



Prep Consulting Co's

Herbs & Spices Checklist

- | | | [Nice to Have] |
|---|---|---|
| <input type="checkbox"/> Allspice | <input type="checkbox"/> Curry Powder | <input type="checkbox"/> Anise |
| <input type="checkbox"/> Basil | <input type="checkbox"/> Ginger | <input type="checkbox"/> Cardamom |
| <input type="checkbox"/> Bay Leaves | <input type="checkbox"/> Italian | <input type="checkbox"/> Caraway |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Cayenne |
| <input type="checkbox"/> Chives | <input type="checkbox"/> Oregano | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Paprika | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Pepper | <input type="checkbox"/> Gama Masala |
| <input type="checkbox"/> Cloves, ground | <input type="checkbox"/> Rosemary | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Coriander | <input type="checkbox"/> Taco Seasoning | <input type="checkbox"/> Red Chili Pepper |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Thyme | <input type="checkbox"/> Sage |

Pro Tips:

- Our favorite places for bulk spices is San Fransisco Herb Co or WinCo Foods
- Store in quart mason jars (for extra long shelf life vacuum seal spices)
- If your spices are getting older just use more to achive the same flavor