COMPANION GUIDE TO ONLINE TRAINING

Use alongside the online lessons at fortunefavorstheprepared.com/mag-04-landing/

MAG-04
MAG Food Planning
STUDENT COMPANION GUIDE

Feed the Group, Not Just the Household

Group-scale caloric math, a dietary and allergy roster, and a feeding rotation for an activation.
6 lessons · 4 worksheets · 1 capstone MAG Food Plan

Edition v1.0 | 2026

Semper Paratus, Semper Gumby

fortunefavorstheprepared.com
Fortune Favors the Prepared

MAG-04: MAG Food Planning

Companion Guide to Online Training

Copyright © 2026 Fortune Favors the Prepared. All rights reserved.

No part of this guide may be reproduced, distributed, or transmitted in any form without prior written permission, except for personal use by the subscriber alongside the MAG-04 online lessons.

Published by Fortune Favors the Prepared.
Thomasville, Pennsylvania
fortunefavorstheprepared.com
Edition v1.0 | 2026

Support the development and availability of these courses by subscribing to my Patreon. This guide is not a standalone product. It is built to be used alongside the MAG-04 online lessons at fortunefavorstheprepared.com/mag-04-landing/ -- the lessons teach the material; this guide is the condensed reference and worksheet set you return to afterward.

ONLINE TRAINING ACCESS

Complete the six MAG-04 lessons at fortunefavorstheprepared.com/mag-04-landing/. Each lesson unlocks the next once its knowledge checks are answered correctly, and the course certificate unlocks once all six are complete.

INSTRUCTOR-LED GROUP TRAINING

MAG-04 is also suited to a facilitated group session: work through the Course Map together, then use this guide's Part II worksheets to build your MAG's actual food plan as a group exercise rather than individually.

How to Use This Companion Guide

Reminder: this guide is gated content for MAG-04 subscribers. It assumes each chapter's lesson has already been completed online at fortunefavorstheprepared.com/mag-04-landing/.

What this guide contains:

Part I is a condensed reference for each of the six online lessons -- tables and summaries only, no instructional prose and no knowledge-check answers. Part II is a set of blank, fillable worksheets for your own MAG's numbers. Part III is a glossary, a one-page quick reference card, and any open items still pending as of this edition.

Required workflow

1. Complete each online lesson in order at fortunefavorstheprepared.com/mag-04-landing/.
2. Use this guide's matching Part I chapter as your reference while the material is fresh.
3. Fill in the matching Part II worksheet with your own MAG's real households and numbers.
4. Use the Lesson 6 capstone to assemble everything into one working MAG Food Plan.

Not a standalone product. This guide condenses the online lessons -- it does not replace them. The reasoning behind each table, and the knowledge checks that confirm you can apply it, live only in the online course.

Guide Map — What to Reference When

When you need…	Turn to…
The four questions a MAG food plan has to answer	Chapter 1
Your group's total daily calorie requirement	Chapter 2 + Worksheet 1
A group-wide dietary and allergy roster	Chapter 3 + Worksheet 2
A cook rotation and menu cycle for an activation	Chapter 4 + Worksheet 3
A group supply-status picture and reporting cadence	Chapter 5 + Worksheet 4
To assemble everything into one MAG Food Plan	Chapter 6 (Capstone)
Term definitions	Appendix: Glossary
A one-page cheat sheet of every reference table	Appendix: Quick Reference Card

PART I — QUICK REFERENCE

Chapter 1: Foundations of Group Food Planning

Reference for Lesson 1. Assumes Lesson 1 has already been completed online.

The Four Questions Every MAG Food Plan Has to Answer

Question	Covered In
How much food does the group need, in aggregate, per day?	Chapter 2
Who can safely eat what?	Chapter 3
Who cooks, when, and how is that labor shared?	Chapter 4
What does the group actually have on hand, and who's running low?	Chapter 5

Household-Level Skill → MAG-04 Group-Level Equivalent

Household-Level Skill (FOD track)	MAG-04 Group-Level Equivalent
Calculating one household's daily calorie requirement	Summing every household's total into one group requirement (Ch. 2)
Tracking one household's own dietary restrictions	Group-wide roster every cook can check (Ch. 3)
Rotating stock on one household's own shelves	Rotating cooking labor across households (Ch. 4)
Tracking one household's own inventory	Rolling household status into one group picture (Ch. 5)

Chapter 2: Group-Scale Caloric Math

Reference for Lesson 2. Assumes Lesson 2 has already been completed online.

Worked Example: Household Totals → Group Total

Household	Composition	Daily Calorie Total
Household A	2 adults, light activity	4,000
Household B	2 adults, 2 children under 12	5,700
Household C	1 adult, light activity	2,000
Household D	3 adults, moderate activity	6,900
Group Total	—	18,600

Activation Activity-Level Adjustments

Activity Tier	Daily Adjustment Above Baseline	Example Roles
Sheltering / light activity	No adjustment	Comms monitoring, child care, admin tasks
Moderate sustained activity	+300 to 500 cal/day	Cooking rotation, general camp labor, short security shifts
Heavy sustained activity	+500 to 700 cal/day	Extended security watch, water hauling, construction/repair labor

Group Caloric Planning Worksheet — Fields

Field	Purpose
Household ID	Ties the entry to that household's own FOD-02 baseline
Baseline daily calorie total	Pulled from the household's own FOD-02 math
Activation activity tier	Which members, if any, are in a moderate/heavy role
Adjusted daily total	Baseline plus any activity adjustment
Last updated	Date the entry was last confirmed current

Chapter 3: Dietary Constraints Across Members

Reference for Lesson 3. Assumes Lesson 3 has already been completed online.

