



# 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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*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 Bibliography**

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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 hungrily waiting 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](https://www.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:**

##### **Diane Worrell:**

In this 21st millennium, people become competitive in every way. By being competitive now, people have to do something to make all of them survive, being in the middle of the actual crowded place and notice by means of surrounding. One thing that sometimes many people have underestimated the idea for a while is reading. Yep, by reading a e-book your ability to survive enhance then having chance to stand up than other

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**Ezra Talbott:**

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**Peter Mullins:**

How Much Wheat Am I Really Going to Eat?: Charting Your Way to Food Storage Success can be one of your beginner books that are good idea. All of us recommend that straight away because this e-book has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The article author giving his/her effort to place every word into delight arrangement in writing How Much Wheat Am I Really Going to Eat?: Charting Your Way to Food Storage Success however doesn't forget the main stage, giving the reader the hottest as well as based confirm resource data that maybe you can be considered one of it. This great information could drawn you into fresh stage of crucial contemplating.

**Rebecca Lopez:**

Do you one of the book lovers? If yes, do you ever feeling doubt while you are in the book store? Try to pick one book that you just dont know the inside because don't assess book by its include may doesn't work here is difficult job because you are frightened that the inside maybe not as fantastic as in the outside appearance likes. Maybe you answer is usually How Much Wheat Am I Really Going to Eat?: Charting Your Way to Food Storage Success why because the fantastic cover that make you consider regarding the content will not disappoint you actually. The inside or content is definitely fantastic as the outside or cover. Your reading 6th sense will directly guide you to pick up this book.

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