

CHECKLIST



PANTRY

What you need to get prepared

EARTH FOODS

- | | |
|---|---|
| <input type="checkbox"/> Potatoes | <input type="checkbox"/> Soy sauce |
| <input type="checkbox"/> Sweet potatoes | <input type="checkbox"/> Tamari |
| <input type="checkbox"/> Onions | <input type="checkbox"/> Fish sauce |
| <input type="checkbox"/> Lemons | <input type="checkbox"/> Chocolate |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Slippery elm |
| <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Organic coconut flakes |
| <input type="checkbox"/> Pumpkin seeds | <input type="checkbox"/> Fish Sauce |
| <input type="checkbox"/> Sunflower seeds | <input type="checkbox"/> Avocados |
| <input type="checkbox"/> Almond meal | <input type="checkbox"/> Coconut oil |
| <input type="checkbox"/> Rolled oats | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Quinoa | <input type="checkbox"/> Local raw organic honey |
| <input type="checkbox"/> Brown rice | <input type="checkbox"/> Pink Himalayan salt |
| <input type="checkbox"/> Basmati rice | <input type="checkbox"/> Organic apple cider vinegar |
| <input type="checkbox"/> Teff | <input type="checkbox"/> Maple syrup |
| <input type="checkbox"/> Chia seeds | <input type="checkbox"/> Rapadura sugar |
| <input type="checkbox"/> Acai powder | <input type="checkbox"/> Stock/broth |
| <input type="checkbox"/> Raw cacao | <input type="checkbox"/> Spices such as black pepper |
| <input type="checkbox"/> Organic raw cacao nibs | <input type="checkbox"/> Organic black leaf tea |
| <input type="checkbox"/> Molasses | <input type="checkbox"/> Green tea |
| <input type="checkbox"/> Tamarind | <input type="checkbox"/> Kasha toasted buckwheat groats |
| <input type="checkbox"/> Cloves | |