stewed veggies ( <a href="#">kinpira</a> , C) Hamburger Re-constituted “alpha” rice	Greens (F) with chicken broth Curry (P) Re-constituted “alpha” rice	Corn soup (P) Greens (F) with broth (mentsuyu) Pasta w/meat sauce
Mood							
Remarks	(Days 1 and 2) You can't heat these things, so there's no fragrance; no real appetite;	I ate to keep up my strength & get nutrition, but the seasoning in the preserved foods is pretty harsh	At dinner I used a heat pack to warm things, which was soothing.	I started to use the portable gas stove, but my stomach started to feel gross around noon.	Appetite dropped; eating canned meat and fish is a drag; I reconstituted some freeze-dried spinach in broth...	...and added some mentsuyu for taste. It soothed my stomach. The sauce in canned foods is so intense that	I learned the hard way about mixing veggies with the straight meat dish.

Key: C=canned; P-packaged; and F=freeze-dried.