REBELHEALTH KITCHEN & PANTRY INVENTORY

[1]in·ven·to·ry *: the quantity of goods or materials on hand :* ***STOCK***

DO IT…DO IT WEEKLY…AND CLEAN THE OLD, UNHEALTHY, PROCESSED, BOXED, SHELF-STABLE-FOR-A-CENTURY STUFF OUT!

PROTEIN	VEGETABLES (CARB)	FAT	FRUIT (CARB)	DAIRY (PROTEIN/CARB)	PANTRY/OTHER
			HERBS/SPICES	STARCH (CARB)	

DON'T FORGET TO CHECK THE FREEZER!!