How To Make Your Own Dehydrated Meal Packs

Categories: Cooking, General, General Prepping

MREs and other off-the-shelf dehydrated meal are expensive, with the average meal coming in at around $5-7, times by three meals a day, you are looking at a budget of around $20 a day...

Below is a great post from 'The DIY World', which shows you how to make your own dehydrated nutritious meal packs, with a complete day's meals and snacks costing just a few dollars, and equally importantly, the whole pack weighs less that 1lb. That's what you call a win, win! These meal packs would be great for camping, hiking, fishing etc, but they could also be made and stored for bug-out-bags and emergency preparedness.

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(Photo from: The DIY World)