

The **SportFIT** Kitchen

Appliances	In the Refrigerator	In the Pantry
<ul style="list-style-type: none"> <input type="checkbox"/> Rice Cooker <input type="checkbox"/> Food Processor <input type="checkbox"/> Blender <input type="checkbox"/> Slow Cooker <input type="checkbox"/> Dehydrator 	<ul style="list-style-type: none"> <input type="checkbox"/> Seasonal fresh fruit & veggies <input type="checkbox"/> Citrus (limes, lemons) <input type="checkbox"/> Farm fresh eggs <input type="checkbox"/> Greek Non-fat Yogurt <input type="checkbox"/> Hard cheese (Swiss, Gouda) 	<ul style="list-style-type: none"> <input type="checkbox"/> Brown rice <input type="checkbox"/> Quinoa <input type="checkbox"/> Pasta (orzo, couscous, angel hair) <input type="checkbox"/> Granola <input type="checkbox"/> Potatoes or Yams
<p style="text-align: center;">Other Necessities</p> <ul style="list-style-type: none"> <input type="checkbox"/> Heavy Stock Pot <input type="checkbox"/> 10" sauté pan <input type="checkbox"/> 6 quart large pot <input type="checkbox"/> Baking sheet <input type="checkbox"/> 8 inch square pan <input type="checkbox"/> Muffin pan <input type="checkbox"/> Cutting board <input type="checkbox"/> Assorted knives <input type="checkbox"/> Spatula & Spoons <input type="checkbox"/> Measuring cups <input type="checkbox"/> 10" steel mixing bowl <input type="checkbox"/> Strainer <input type="checkbox"/> Salt/Pepper Grinder 	<ul style="list-style-type: none"> <input type="checkbox"/> Soft cheese (Feta, Goat) <input type="checkbox"/> Animal Protein (chicken, fish, turkey, beef, pork) <input type="checkbox"/> Plant Protein (soy beans, tofu) <input type="checkbox"/> Milk (almond, rice, coconut, dairy) <input type="checkbox"/> 100% Fruit juice (cherry, pomegranate) <input type="checkbox"/> 100% Vegetable juice <input type="checkbox"/> Tortillas (corn or whole wheat) <input type="checkbox"/> Fresh salsa <input type="checkbox"/> Fresh herbs (parsley, basil, ginger, mint, garlic minced) <input type="checkbox"/> Cold Green Tea 	<ul style="list-style-type: none"> <input type="checkbox"/> Beans (canned or dried) <input type="checkbox"/> Lentils <input type="checkbox"/> Better Than Bouillon <input type="checkbox"/> Vinegars (balsamic, red wine, apple cider) <input type="checkbox"/> Oils (olive, grapeseed) <input type="checkbox"/> Nut butter (peanut, almond, cashew) <input type="checkbox"/> Seeds (sunflower, flax, chia) <input type="checkbox"/> Nuts (peanuts, walnut, pistachios, cashew, pecans) <input type="checkbox"/> Dried fruit (no added sugar or preservatives) <input type="checkbox"/> Spices (turmeric, cinnamon, chili powder, cumin, nutmeg, black pepper, sea salt) <input type="checkbox"/> Sweet (100% pure maple syrup, honey, agave, 100% fruit preserves) <input type="checkbox"/> Chocolate (dark and cocoa powder)