Group Dietary and Allergy Roster — Fields

Field	Purpose
Member (household)	Who the restriction applies to, and which household to contact
Restriction type	Allergy, intolerance, medically necessary diet, or preference
Severity / consequence	What happens on exposure, mild to life-threatening
Safe substitutes	What the group can cook instead
Roster owner	Who keeps this current

Severity Tiers and Planning Implications

Severity Tier	Planning Implication
Life-threatening (severe allergy)	Menu planning starts here
Medically necessary (e.g., celiac disease, diabetic diet)	Dedicated substitutes and prep equipment
Intolerance	Plan around it when reasonable

Severity Tier	Planning Implication
Preference	Accommodate where easy, never overriding the tiers above

Shared-Kitchen Cross-Contamination Practices

Practice	Why It Matters With a Rotation
Dedicated equipment, clearly marked	A new cook can find the right pot without asking
Highest-severity items prepped first	Removes risk before common surfaces are contaminated
Finished dishes labeled by restriction	Protects members eating at a different time than the cook
Roster review before the shift starts	Information reaches a new cook before, not during, prep

Chapter 4: Feeding Rotation During an Activation

Reference for Lesson 4. Assumes Lesson 4 has already been completed online.

Cook Rotation Roles

Role	Responsibility
Lead cook	Owns the menu decision; checks the dietary roster before prep
Prep support	Handles ingredient prep under the lead cook's direction
Cleanup	Breaks down and cleans the kitchen after the meal
Ration control	Tracks usage against the plan; feeds the group supply picture

Contingency Triggers

Trigger	Required Plan Update
Supplies running lower than planned	Shift menu cycle toward lower-consumption meals
Household joins or leaves mid-activation	Recompute group caloric total; update roster
Scheduled cook becomes unavailable	Defined backup order fills the slot

Chapter 5: Group Food Logistics and Tracking

Reference for Lesson 5. Assumes Lesson 5 has already been completed online.

Household Tracker vs. Group Tracker Fields

Household-Level Field (FOD-02)	Group-Level Field (MAG-04)
Item, quantity, shelf location	Not replicated -- stays at household level
Category status per item	Rolled up to OK / low / critical per category
Best-by and rotation dates	Not replicated -- stays at household level
Days of supply remaining	Reported as one figure per household

Supply Status Levels and Triggers

Status	Triggers
OK	No action -- next scheduled update
Low	Flagged at next check-in; reviewed with rotation and caloric total
Critical	Reported immediately, out of cycle; rotation/menu adjusted before next meal

Chapter 6: Capstone — Build Your MAG Food Plan

Reference for Lesson 6. Assumes Lesson 6 has already been completed online.

Step	Worksheet
1. Calculate your group's caloric total	Worksheet 1: Group Caloric Planning Worksheet
2. Build your dietary and allergy roster	Worksheet 2: Group Dietary and Allergy Roster
3. Set your rotation and reporting plan	Worksheet 3: Cook Rotation and Menu Cycle
4. Track ongoing supply status	Worksheet 4: Group Supply Status Tracker

PART II — WORKSHEETS

Worksheet 1: Group Caloric Planning Worksheet

Complete after Lesson 2. One row per member household.

Household ID	Baseline Daily Calorie Total	Activation Activity Tier	Adjusted Daily Total	Last Updated

Worksheet 2: Group Dietary and Allergy Roster

Complete after Lesson 3. One row per member with a restriction.

Member (Household)	Restriction Type	Severity	Safe Substitutes	Roster Owner

Worksheet 3: Cook Rotation and Menu Cycle

Complete after Lesson 4. One row per scheduled shift.

Date / Shift	Household on Duty	Lead Cook	Ration Control	Menu

Worksheet 4: Group Supply Status Tracker

Complete after Lesson 5. One row per household, updated on your group's reporting cadence.

Household	Staples	Proteins	Produce	Med / Hygiene	Days of Supply	Updated

PART III — APPENDIX

Glossary

Term	Definition
MAG	Mutual Assistance Group — several households coordinating preparedness and mutual aid
Activation	The period during which the group's emergency plans, including feeding, are in active use
Group caloric total	The sum of every member household's own daily calorie requirement, adjusted for activation activity
Severity tier	The ranked seriousness of a dietary restriction, from preference to life-threatening
Lead cook	The rotation role responsible for that shift's menu decision and roster check
Ration control	The rotation role tracking actual consumption against the plan
Critical status	A supply-status level that triggers an immediate, out-of-cycle group report
Shared cache	The small set of group-use items (fuel, equipment) a MAG stores centrally, distinct from household storage

Quick Reference Card

A condensed, one-glance summary of every table in Part I.

Activity-Level Adjustments

Tier	Adjustment
Sheltering / light	None
Moderate sustained	+300–500 cal/day
Heavy sustained	+500–700 cal/day

Severity Tiers

Tier	Action
Life-threatening	Menu built around it first
Medically necessary	Dedicated substitutes + equipment
Intolerance	Plan around when reasonable
Preference	Accommodate where easy

Supply Status Levels

Status	Action
OK	No action
Low	Flag at next check-in
Critical	Report immediately, out of cycle

Open Items

Flagged for the build record, not yet resolved:

1. Companion Guide PDF, One-Pager PDF, and printed-workbook product URLs are placeholder-convention only -- none are live yet, pending the site upload.

2. The "MUTUAL ASSISTANCE GROUP TRAINING" eyebrow/track label used across MAG-04 is an assumption -- confirm against the exact wording used on MAG-03 and MAG-04 and correct if it differs.

3. The publisher-city line called for in Master Build Spec §13.5 item 3 was omitted here rather than guessed -- add the city FFTP actually publishes under when confirmed.